

TAROT: A JOURNEY THROUGH THE ARCHETYPES

Brian Relph

Spiritual Director
Enneagram Coach
Tarot Reader

Tarot as Taboo?

Tarot as a System of Archetypes

Skillful Understanding

Tarot as a Spiritual Practice

Skillful Use



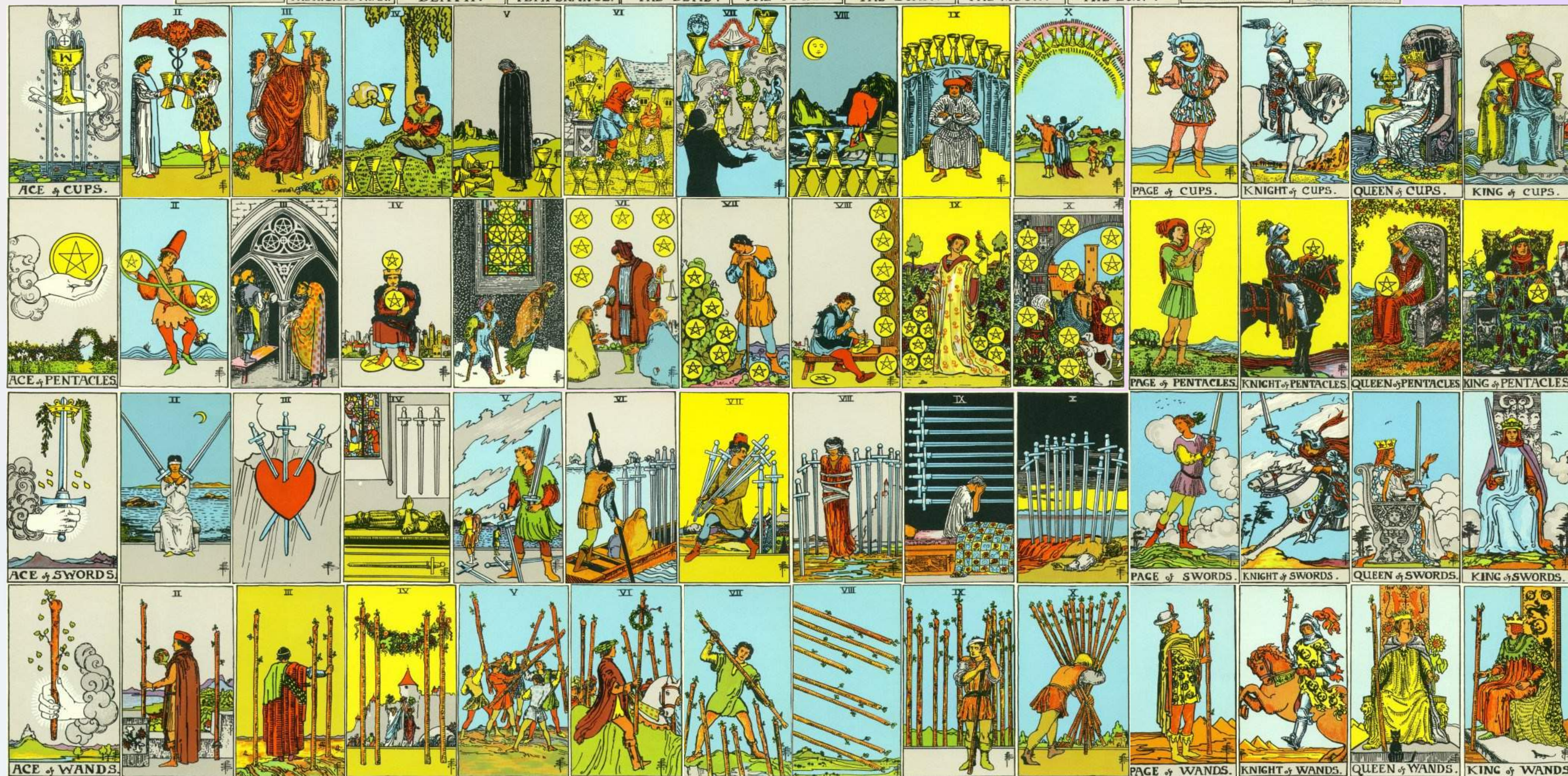
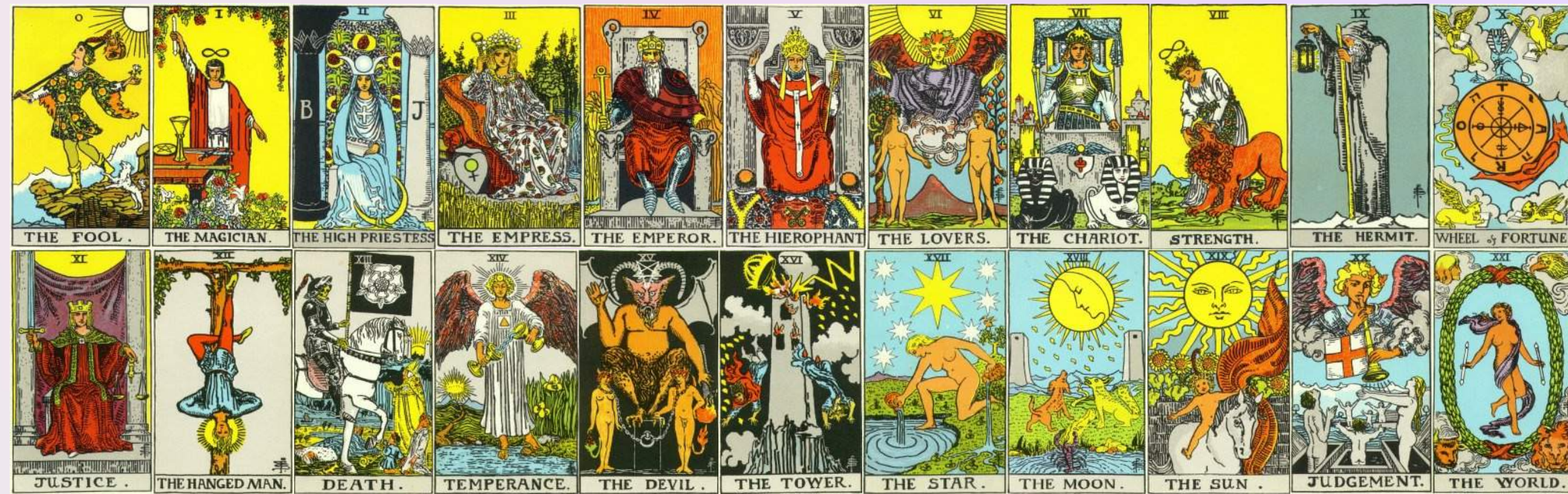
What is an Archetype?

- Instinctual Force in the Human Psyche
- Pocket of Constellated Energy
- Exist Independent of Us
- Contained in the Collective Unconscious

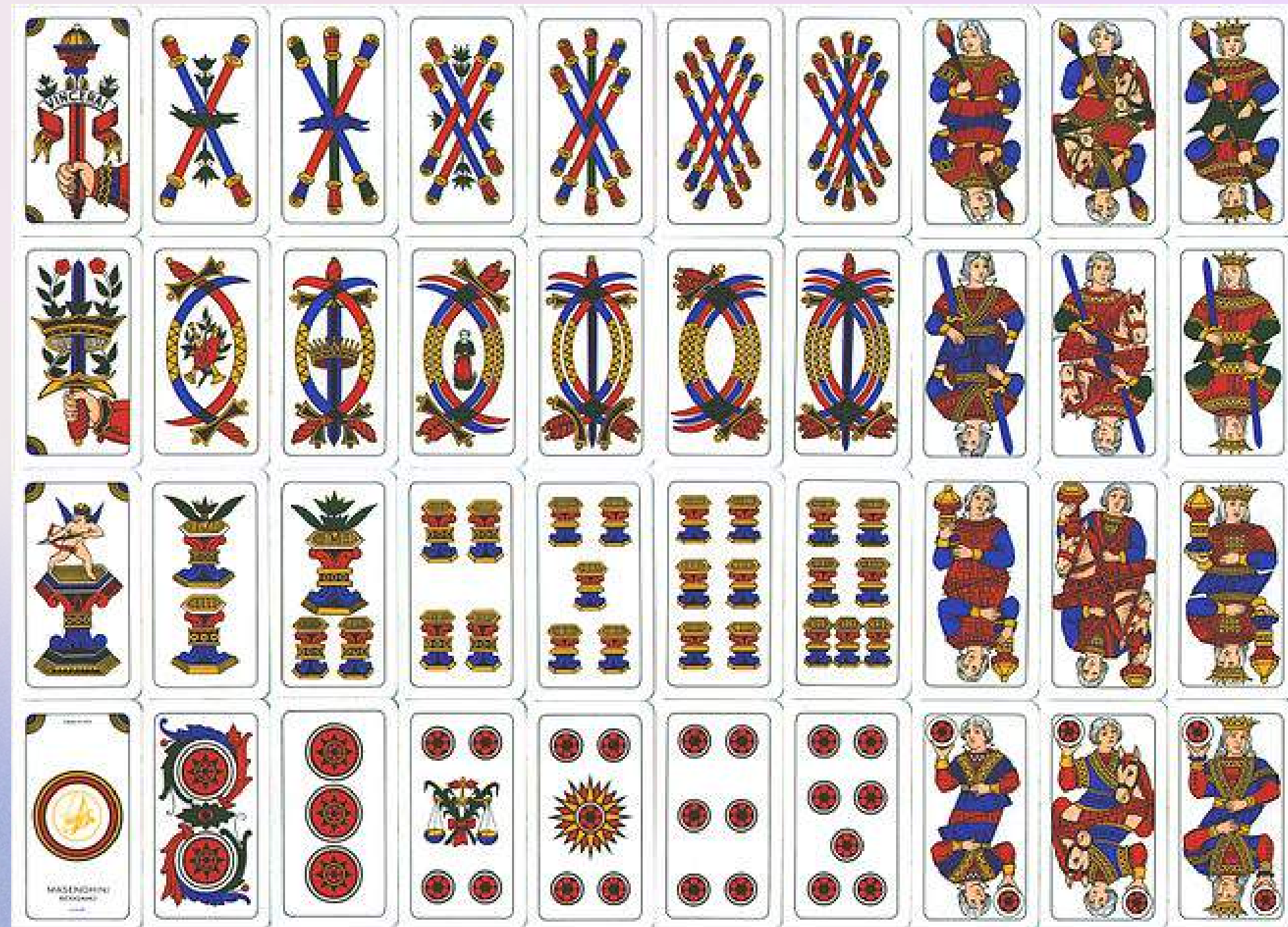
ORIGINS OF THE TAROT

- 1450: The Visconti-Sforza deck is the earliest and most complete deck we have
- 1500s: In Italy as a popular card game. *tarocchi*
- 1910: Ryder-Waite Deck designed by Arthur Waite and drawn by Pamela Coleman Smith

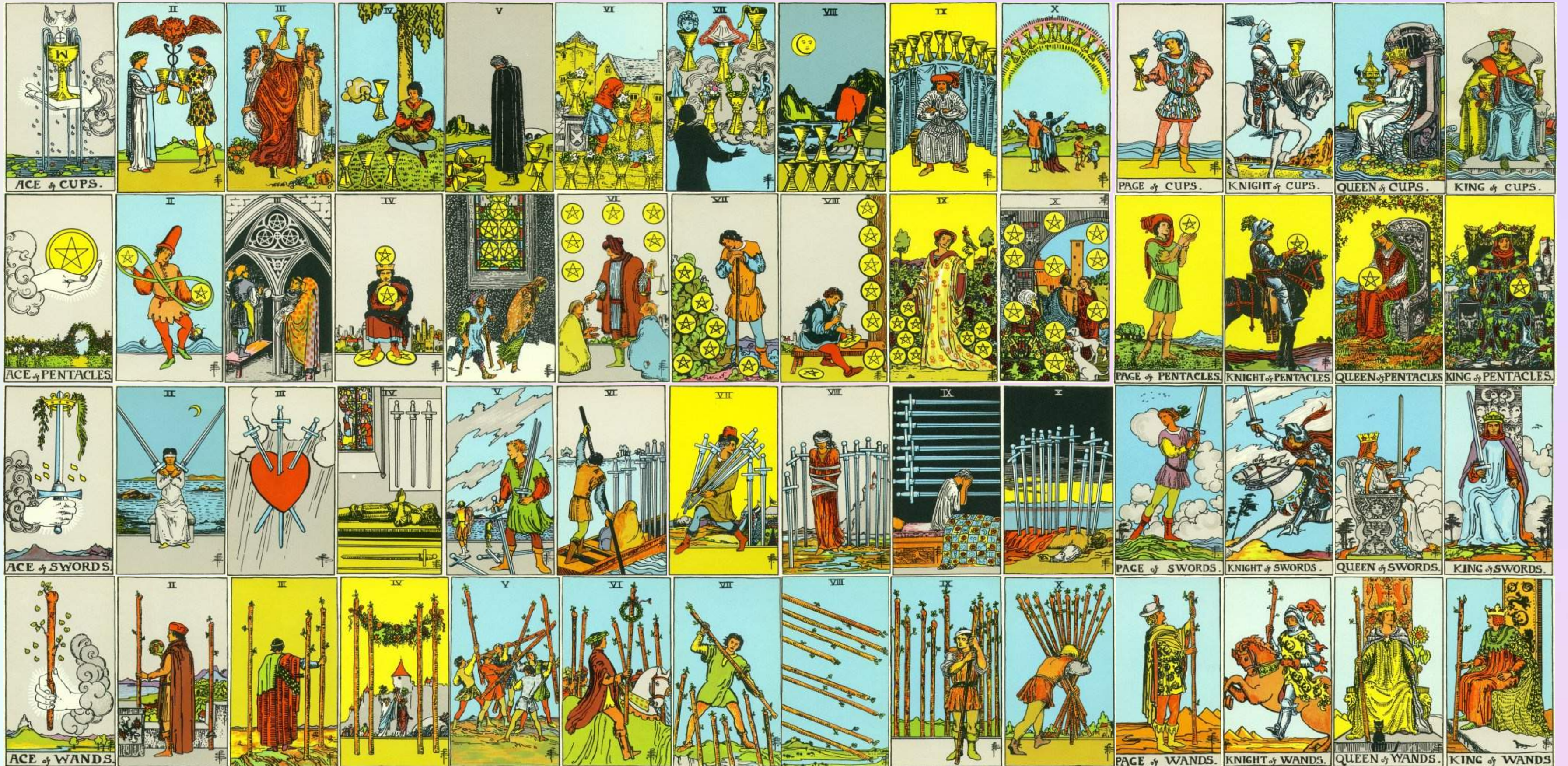
The 78 Archeiypes of the Ryder-Waite Tarot



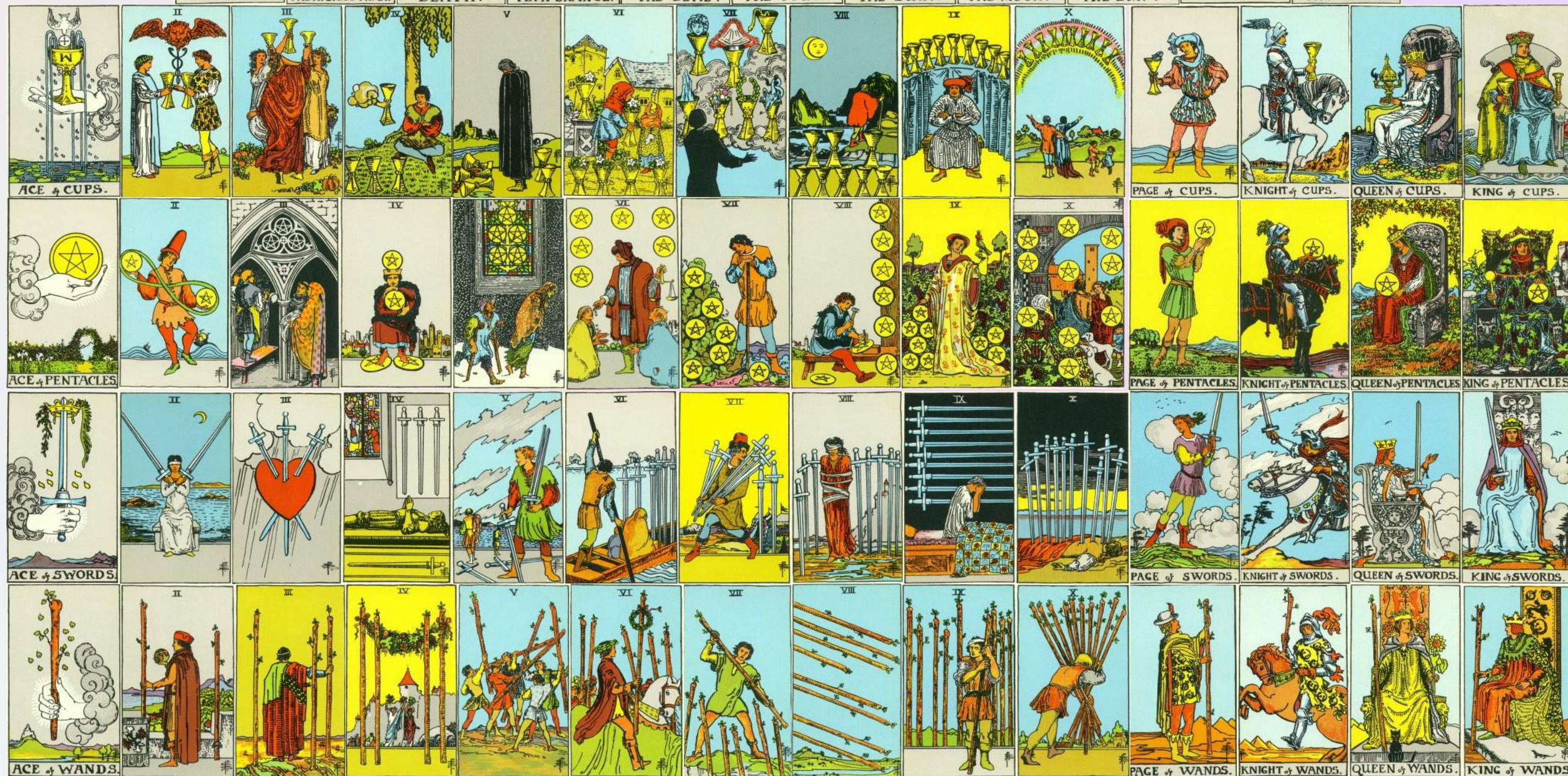
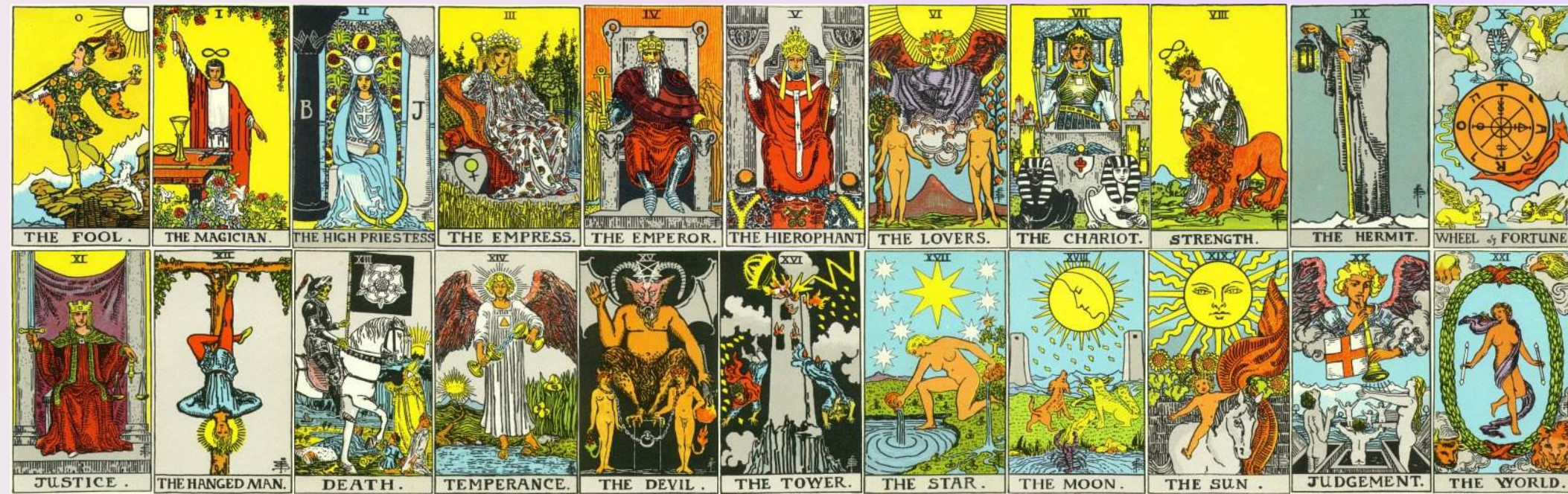
Tarot de Marseille



The Ryder-Waite Minor Arcana

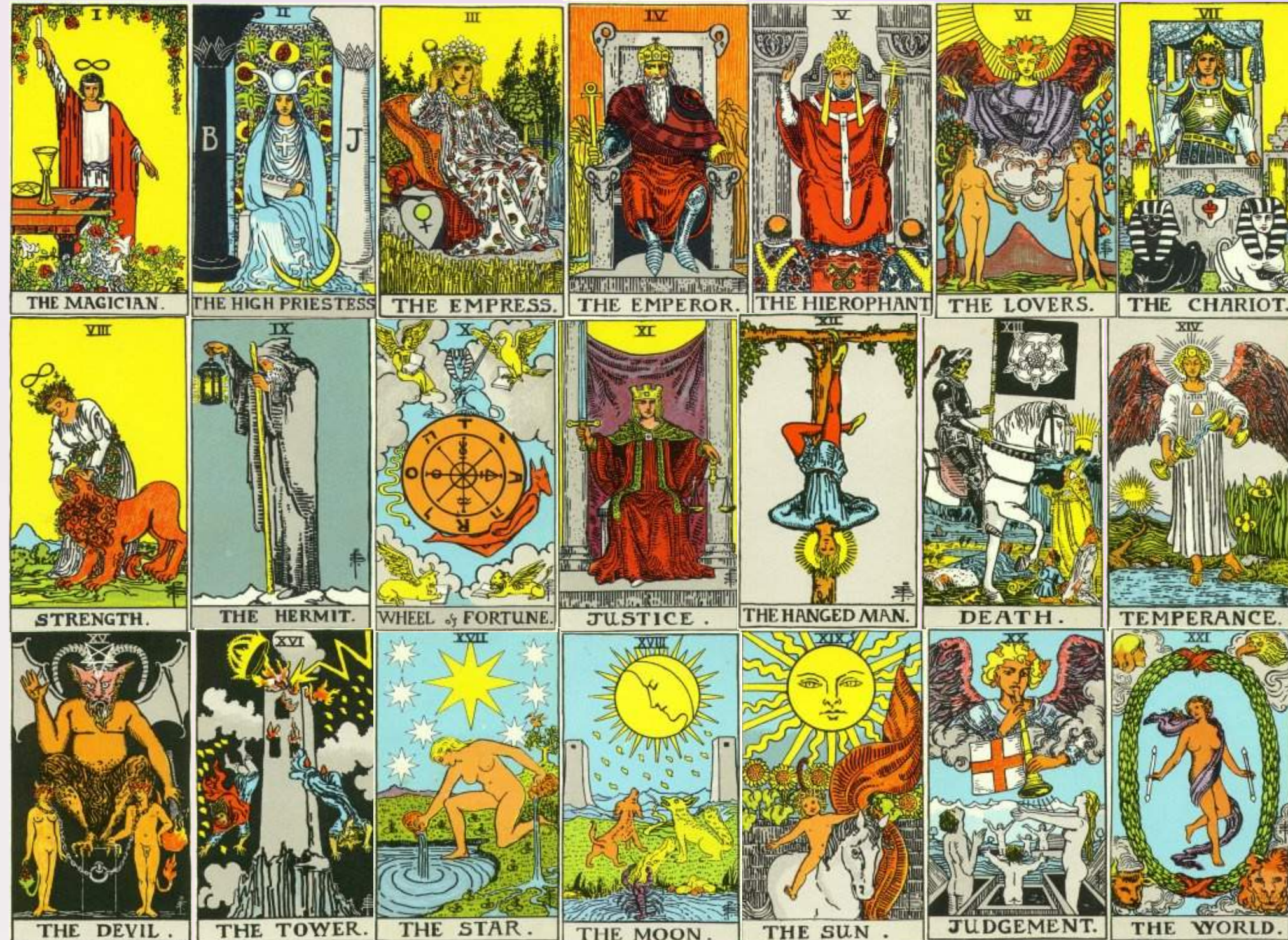


The 78 Archeiypes of the Ryder-Waite Tarot



The Major Arcana

in Three Stages

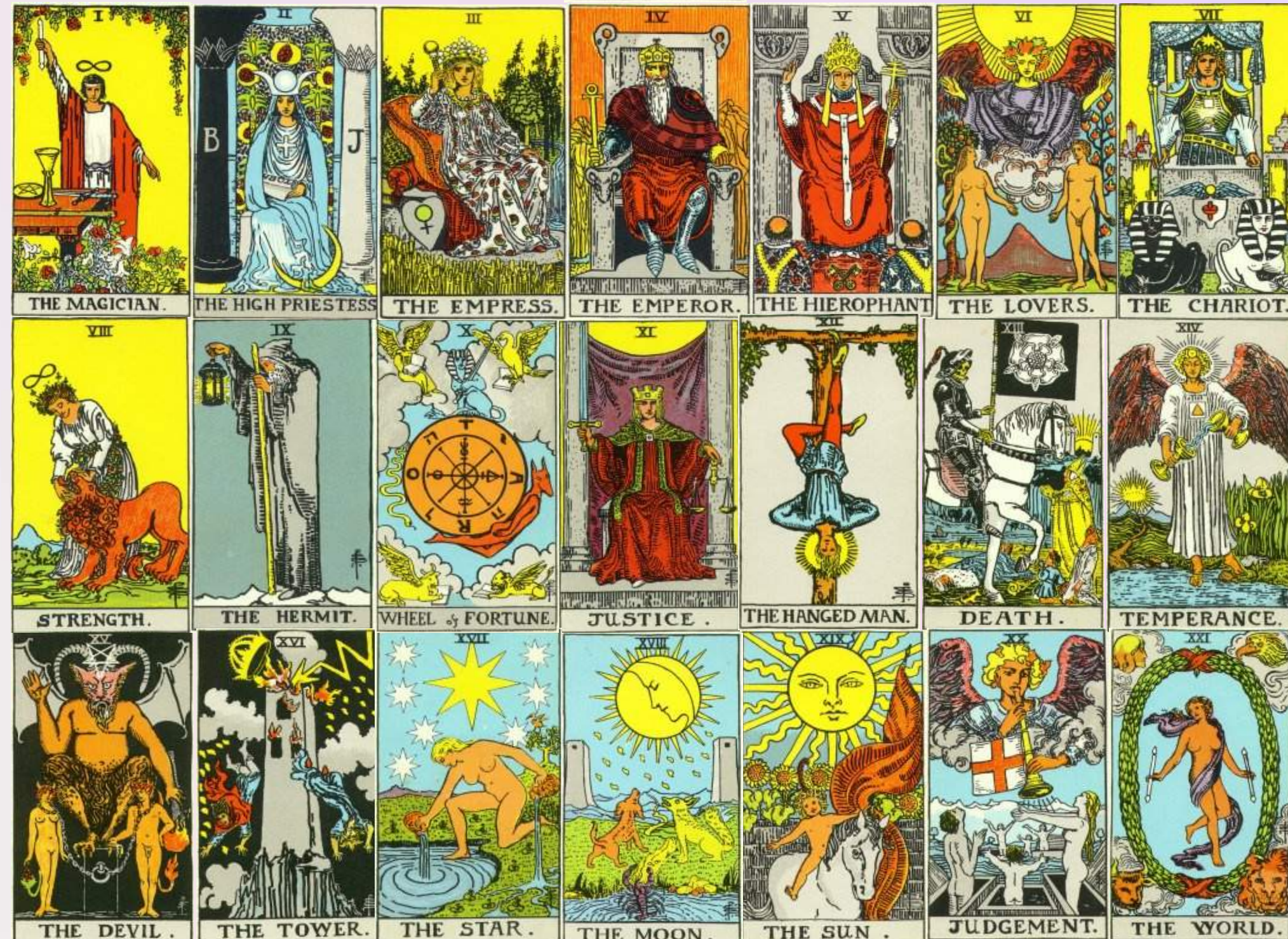


The Major Arcana

in Three Stages



The Worldly Sequence



Turning Inward

The Great Journey

THE FOOL

Beginning
Feeling Carefree
Having Faith
Trusting in the Flow
Embracing Folly

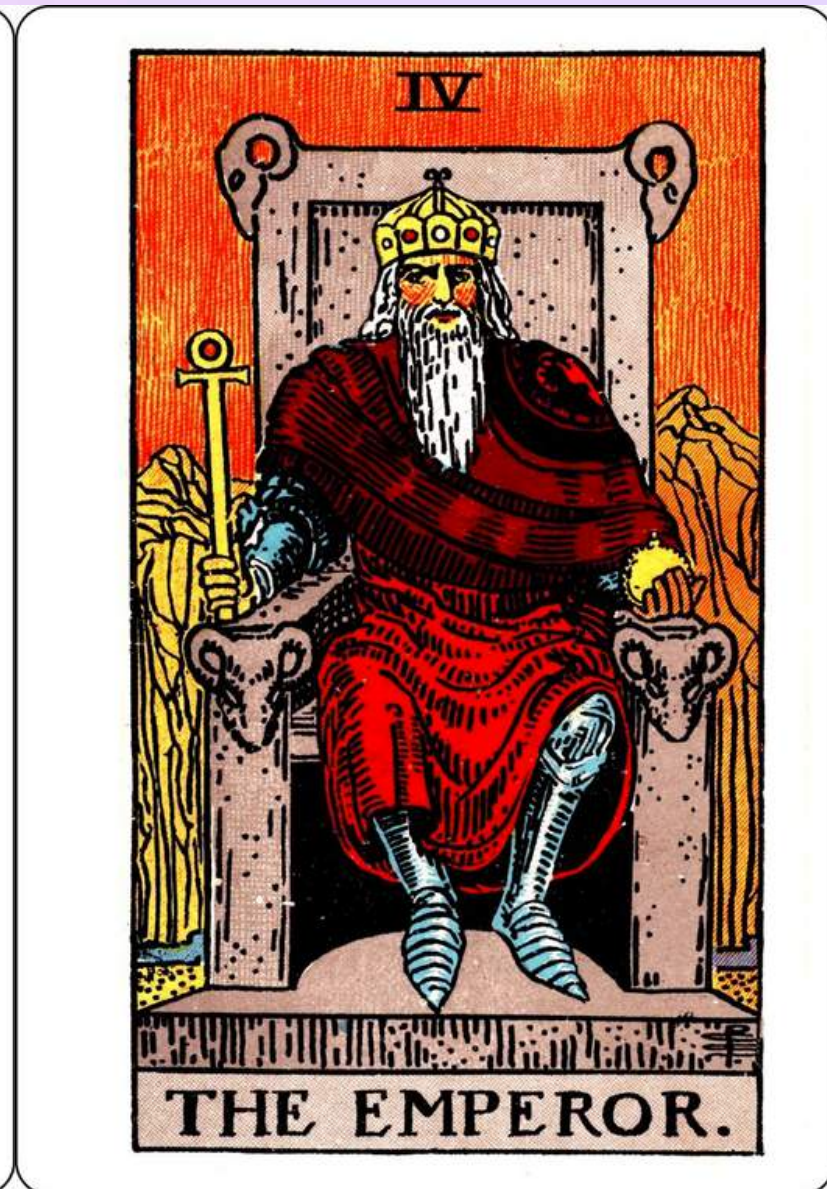
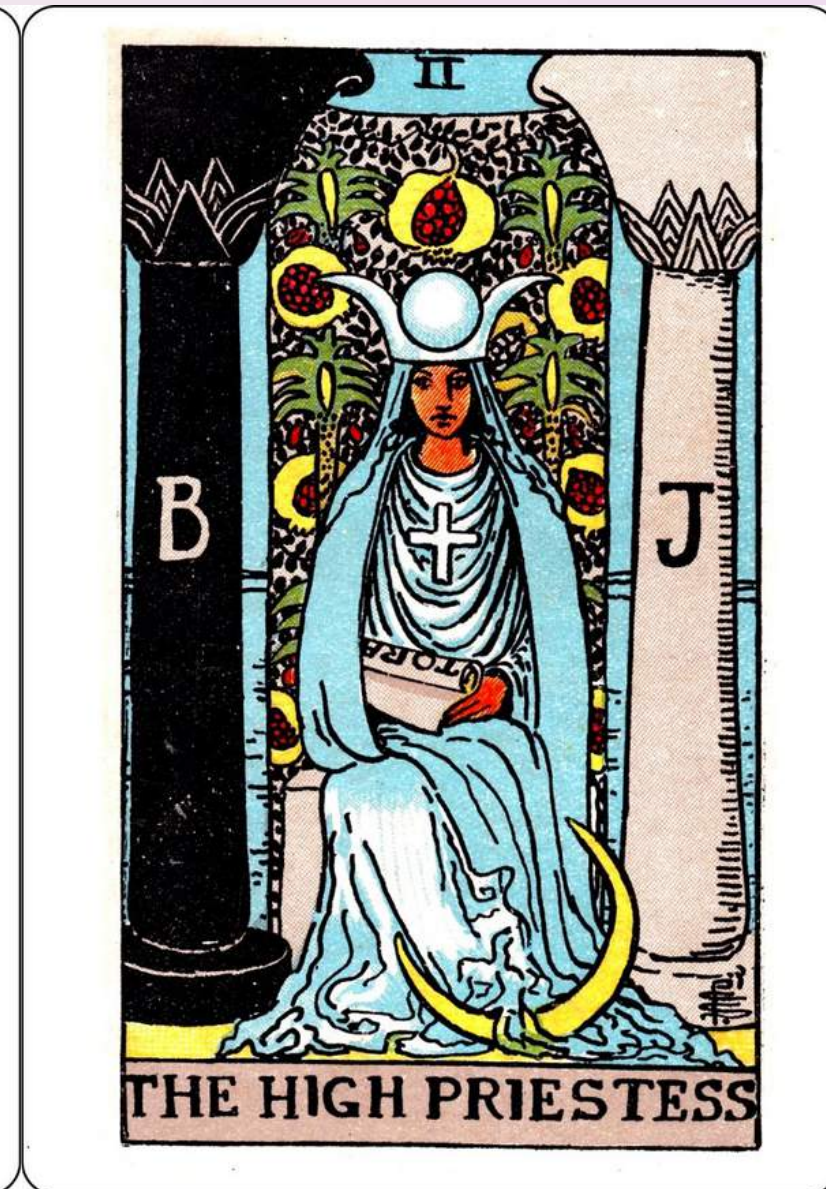


Internal
Masculine

Internal
Feminine

External
Feminine

External
Masculine



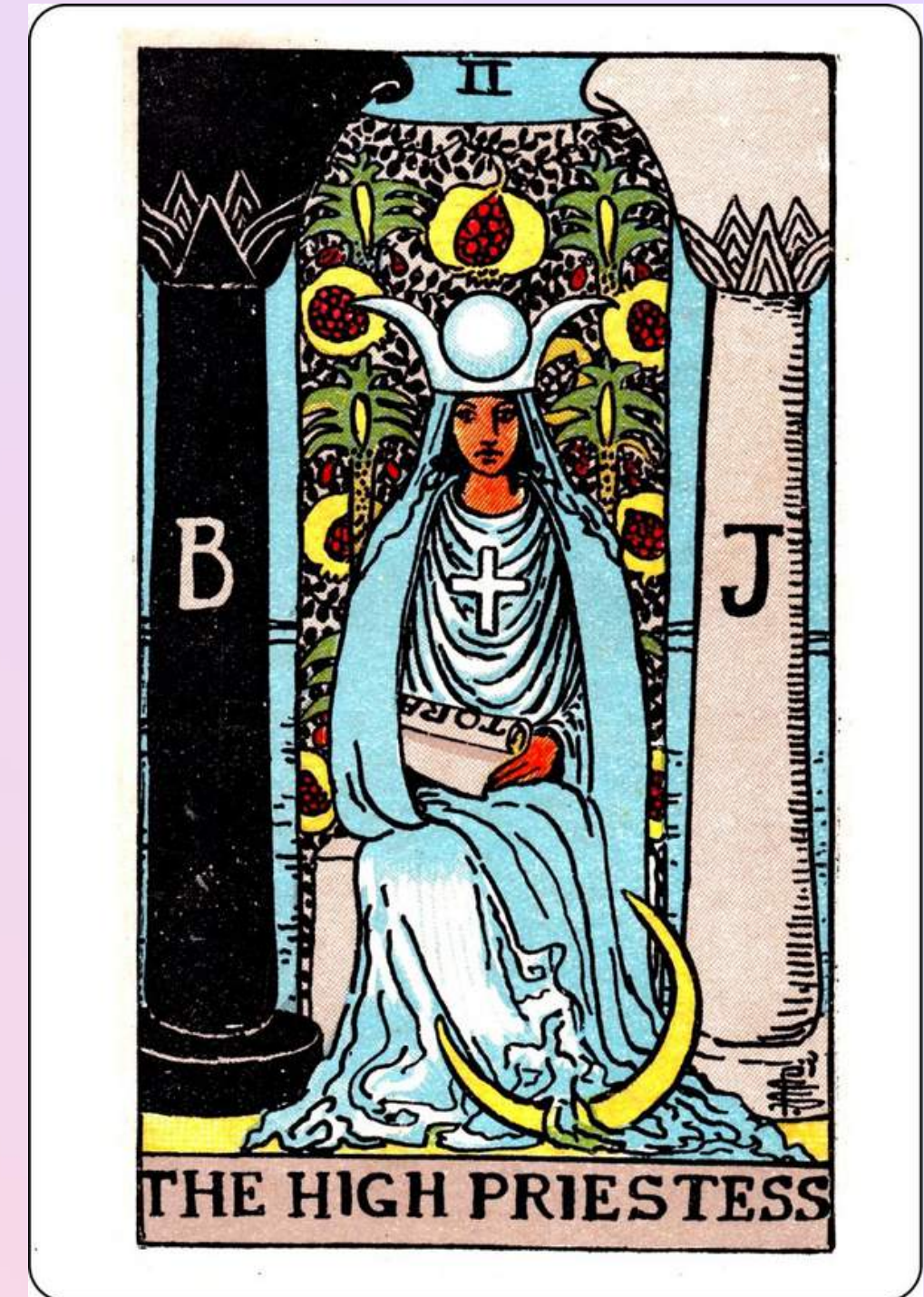


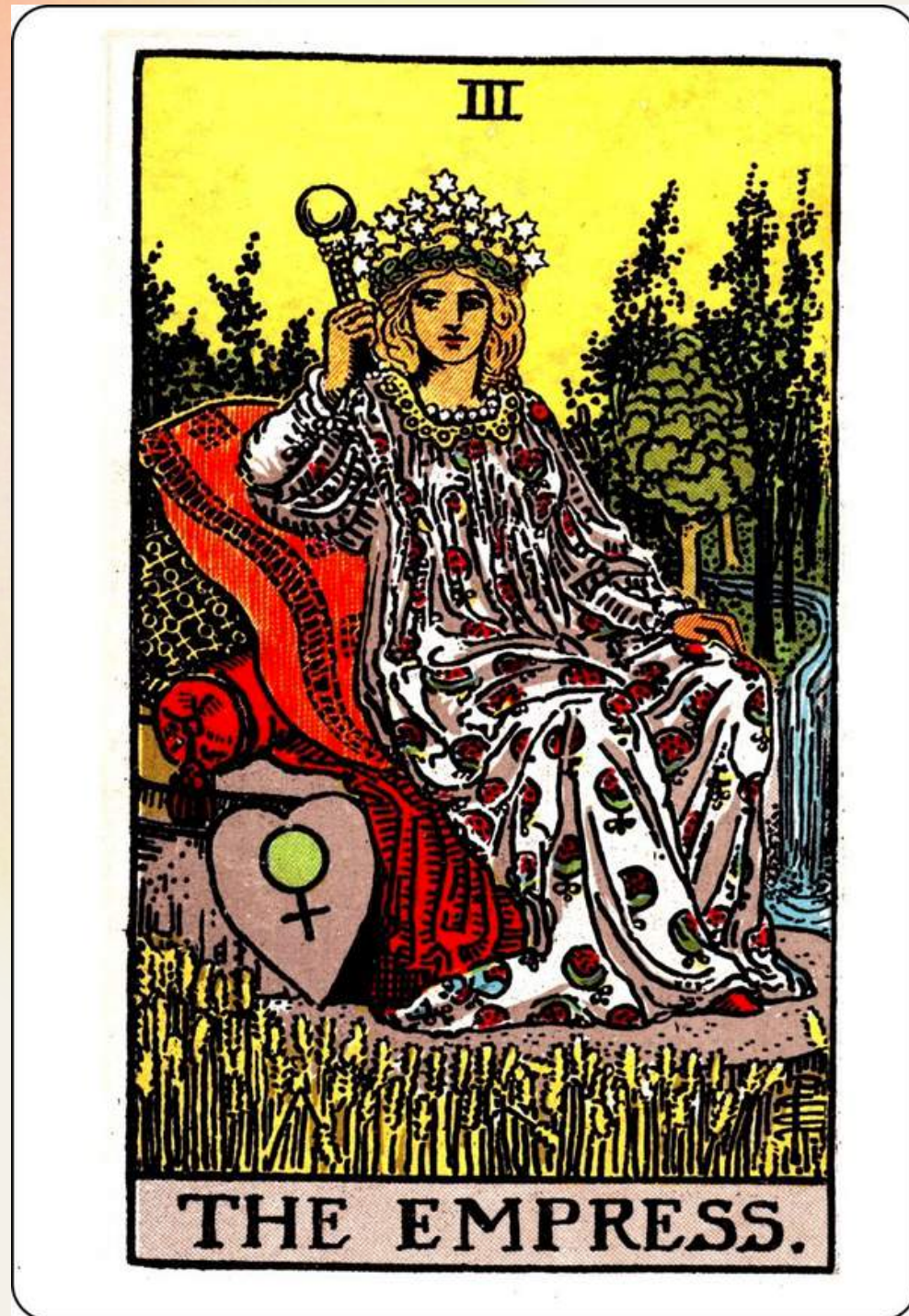
THE MAGICIAN

Taking Action
Acting Consciously
Concentrating
Experiencing Power
Creating Miracles

THE HIGH PRIESTESS

Staying Non-Active
Trusting your Inner Voice
Seeing the Potential
Sensing the Mystery





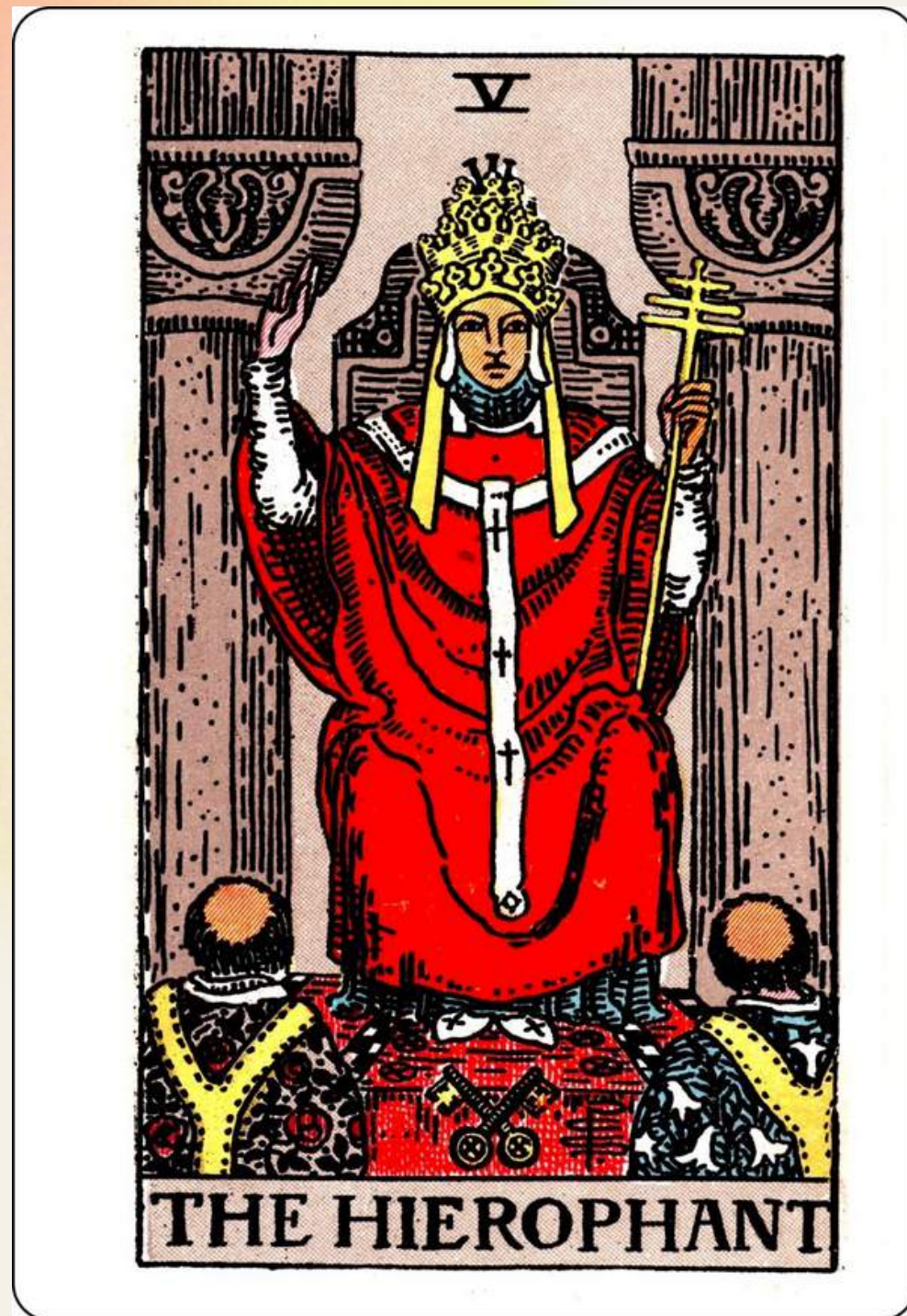
THE EMPRESS

Mothering
Welcoming Abundance
Experiencing the Senses
Responding to Nature
Being Creative

THE EMPEROR

Fathering
Emphasizing Structure
Exercising Authority
Regulating
Creating Boundaries



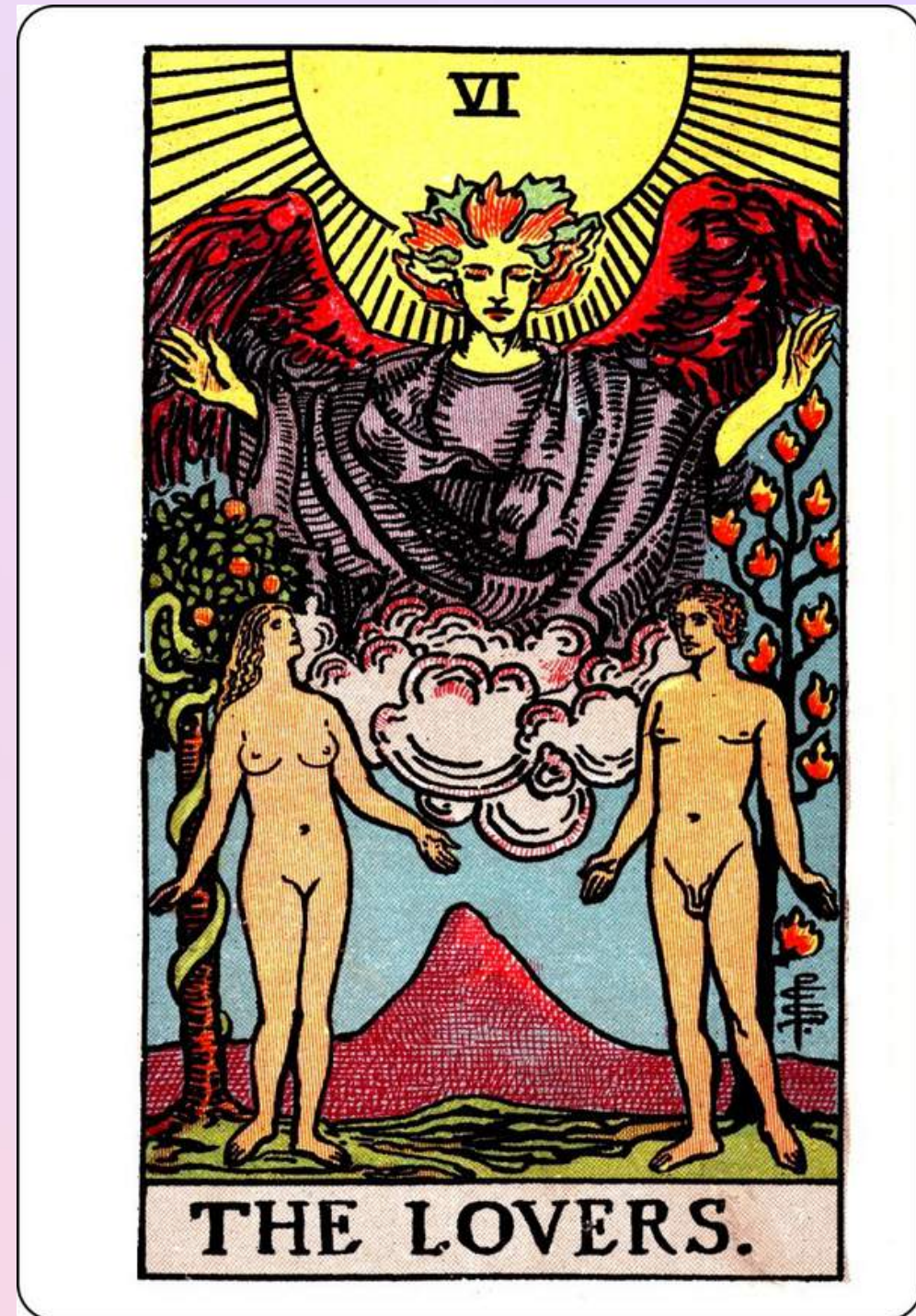


THE HIEROPHANT

Getting an Education
Having a Belief System
Conforming
Identifying with a Group

THE LOVERS

Relating to Others
Being Sexual
Establishing Personal Beliefs
Determining Values
Love in Relationship





THE CHARIOT

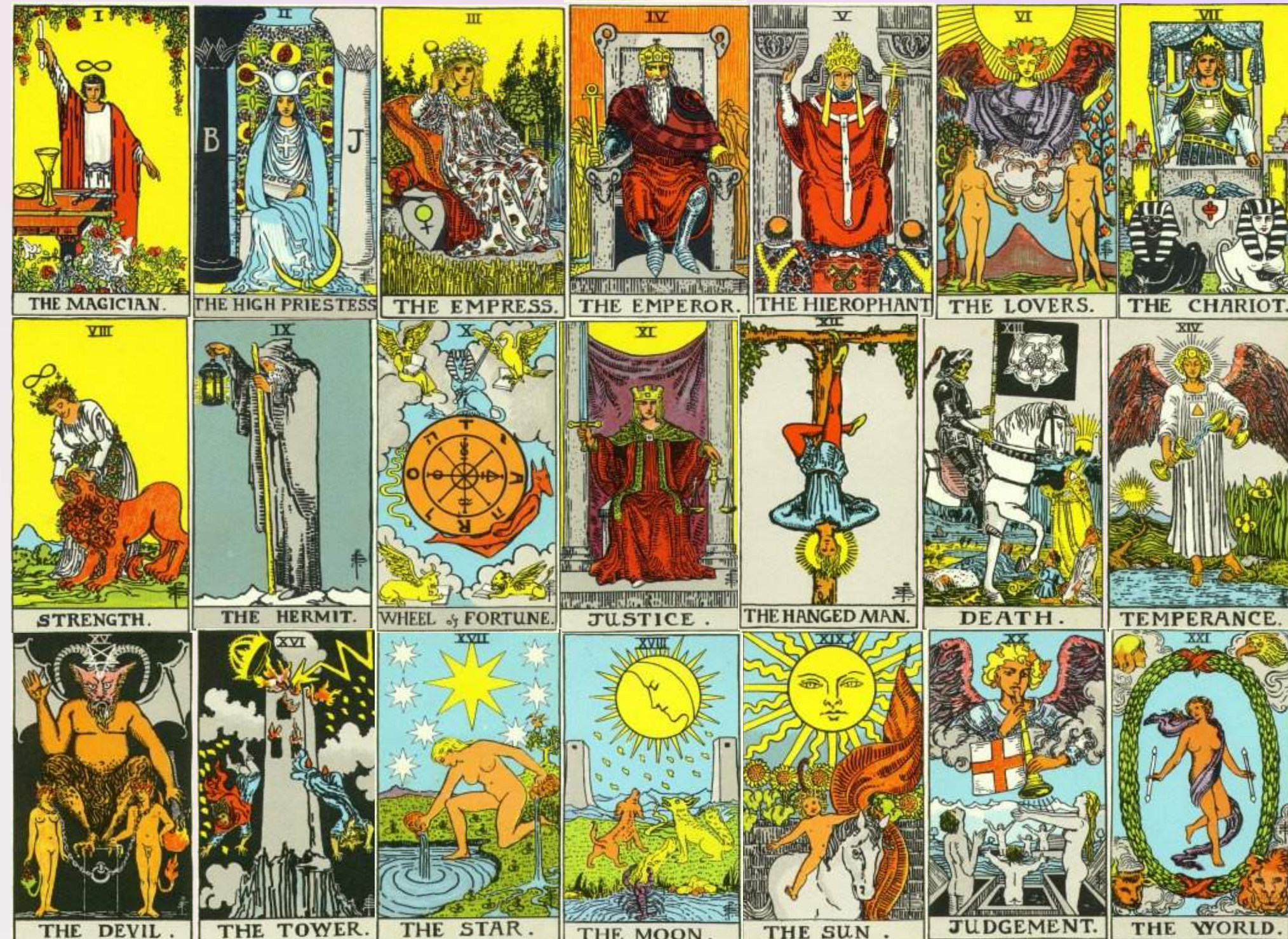
Achieving Victory
Using Your Will
Asserting Yourself
Achieving Hard Control
Mastering Emotions

The Major Arcana

in Three Stages



The Worldly Sequence



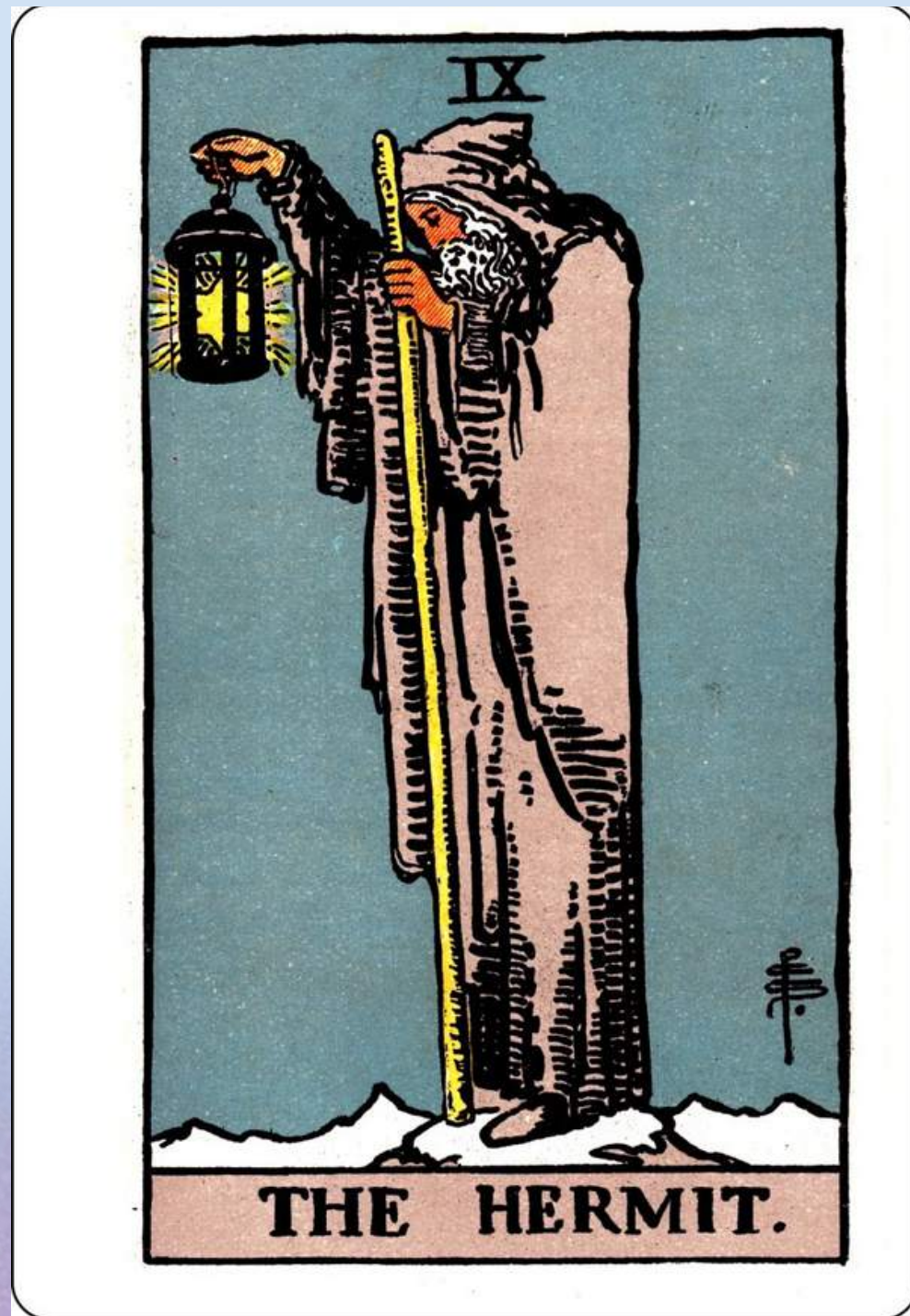
Turning Inward

The Great Journey

STRENGTH

Showing Strength
Being Patient
Being Compassionate
Achieving Soft Control



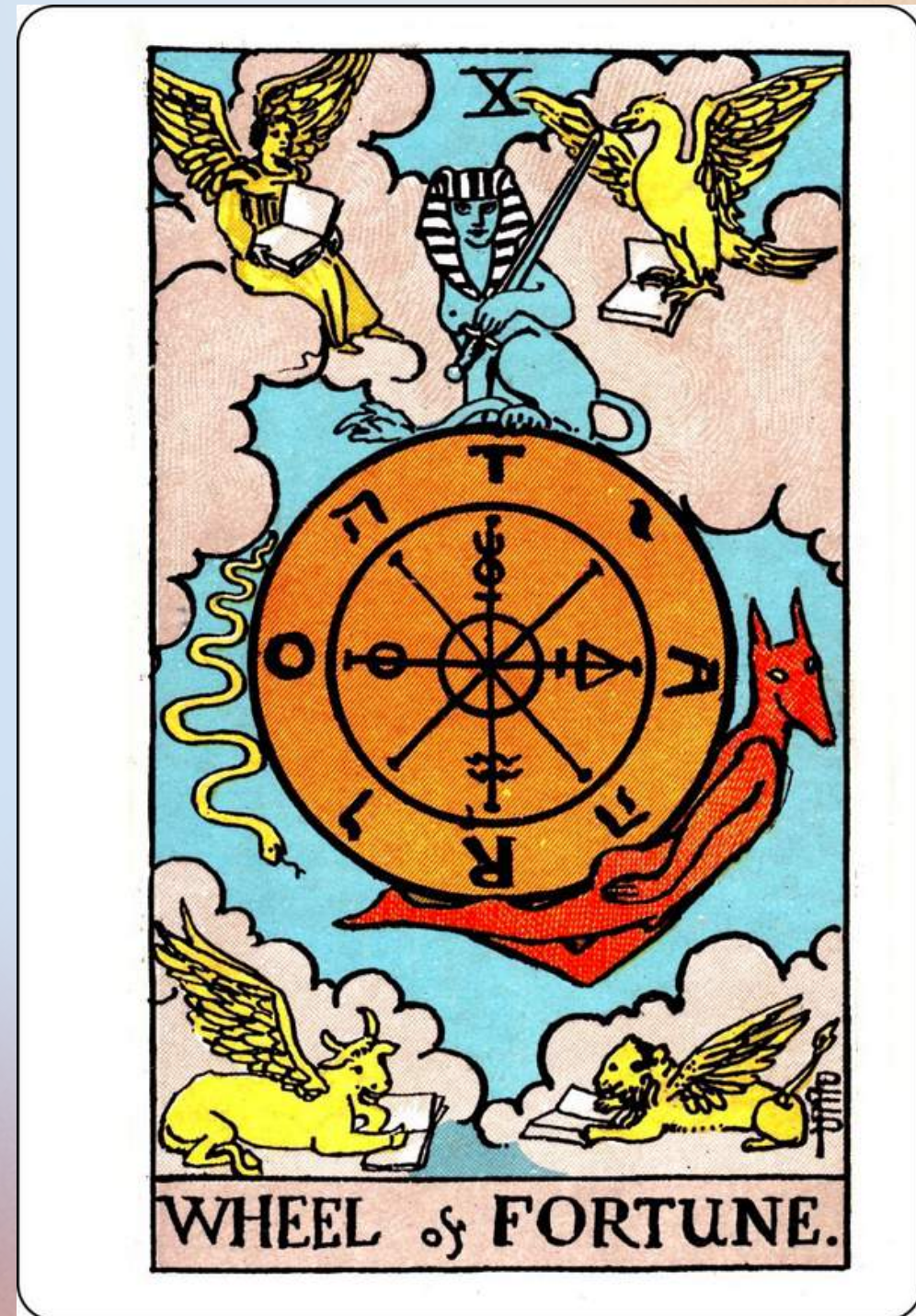


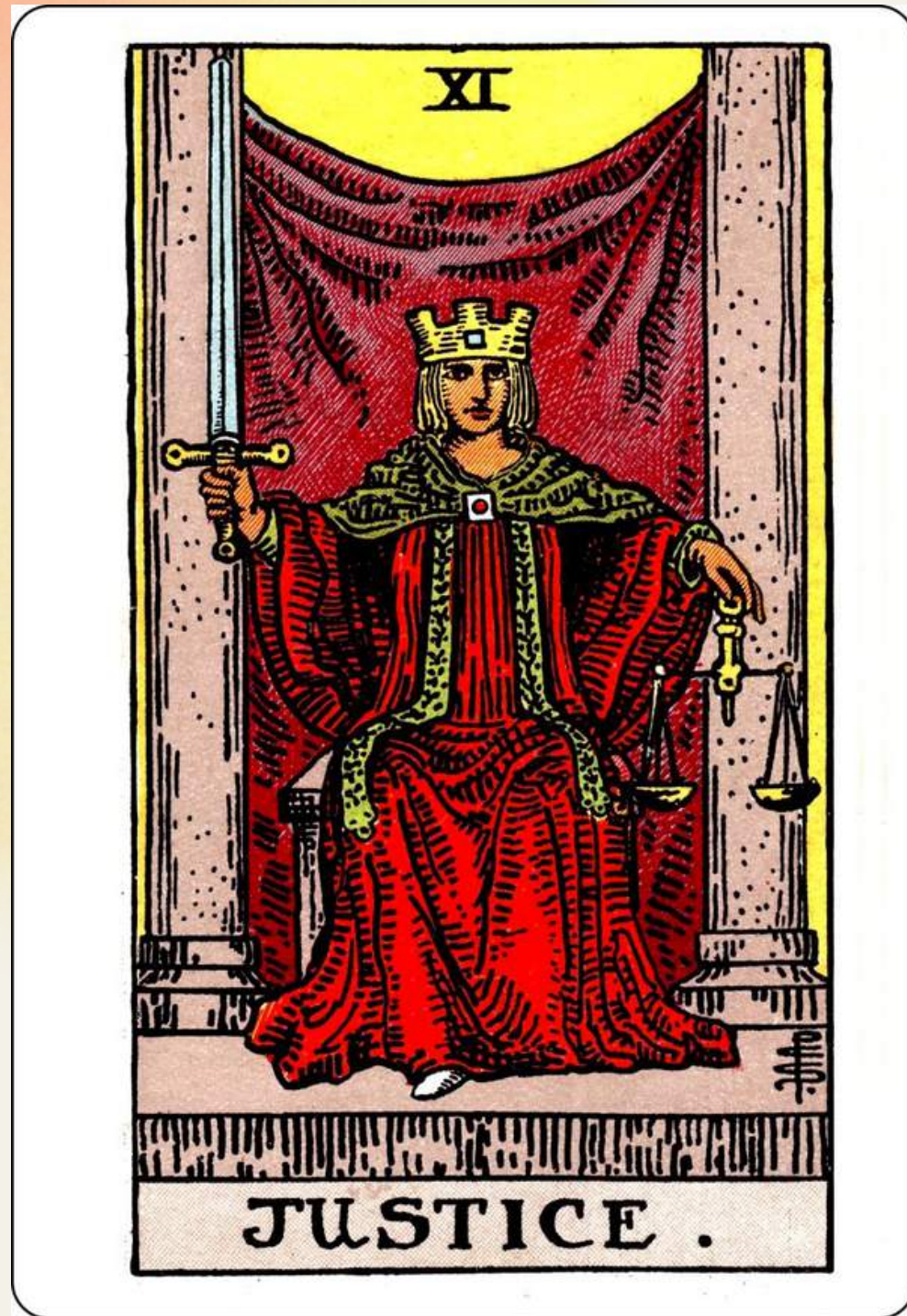
THE HERMIT

Being Introspective
Searching
Receiving/Giving Guidance
Seeking Solitude

THE WHEEL OF FORTUNE

Feeling a Sense of Destiny
Being at a Turning Point
Feeling Movement
Having a Personal Vision



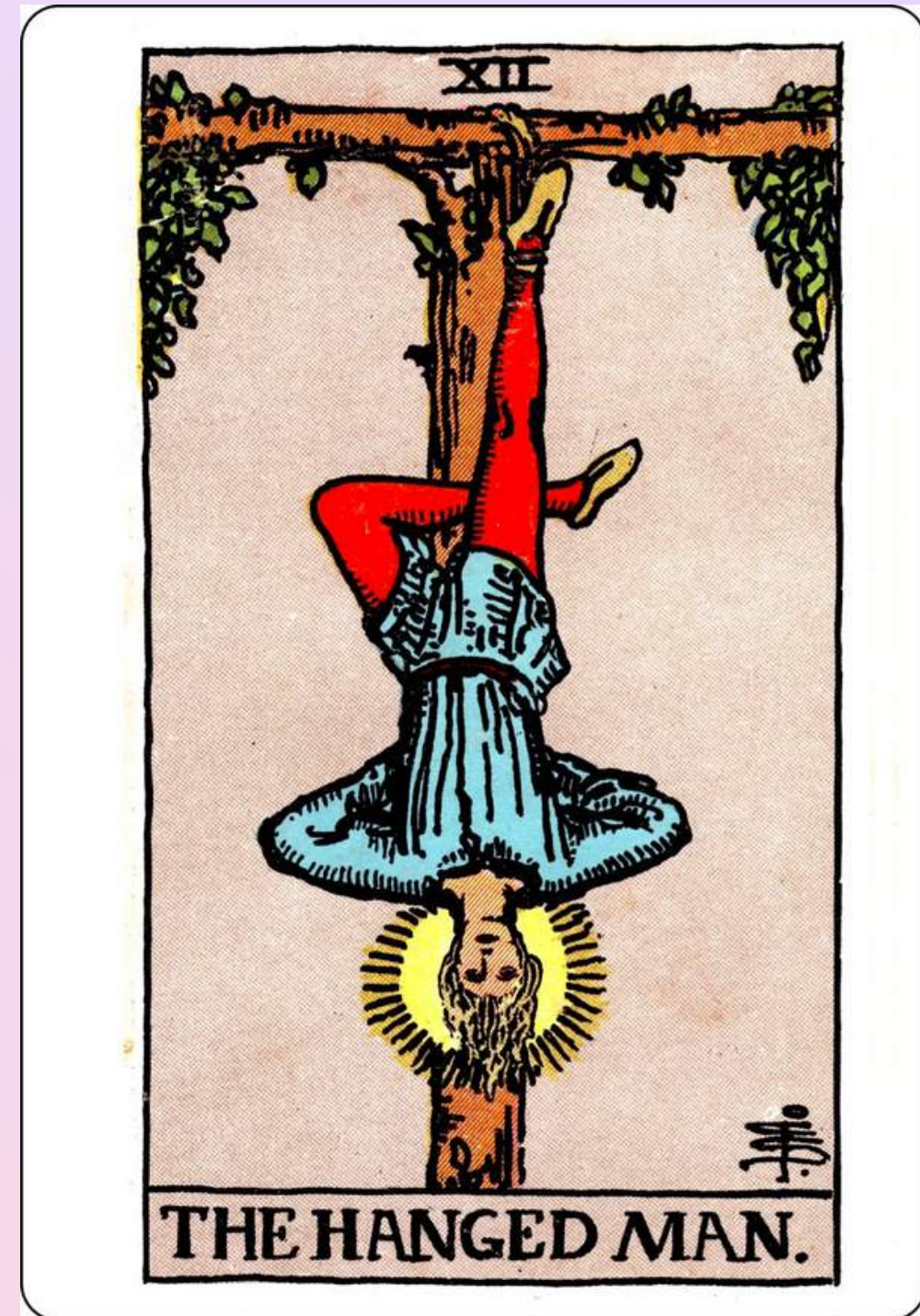


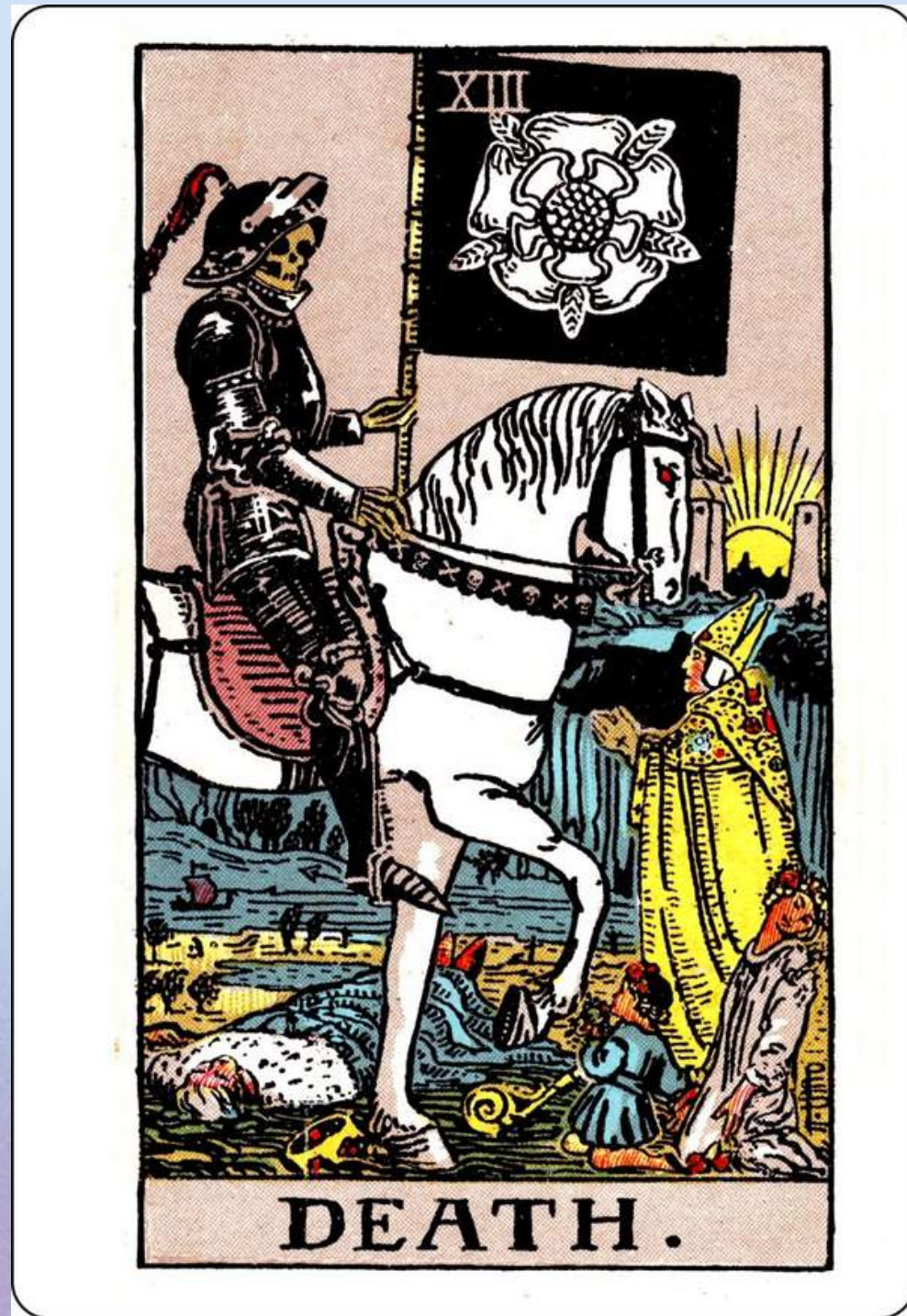
JUSTICE

Respecting Justice
Assuming Responsibility
Preparing for a Decision
Understanding Cause and Effect

THE HANGED MAN

Letting Go
Reversing
Suspending Action
Sacrificing





DEATH

Ending
Going Through Transition
Eliminating Excess
Experiencing Inexorable Forces

TEMPERANCE

Being Temperate
Maintaining Balance
Experiencing Health
Combining Forces



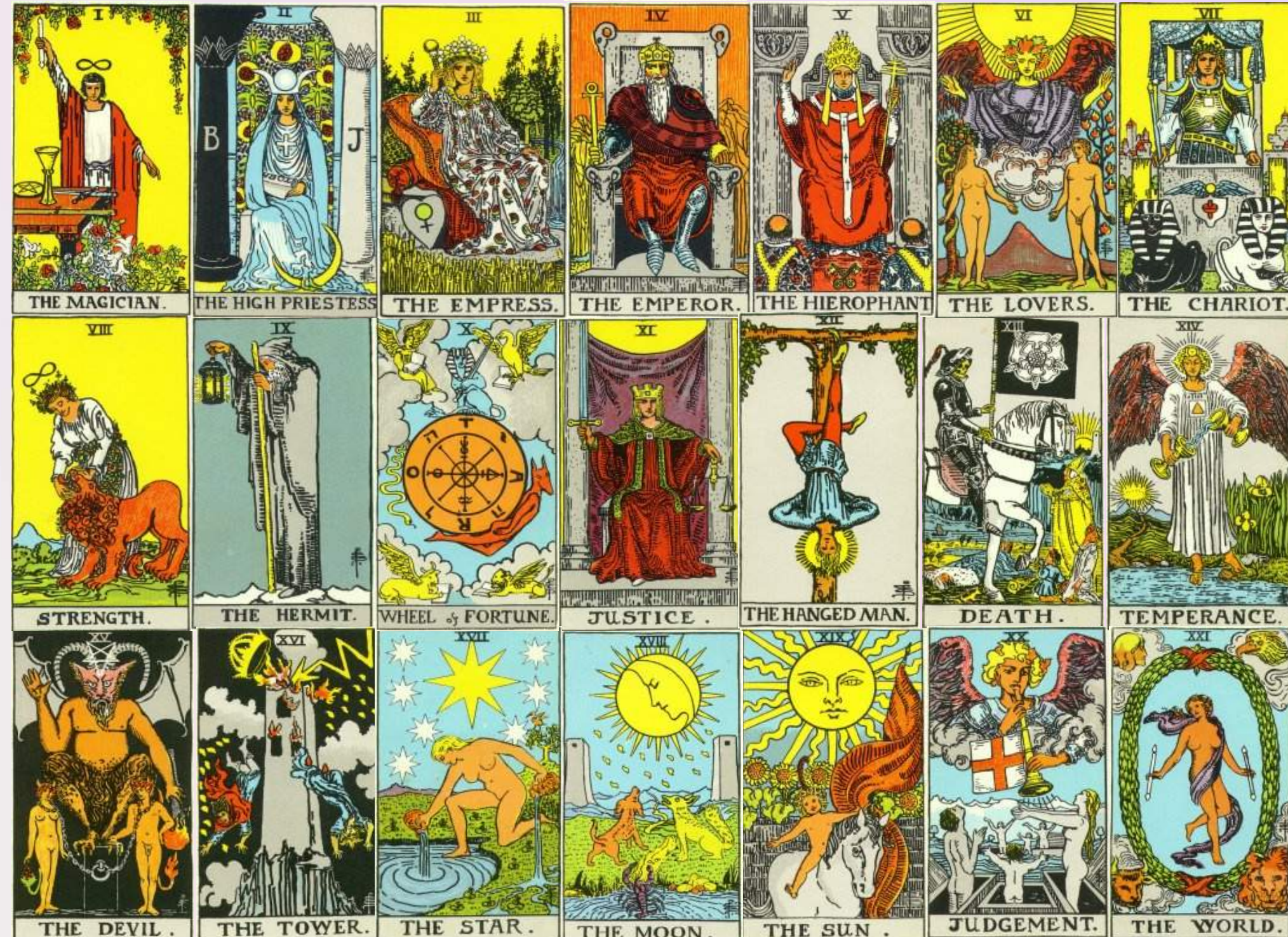
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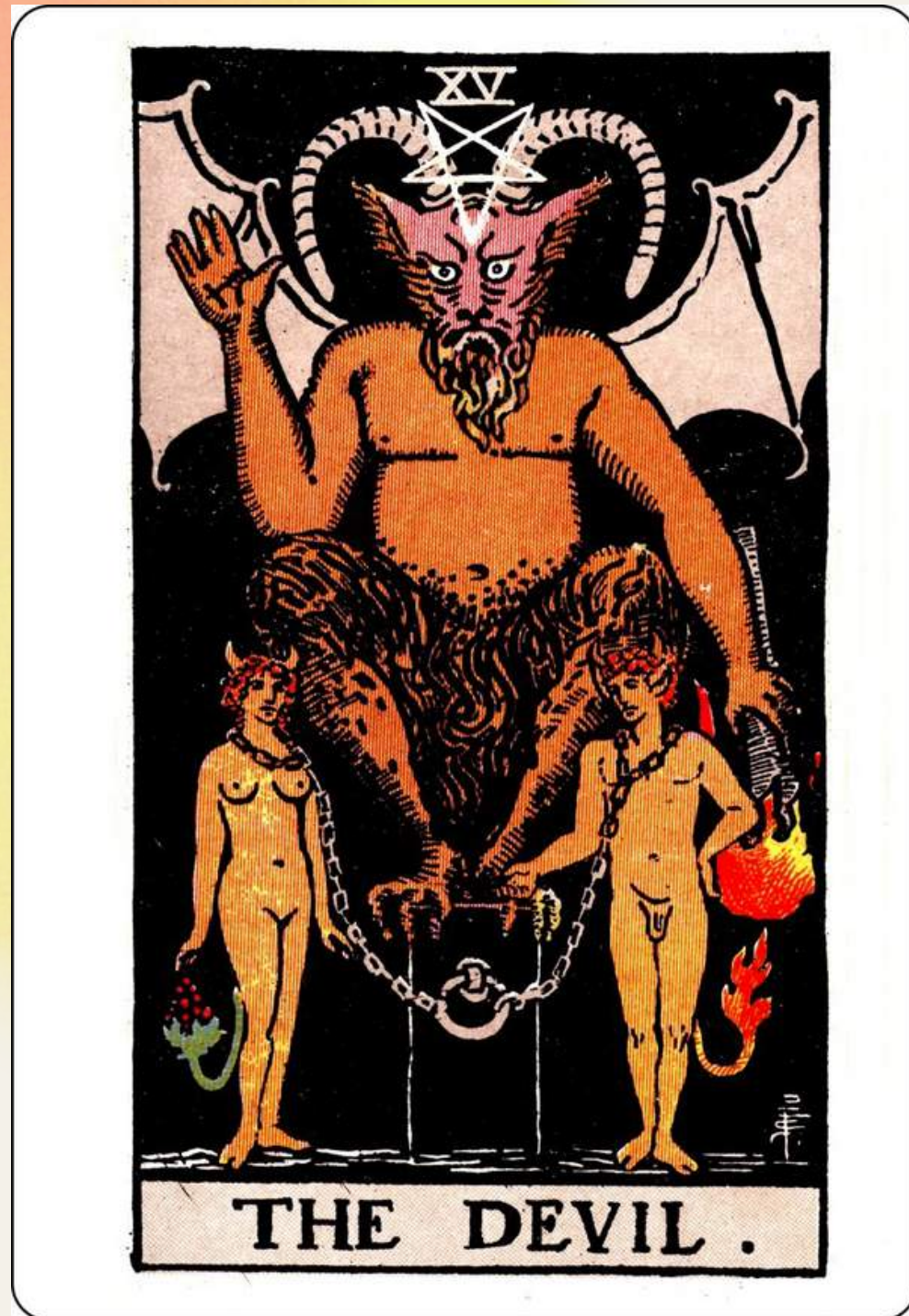
THE FOOL .

The Worldly Sequence



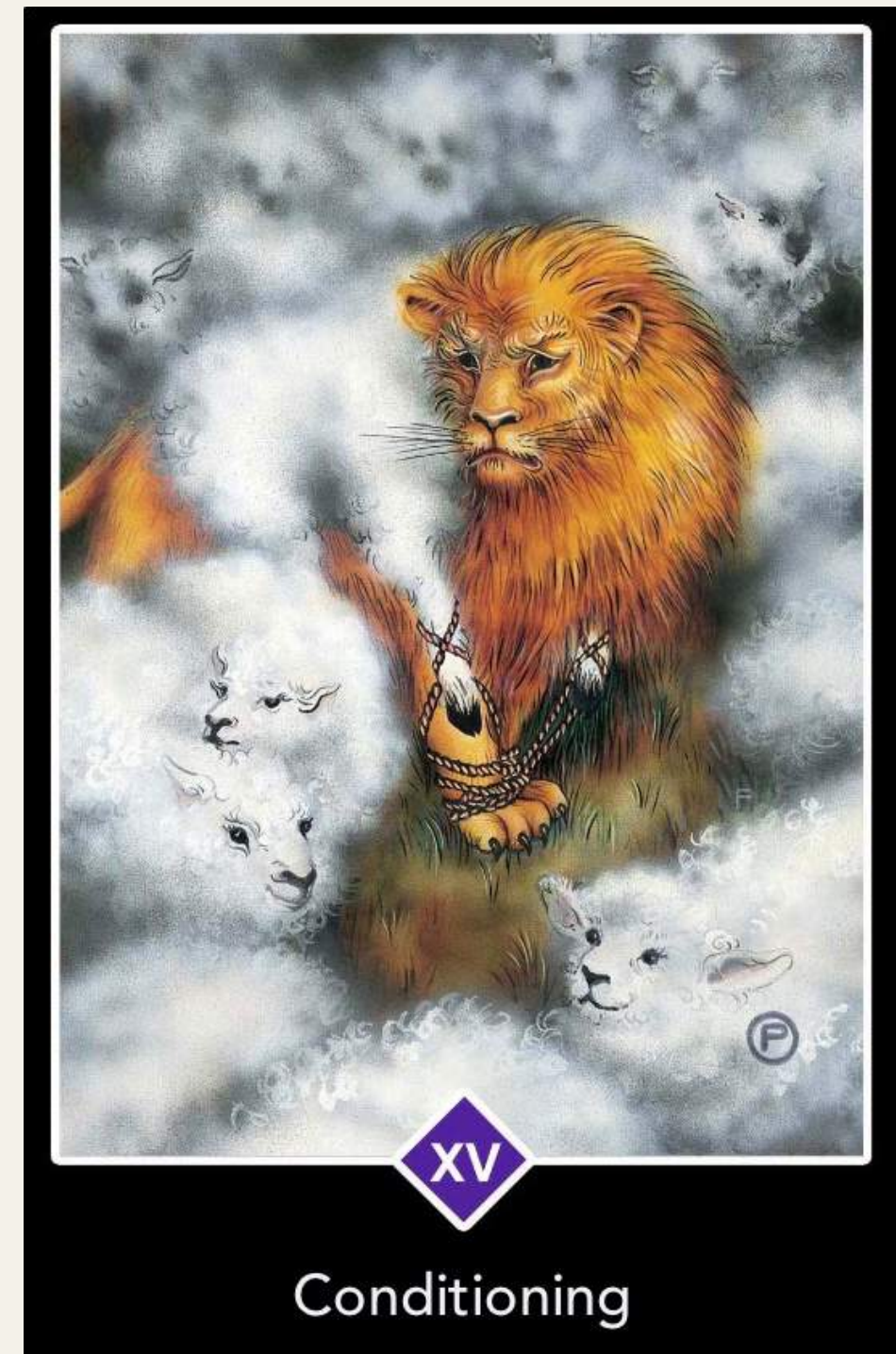
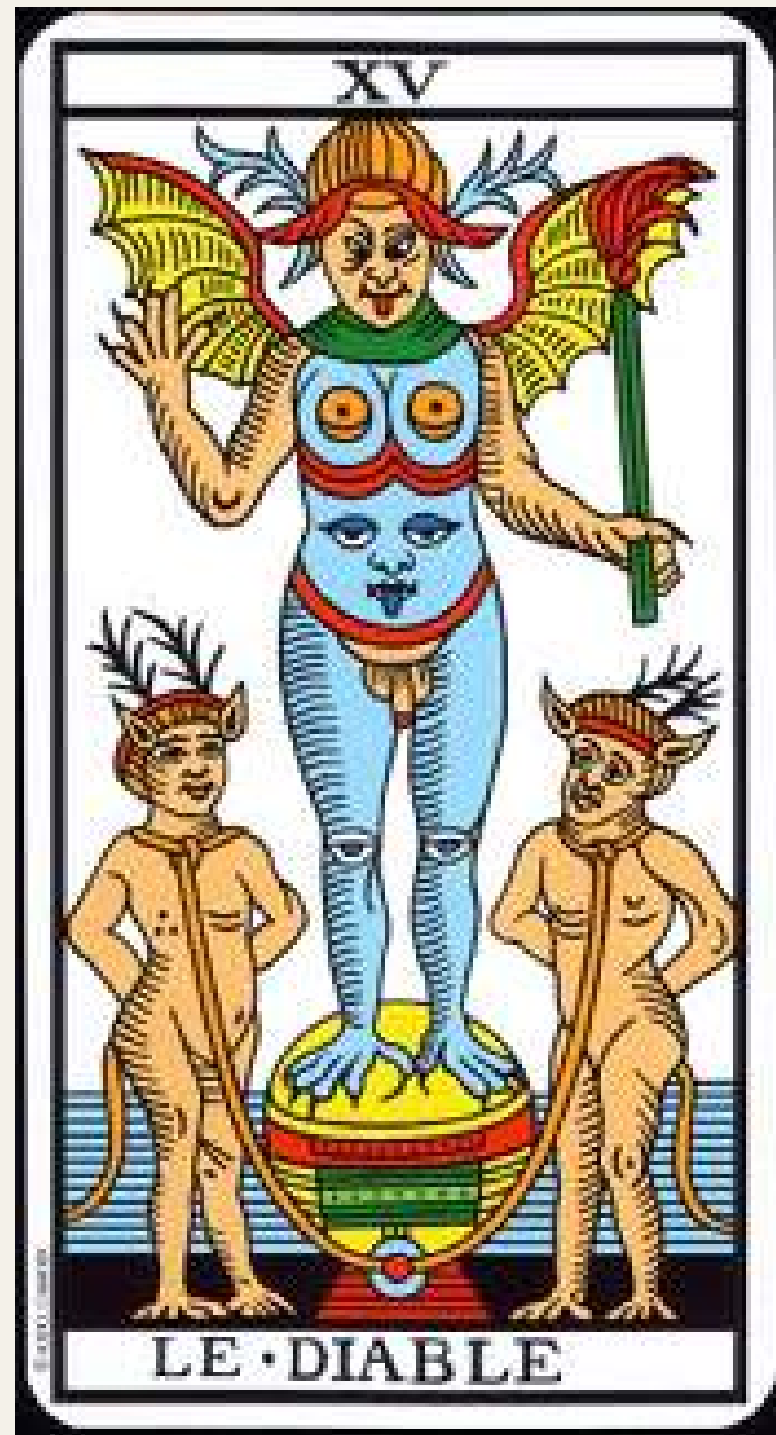
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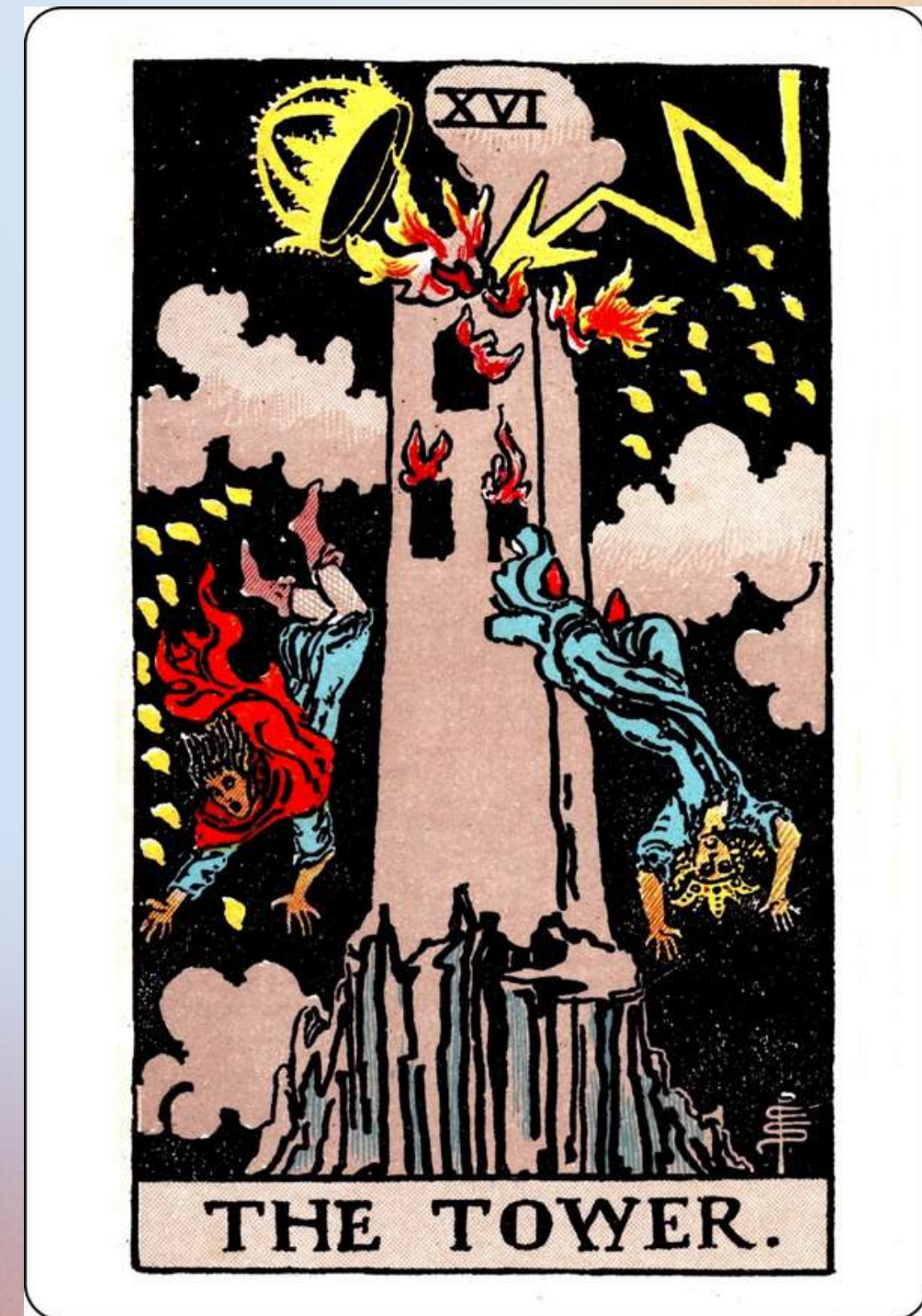
THE DEVIL

Experiencing Bondage
Focusing on the Material
Staying in Ignorance
Feeling Hopeless



THE TOWER

Going Through Sudden Change
Releasing
Falling Down
Having a Revelation



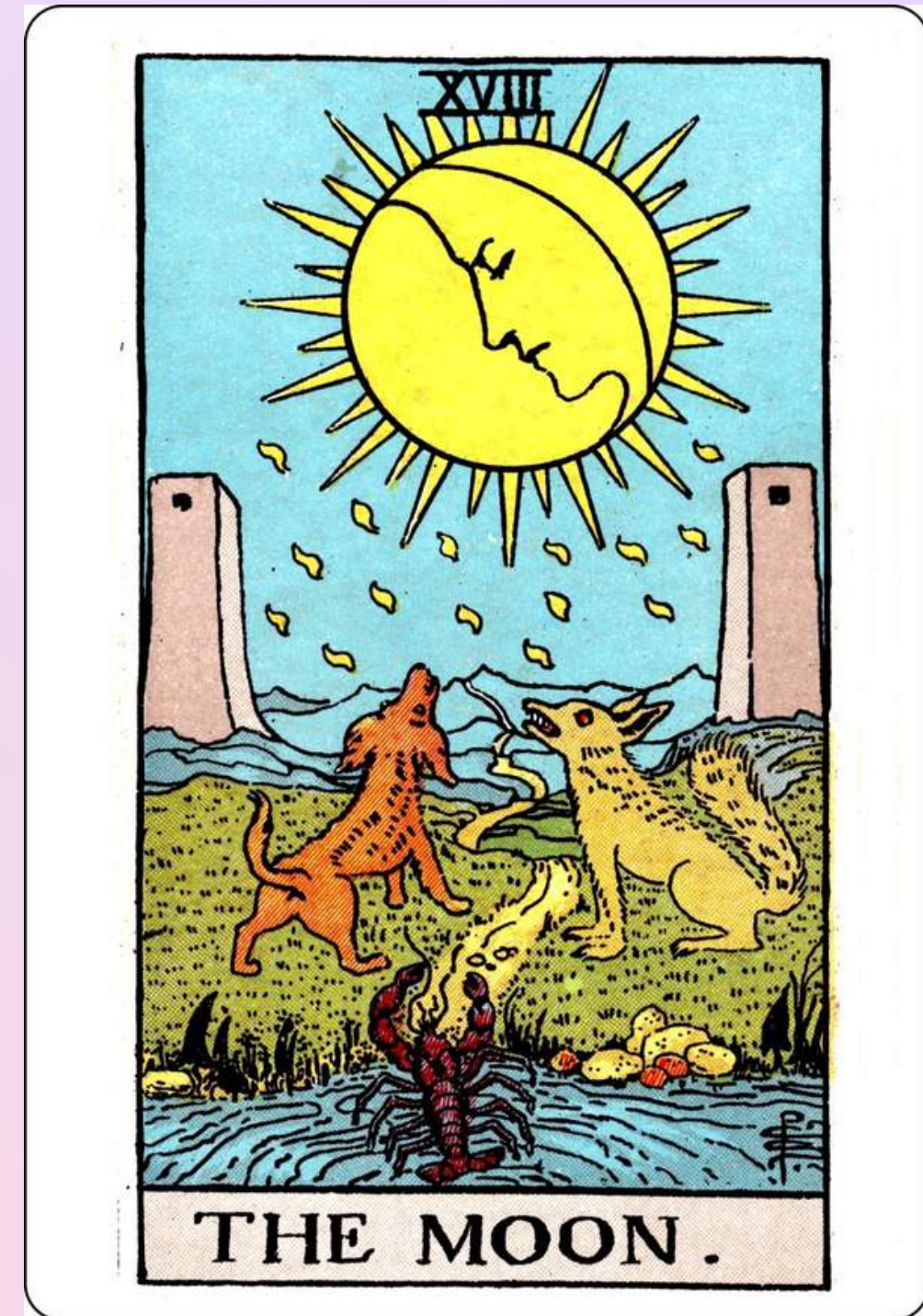


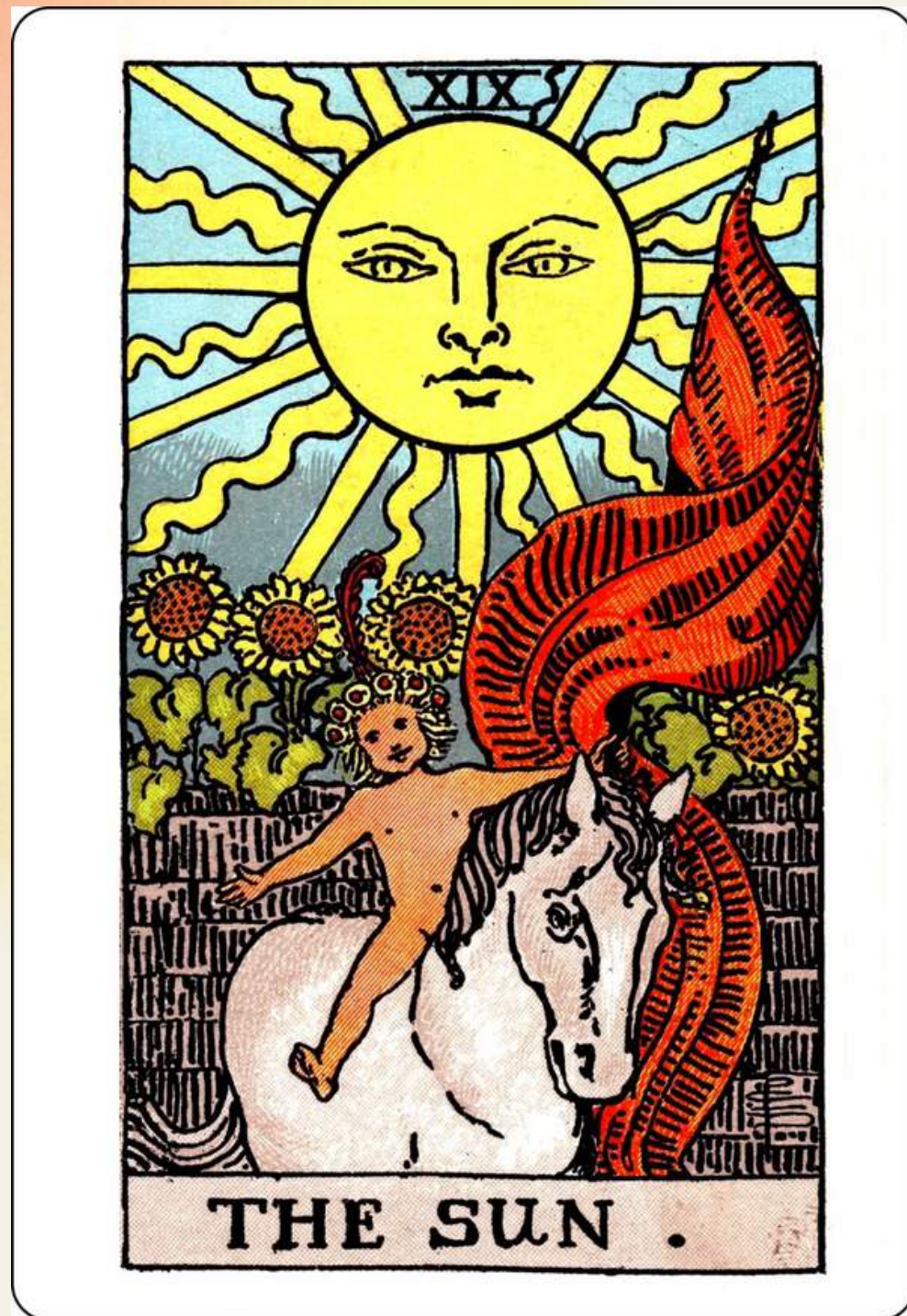
THE STAR

Regaining Hope
Being Inspired
Being Generous
Feeling Serene

THE MOON

Feeling Fear
Believing Illusions
Stimulating the Imagination
Feeling Bewildered





THE SUN

Becoming Enlightened
Experiencing Divinity
Feeling Vitality
Having Assurance

JUDGMENT

Making a Judgment
Feeling Reborn
Hearing a Call
Finding Absolution

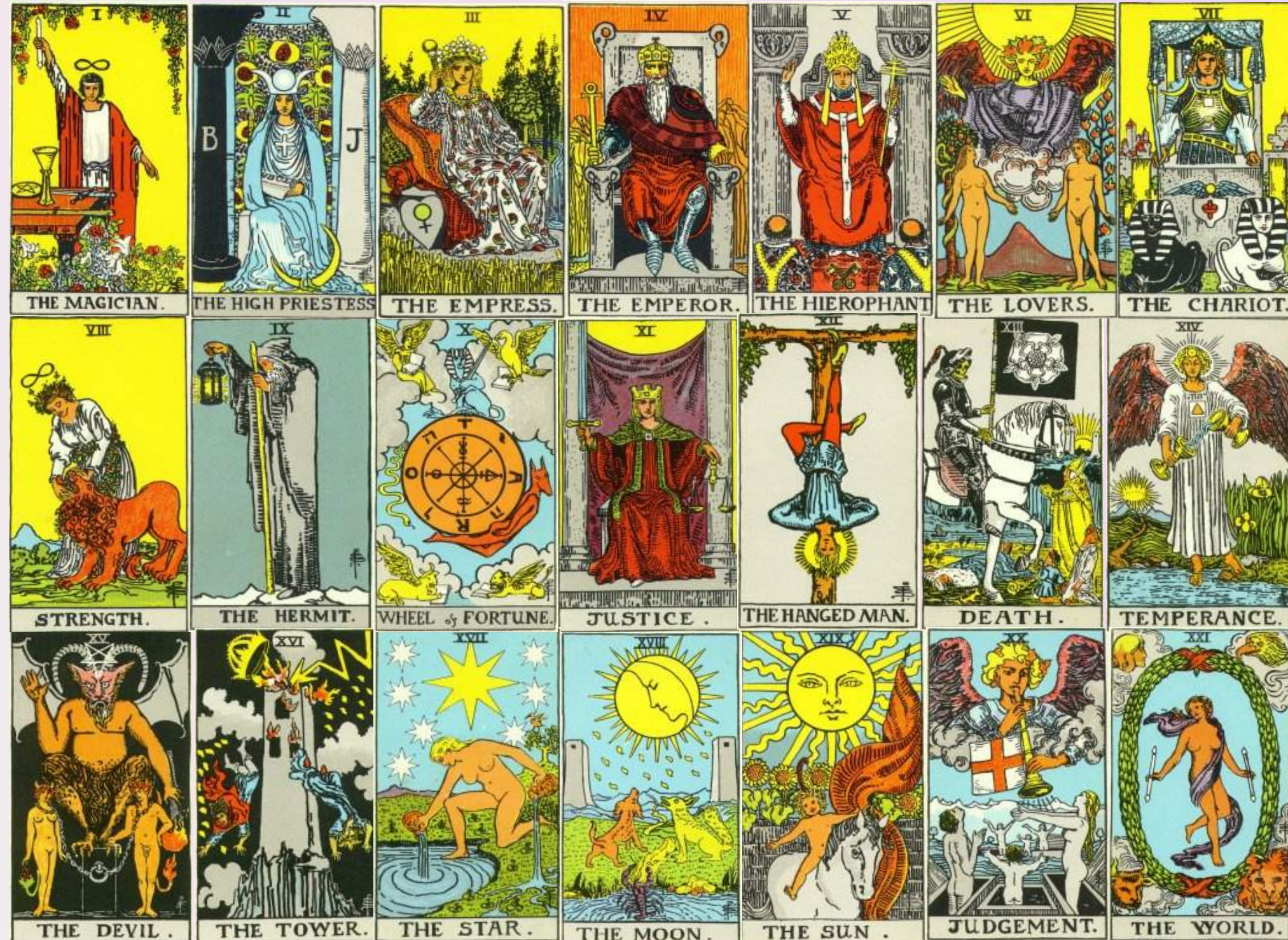




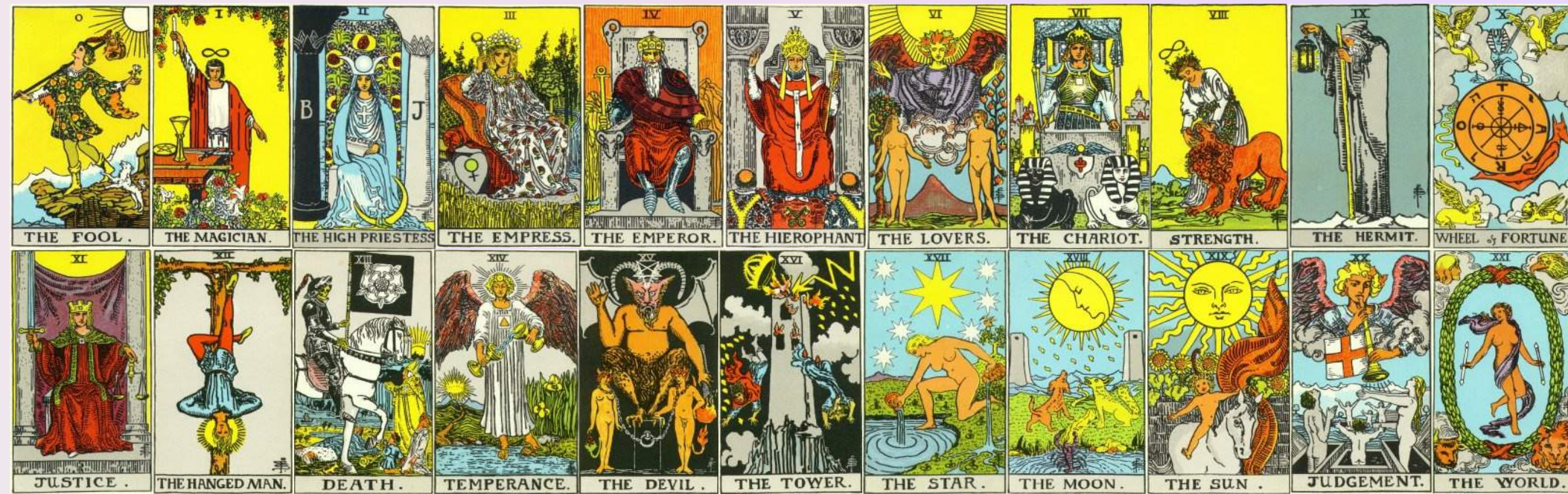
THE WORLD

Feeling Complete
Accomplishing
Becoming Involved
Feeling Fulfilled

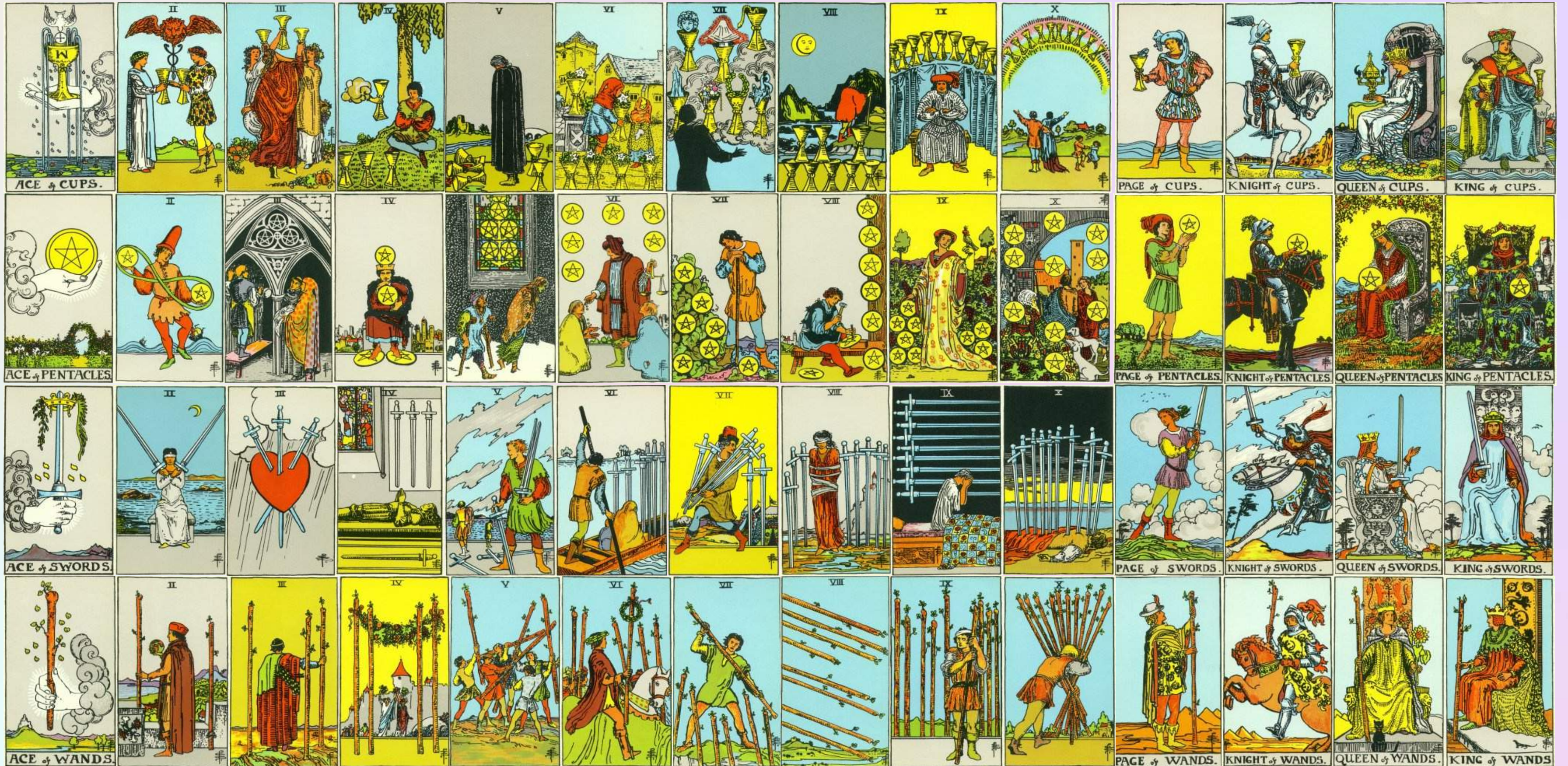
Choose an Archetype
that resonates with you



The 78 Archeiypes of the Ryder-Waite Tarot



The Minor Arcana



Tarot as a System of Archetypes

Skillful Understanding

Tarot as a Spiritual Practice

Skillful Use

Tarot as a Roseanna Stone

Who/what are you contacting?

This can open a discussion about
a director's image of the Divine.

Why Does this Work?

Synchronicity?

Law of Attraction?



Tarot as a Skillful Spiritual Practice

As a Tool for Receiving Guidance

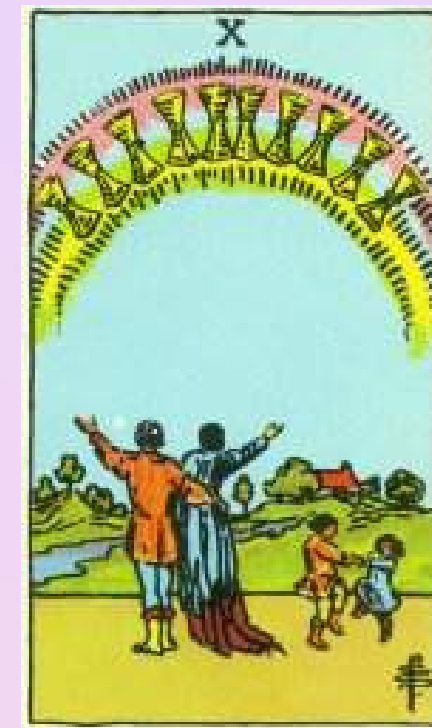
As a Mirror for the Soul

As a Projection Holder

What about fortune telling?

Tarot as Projection Holder

- Choose an image which evokes:
 - Positive Charge
 - Negative Charge
 - Strong Emotion
- Place Yourself in the Scene
- What Story Does this Tell?



Optional Writing Prompts

(7 Magic Questions)

1) I am.....

2) My purpose (as this) is.....

3) What I like (about being this) is...

4) What I dislike (about being this) is...

5) What I fear most (as this) is...

6) What I desire most (as this) is...

7) (As this), my message for the seeker is...



DEMONSTRATION!

The Fool 0	Beginning <i>entering a new phase heading into the unknown</i>	Being Spontaneous <i>living in the moment feeling carefree/uninhibited</i>	Having Faith <i>trusting in the flow staying open</i>	Embracing Folly <i>taking a "crazy" chance trusting your heart's desire</i>
The Magician I	Taking Action <i>making what's possible real using your talents and tools</i>	Acting Consciously <i>knowing what you are doing and why understanding your intentions</i>	Concentrating <i>having a singleness of purpose focusing on a goal</i>	Experiencing Power <i>creating miracles having vitality</i>
The High Priestess II	Staying Non-Active <i>waiting patiently allowing events to proceed</i>	Trusting your Inner Voice <i>seeking guidance from within accessing the unconscious</i>	Seeing the Potential <i>understanding the possibilities allowing development</i>	Sensing the Mystery <i>looking beyond the obvious</i>
The Empress III	Mothering <i>nurturing and caring for others expressing tenderness</i>	Welcoming Abundance <i>having more than enough enjoying extravagance</i>	Experiencing the Senses <i>focusing on the body being earthy</i>	Responding to Nature <i>relating to plants and animals harmonizing with natural rhythms</i>
The Emperor IV	Fathering <i>protecting and defending guiding growth</i>	Emphasizing Structure <i>creating order out of chaos providing shape and form</i>	Exercising Authority <i>taking a leadership role being in a position of strength</i>	Regulating <i>creating boundaries following a regimen</i>
The Hierophant V	Getting an Education <i>pursuing knowledge seeking a deeper meaning</i>	Having a Belief System <i>learning a religious tradition following a discipline</i>	Conforming <i>following the rules adapting to the system</i>	Identifying with a Group <i>being committed to a cause working as part of a team</i>
The Lovers VI	Relating to Others <i>establishing bonds getting closer</i>	Being Sexual <i>seeking union opening to another</i>	Establishing Personal Beliefs <i>figuring out where you stand staying true to yourself</i>	Determining Values <i>refusing to allow the ends to justify the means</i>
The Chariot VII	Achieving Victory <i>reaching your goals winning</i>	Using Your Will <i>being determined to succeed letting nothing distract you</i>	Asserting Yourself <i>establishing an identity knowing who you are</i>	Achieving Hard Control <i>mastering emotions maintaining discipline</i>
Strength VIII	Showing Strength <i>knowing you can endure feeling an unshakable resolve</i>	Being Patient <i>dealing calmly with frustration maintaining composure</i>	Being Compassionate <i>understanding others' feelings being kind</i>	Achieving Soft Control <i>persuading demonstrating the strength of love</i>
The Hermit IX	Being Introspective <i>focusing inward quieting yourself</i>	Searching <i>seeking greater understanding wanting the truth at all costs</i>	Receiving/Giving Guidance <i>going to / being a mentor accepting / offering wise counsel</i>	Seeking Solitude <i>giving up distractions desiring stillness</i>
The Wheel of Fortune X	Feeling a Sense of Destiny <i>seeing life's threads weave together witnessing miracles</i>	Being at a Turning Point <i>moving in a different direction being surprised at a turn of events</i>	Feeling Movement <i>being swept up in new developments feeling the tempo of life speed up</i>	Having a Personal Vision <i>seeing how everything connects uncovering patterns and cycles</i>

Justice XI	Respecting Justice <i>acting on ethical principles committing to honesty</i>	Assuming Responsibility <i>being accountable acknowledging the truth</i>	Preparing for a Decision <i>weighing all sides of an issue choosing with full awareness</i>	Understanding Cause and Effect <i>accepting the results you created making connections between events</i>
The Hanged Man XII	Letting Go <i>surrendering to experience giving up control</i>	Reversing <i>seeing from a new angle changing your mind</i>	Suspending Action <i>pausing to reflect taking time to just be</i>	Sacrificing <i>putting self-interest aside putting others first</i>
Death XIII	Ending <i>closing one door to open another completing a chapter</i>	Going Through Transition <i>moving from known to unknown waiting in an in-between state</i>	Eliminating Excess <i>cutting out that isn't necessary getting down to bare bones</i>	Experiencing Inexorable Forces <i>being caught in the inescapable accepting the inevitable</i>
Temperance XIV	Being Temperate <i>showing moderation reaching a compromise</i>	Maintaining Balance <i>integrating opposites experiencing harmony</i>	Experiencing Health <i>healing recovering</i>	Combining Forces <i>creating synthesis finding the right mix</i>
The Devil XV	Experiencing Bondage <i>being addicted and enslaved being obsessed</i>	Focusing on the Material <i>forgetting the spiritual being controlled by desire</i>	Staying in Ignorance <i>choosing to stay in the dark being unaware</i>	Feeling Hopeless <i>believing the worst lacking faith</i>
The Tower XVI	Going Through Sudden Change <i>experiencing upheaval being in chaos</i>	Releasing <i>erupting in emotional outburst breaking through pretense</i>	Falling Down <i>being humbled suffering a blow to the ego</i>	Having a Revelation <i>suddenly realizing the truth having a burst of insight</i>
The Star XVII	Regaining Hope <i>having faith in the future seeing light at the end of the tunnel</i>	Being Inspired <i>seeing the way clear regaining motivation</i>	Being Generous <i>letting love flow freely opening your heart</i>	Feeling Serene <i>experiencing peace of mind finding your still center</i>
The Moon XVIII	Feeling Fear <i>being overcome by anxieties giving in to the shadow self</i>	Believing Illusions <i>accepting a false picture misapprehending the truth</i>	Stimulating the Imagination <i>having vivid dreams or visions plumbing the unconscious</i>	Feeling Bewildered <i>losing direction and purpose feeling disoriented</i>
The Sun XIX	Becoming Enlightened <i>understanding realizing the truth</i>	Experiencing Divinity <i>dancing in the light of the divine shining forth brilliantly</i>	Feeling Vitality <i>bursting with enthusiasm experiencing joy</i>	Having Assurance <i>honoring your true self being confident</i>
Judgment XX	Making a Judgment <i>getting off the fence bringing everything out into the light</i>	Feeling Reborn <i>awaking to possibilities seeing everything in a new light</i>	Hearing a Call <i>knowing what you must do feeling an inner conviction</i>	Finding Absolution <i>unburdening yourself forgiving yourself and others</i>
The World XXI	Feeling Complete <i>experiencing wholeness</i>	Accomplishing <i>realizing your goals seeing your dreams come true</i>	Becoming Involved <i>contributing sharing what you have</i>	Feeling Fulfilled <i>feeling gratitude finding contentment</i>

Page of Cups

Come From the Heart

- Be Emotional
- Be Intimate
- Be Intuitive
- Be Loving

Knight of Cups

Embracing Trust

- Romantic - Overemotional
- Imaginative - Fanciful
- Sensitive - Temperamental
- Refined - Over Refined
- Introspective - Introverted

Queen of Cups

Receptivity

- Loving
- Tenderhearted
- Intuitive
- Psychic
- Spiritual

King of Cups

Healing - Healer

- Wise
- Calm
- Diplomatic
- Caring
- Tolerant

Page of Disks

One Step at a Time

- Be Practical
- Have an Effect
- Be Trustworthy
- Be Prosperous

Knight of Disks

Needing to Slow Down

- Hardworking - Grinding
- Thorough - Obsessive
- Cautious - Unadventurous
- Unwavering - Stubborn
- Realistic - Pessimistic

Queen of Disks

Welcoming

- Nurturing
- Bighearted
- Down to Earth
- Resourceful
- Trustworthy

King of Disks

Abundant - King Midas

- Steady
- Reliable
- Enterprising
- Adept
- Supporting

Page of Swords

Awareness of Mind

- Be Truthful
- Be Just
- Use your Mind

Knight of Swords

Defensiveness

- Direct - Blunt
- Authoritative - Overbearing
- Incisive - Cutting
- Knowledgeable - Opinionated
- Logical - Unfeeling

Queen of Swords

Seeing Things in Black & White

- Astute
- Honest
- Forthright
- Witty

King of Swords

Control Through Structure

- Intellectual
- Analytical
- Articulate
- Just

Page of Wands

Playfulness

- Be Creative
- Be Enthusiastic
- Be Confident
- Be Courageous

Knight of Wands

Intensity

- Charming - Superficial
- Self Confident - Cocky
- Daring - Foolhardy
- Adventurous - Restless
- Passionate - Hot Tempered

Queen of Wands

Sharing - Generosity

- Attractive
- Wholehearted
- Energetic
- Cheerful
- Self-Assured

King of Wands

The Creator

- Creative
- Inspiring
- Forceful
- Bold
- Charismatic

Ace of Cups	Using Emotional Force <i>letting your heart lead the way empathy, expressing deep feelings</i>	Developing Intuition <i>trusting your inner voice experiencing direct knowing</i>	Letting Your Love Light Shine <i>expressing affection forgive and forget</i>
Two of Cups	Making a Connection <i>joining together, sharing partnership</i>	Reconciliation <i>healing, peace, calling a truce</i>	Friendship
Three of Cups	Feeling Exuberant <i>rejoicing, celebration, putting yourself out there</i>	Enjoying Friendship <i>spend time with loved ones relying on outside help</i>	Valuing Community <i>uniting with others helping each other</i>
Four of Cups	Being Self-Absorbed <i>ignoring gifts and blessings being unaware of others</i>	Feeling Apathetic <i>lacking motivation passively accepting</i>	Going Within <i>being introspective meditating</i>
Five of Cups	Suffering a Loss <i>letting go of a hope saying goodbye</i>	Feeling Regret <i>wishing for what might have been crying over spilled milk</i>	Feeling Bereft <i>grieving feeling sorrow</i>
Six of Cups	Focusing on The Past <i>feeling nostalgic</i>	Enjoying Innocence <i>simple contentment clear conscience</i>	Experiencing Good Will <i>acting charitably sharing what you have</i>
Seven of Cups	Indulging in Wishful Thinking <i>creating fantasies getting caught up in illusions</i>	Having Many Options <i>facing an array of choices getting to pick and choose</i>	Overindulging <i>entering into addictive patterns looking outside yourself for answers</i>
Eight of Cups	Seeking Deeper Meaning <i>looking for answers starting on a journey of discovery</i>	Moving On <i>disentangling yourself letting go</i>	Growing Weary <i>becoming burned out getting weighed down by worries</i>
Nine of Cups	Having Your Wish Fulfilled <i>obtaining your goal getting what you think you want</i>	Feeling Satisfied <i>indulging in a little smugness feeling pleased as punch</i>	Enjoying Sensual Pleasure <i>experiencing luxury making love - relaxing</i>
Ten of Cups	Feeling Joy <i>counting your blessings having a sense of well-being</i>	Enjoying Peace <i>restoring harmony feeling contented and at ease</i>	Looking to the Family <i>working for peace in the home bonding with family members</i>

Ace of Disks	Using Material Force <i>working with the physical improving the body/health</i>	Prospering <i>enjoying abundance drawing to you what you need</i>	Proceeding with Trust <i>knowing a situation is stable feeling safe and protected</i>
Two of Disks	Juggling <i>trying to keep everything in balance noticing where you're out of balance</i>	Being Flexible <i>adapting</i>	Having Fun <i>taking time to play seeing the humor in the situation</i>
Three of Disks	Working as a Team <i>coordinating with others combining efforts</i>	Planning <i>being an ant, not a grasshopper organizing resources</i>	Being Competent <i>getting the job done meeting your goals</i>
Four of Disks	Wanting to Possess <i>being greedy protecting what you have</i>	Maintaining Control <i>imposing structure insisting on your own way</i>	Emphasizing Stability <i>wanting everything to stay the same blocking change</i>
Five of Disks	Experiencing Hard Times <i>running into material troubles lacking what you need</i>	Suffering Ill Health <i>feeling run down and tired neglecting your body and its needs</i>	Feeling Like an Outsider <i>being rejected having the door slammed in your face</i>
Six of Disks	Having/Not Having Resources <i>giving/receiving taking care of / being taken care of</i>	Having/Not Having Knowledge <i>teaching / learning becoming / finding a mentor</i>	Having/Not Having Power <i>leading / following dominating / submitting</i>
Seven of Disks	Assessing <i>taking stock pausing to check results</i>	Reaping a Reward <i>enjoying some first fruits being able to let up a bit</i>	Showing Patience <i>waiting for things to develop taking a time out</i>
Eight of Disks	Taking Time for Mastery <i>receiving training pursuing greater understanding</i>	Attending to the Ordinary <i>being extra careful approaching a task methodically</i>	Showing Diligence <i>applying yourself totally plugging away</i>
Nine of Disks	Pursuing Refinement <i>enjoying leisure enjoying the finer things in life</i>	Experiencing Ripeness <i>feeling ready</i>	
Ten of Disks	Enjoying Affluence <i>having material abundance feeling financially secure</i>	Seeking Permanence <i>creating a lasting foundation having an orderly family life</i>	Following Convention <i>taking part in traditions trusting the tried and true</i>

Ace of Swords	Finding Clarity <i>cutting through confusion</i> <i>seeing through illusions</i>	Proceeding with Truth <i>being honest</i>	Seeking Justice <i>accepting responsibility</i> <i>doing what is right</i>
Two of Swords	Blocking Emotions <i>denying true feelings</i>	Avoiding the Truth <i>refusing to look at facts</i> <i>pretending everything's fine</i>	Being at a Stalemate <i>feeling afraid to act</i> <i>staying on the fence</i>
Three of Swords	Feeling Heartbreak <i>suffering emotional pain</i> <i>hurting inside</i>	Feeling Isolated <i>feeling lonely</i> <i>feeling lost</i>	Experiencing Betrayal <i>discovering a painful truth</i> <i>being let down</i>
Four of Swords	Resting <i>taking a break</i> <i>finding peace and quiet</i>	Contemplating <i>listening to your inner voice</i> <i>taking time for meditation/reflection</i>	Quietly Preparing <i>consolidating inner resources</i>
Five of Swords	Acting in Your Own Self-Interest <i>going to the win-lose result</i> <i>setting aside the concerns of others</i>	Experiencing Discord <i>choosing to battle</i> <i>experiencing conflict</i>	Witnessing Open Dishonor <i>sacrificing integrity</i> <i>losing your moral compass</i>
Six of Swords	Feeling the Blues <i>experiencing a low-level sadness</i> <i>functioning, but not much more</i>	Recovering <i>dealing with the effects of trauma</i> <i>picking up the pieces</i>	Traveling <i>going on a journey</i> <i>entering a new frame of mind</i>
Seven of Swords	Choosing Hidden Dishonor <i>deceiving or being deceived</i> <i>lying or stealing</i>	Running Away <i>shirking responsibility</i> <i>taking the easy way out</i>	Being a Lone Wolf <i>holding people at arm's length</i> <i>wanting independence</i>
Eight of Swords	Feeling Restricted <i>perceiving obstacles</i> <i>being blind to freedom</i>	Feeling Powerless <i>feeling like a victim</i> <i>waiting for outside rescue</i>	Feeling Confused <i>not understanding what is happening</i> <i>lacking direction</i>
Nine of Swords	Worrying <i>making yourself sick over your troubles</i> <i>going over and over an issue</i>	Feeling Guilty <i>refusing to forgive yourself</i> <i>denying that you did your best</i>	Suffering Anguish <i>despairing</i> <i>going through a dark night of the soul</i>
Ten of Swords	Bottoming Out <i>feeling things can't get any worse</i> <i>knowing it's darkest before the dawn</i>	Feeling Like a Victim <i>bemoaning your fate</i> <i>feeling self-pity</i>	Being a Martyr <i>sacrificing</i> <i>taking a back seat</i>

Ace of Wands	Showing Enthusiasm <i>feeling fired up</i> <i>creating an aura of excitement</i>	Having Confidence <i>believing in yourself</i> <i>having faith in your path</i>	Proceeding with Courage <i>going for it</i> <i>tackling a challenging task</i>
Two of Wands	Having Personal Power <i>calling the shots</i> <i>wielding influence</i>	Being Bold <i>daring to do what you want</i> <i>taking the initiative</i>	Showing Originality <i>doing what no one else has done</i> <i>being a pioneer</i>
Three of Wands	Exploring the Unknown <i>seeking out uncharted areas</i> <i>expanding horizons</i>	Having Foresight <i>being visionary</i> <i>taking the long view</i>	Demonstrating Leadership <i>showing others the way</i> <i>setting an example</i>
Four of Wands	Celebrating <i>recognizing a success</i> <i>taking part in a ceremony or rite</i>	Seeking Freedom <i>breaking free of bonds</i> <i>letting go of limitations</i>	Feeling Excited <i>bubbling over with delight</i> <i>feeling jubilant</i>
Five of Wands	Disagreeing <i>being at odds with others</i> <i>quarreling, arguing, and bickering</i>	Experiencing Competition <i>feeling the thrill of the contest</i> <i>being involved in a game or sport</i>	Experiencing Hassles <i>having minor setbacks</i>
Six of Wands	Triumphing <i>enjoying success</i> <i>coming out on top</i>	Receiving Acclaim <i>being acknowledged</i>	Feeling Pride <i>enjoying healthy self esteem</i> <i>being arrogant</i>
Seven of Wands	Being Aggressive <i>asserting yourself</i> <i>going after what you want</i>	Being Defiant <i>defending your position</i> <i>saying "no!"</i>	Showing Conviction <i>standing up for what you believe</i> <i>acting resolutely</i>
Eight of Wands	Getting the Green Light <i>making your move</i> <i>striking while the iron is hot</i>	Moving Quickly <i>feeling the pace accelerate</i>	Receiving News <i>finding the missing puzzle piece</i> <i>discovering the truth</i>
Nine of Wands	Experiencing Exhaustion <i>feeling wary and guarded</i>	Persevering <i>persisting despite setbacks</i> <i>getting knocked down, then standing</i>	Showing Stamina <i>drawing on hidden reserves</i> <i>holding together through force of will</i>
Ten of Wands	Overextending <i>trying to do too much</i> <i>shouldering all the work</i>	Feeling Burdened <i>being taxed to the limit</i> <i>never having time to relax</i>	Struggling <i>doing everything the hard way</i> <i>laboring</i>

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Please reach out with questions!

Brian Relph

www.soulgrowthcoaching.com

brian@soulgrowthcoaching.com

415-425-2421

A spiritual director who uses psycho-spiritual tools such as Enneagram, Soul Contract, Tarot, and Dreamwork to help you understand the trajectory of your unique growth arc in this lifetime.

