

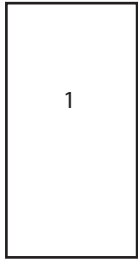
# the tides spread

moving from 2023 into 2024

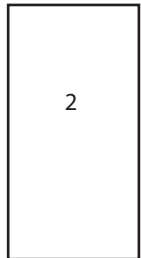
Spread Date

Decks

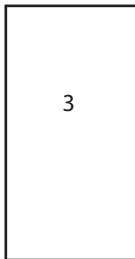
## WEEK ONE



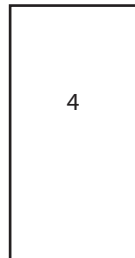
**Card 1** Air



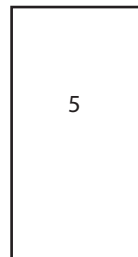
**Card 2** Water



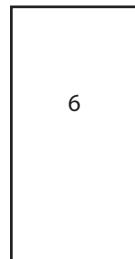
**Card 3** Fire



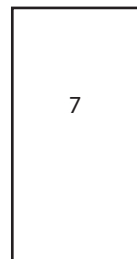
**Card 4** Earth



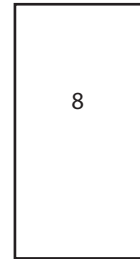
**Card 5** The Chariot



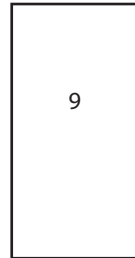
**Card 6** The Tower



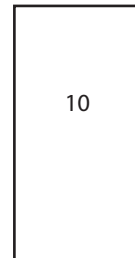
**Card 7** The Closing Door



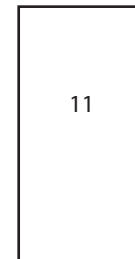
**Card 8** Air: your relationship with uncertainty



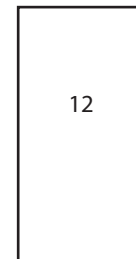
**Card 9** Cups: What's missing



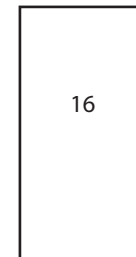
**Card 10** Wands: Inspiration beyond you



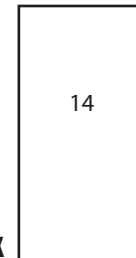
**Card 11** Earth: What you have



**Card 12** Strength



**Card 13** The Star



**Card 14** The Opening Door

## WEEK FOUR

## WEEK THREE

## WEEK FIVE

## WEEK SIX

# Week One 01.01 - 07.01.24

**In 2023 we were invited into get intimate with we wanted.**

**What it meant to know and get what we wanted. But also what it meant to know and not get what we wanted.**

**To feel momentum and stuckness. To experience catastrophic explosion and what was made possible after that clearing.**

**Let's got deeper...**

## **CARD 1 air**

What did you want? How did those wants change over the course of the year?

What did you learn about yearning and desire?

How did you leverage intention to go after what you wanted? How did your thinking have to change?

## **CARD 2 water**

My anam cara has this beautiful reframe that she does with her daughter -- asking her what her second best thing is (because we can't always get the thing we want?) What next-best things turned up across the year? How did they turn out to be better than what you actually wanted?

What did you learn about the bridge between vision and practicality? Of the intersectional relationship between dreaming and doing when related to what you wanted?

### **Card 3 FIRE**

How did knowing what you wanted change what you said yes and no to?

What did you have to fight for? Or protect? What did you stop fighting for?

Did you have more or less energy than other years? How did you conserve it? Build it up? Enjoy it more?

### **Card 4 EARTH**

How did your relationship with patience change? Did knowing what you want make it easier to wait or harder? What did you do in that uncomfortable middle ground?

What came to you with ease? What came with effort? Which did you prefer?

# Week Two 08.01 - 14.01.24

## Card 5 THE CHARIOT

What part did courage play in 2024? In deciding what you wanted? In going after it? In living with what happened next?

Where did you find movement in 2023? Did it come with ease of effort? How did (or didn't) you maintain it across the year? What did you learn about momentum to take into 2024.

Where did you get stuck? If you consider stuckness as an invitation to pause, so you could pivot with intention, how does that change your perspective? What did you choose to do next, after being stuck?

## Card 6 THE TOWER

What stories/social conditioning had to be let go to even contemplate what you wanted? What had to then be removed/torn down to go after what you wanted?

What unforeseen circumstances asked for a radical evolution of self? What, or who, did you have to let go of? Who or what supported you in that process?

How are you a different person? What do you value now--in yourself, in others, in your life, in the world at large?

# Week Three 15.01 - 21.01.24

## Card 7 THE CLOSING DOOR

Closure and completion are not the same things. Sometimes we get closure before we have completion. But more often than not we have completion then need to intentionally seek closer? We think of closure to difficult or hurtful circumstances, but there's a positive kind of closure too (think celebrations).

What is left hanging unfinished? Unresolved? Or forgotten? What one thing can you step all the way toward on the cusp to finalise and let go? Having chosen that, what's the inspired action to make it happen?

If there isn't time, will, space, opportunity or bandwidth to bring completion or closure to something, set it aside with an intention to return to it under different circumstances. Let it know it has not been abandoned or forgotten. You will be back.

## RITUAL FOR ENDINGS

# Week Four 22.01 - 28.01.24

**In 2024 we are invited into the energy of change and how to respond to it.**

**What it means to leave behind the known to navigate places we have never been before, looking for what is missing.**

**To know what is important and trust our inner guidance and capacity to adapt. To seek inspiration and enjoy what we already have.**

**Let's got deeper...**

## **CARD 8 AIR (uncertainty)**

2024 asks you to consider: what do you want to change?

How are you with uncertainty? What role does fear play in your life? Does it help you navigate with clearer intent or does it stop you from venturing too far outside the known?

Being open to cultivating a relationship with uncertainty will change you and how you respond to the world in the most profound ways.

## **CARD 9 WATER (what's missing)**

2024 invites us to seek what is missing from our lives.

It is hard to know what's missing, if we're unsure of what's important in the first place. One way is to write down what you consider your life priorities (what's most important to you). Now consider where your time actually goes. How large is the gap? What would need to change for a radical reallocation of resources to support your life priorities.

What is no longer resonant? Or what have you outgrown?

What support (or skills) would you need to walk away from from people, projects and situations that are no longer deeply meaningful to you? What is it that's missing from your life? How do you seek it?

### **CARD 10 FIRE (external inspiration)**

2024 is a time to get clear on what inspires you and where you find it?

Make a commitment to return to who and what inspires you daily. Think rituals, devotional practices, people and experience which seed and support expansion.

What story do you have about change? Does it come at a cost? Is it easy? Difficult?

What if change came swiftly? With ease? How would you need to change to allow that. What would you have to do/think/feel to become agile, receptive and responsive?

### **CARD 11 EARTH (our existing bounty)**

There are the things we need or want to change in our lives and there are things we don't need to change. What doesn't need to change in your life ... and why?

Where do you have bounteous comfort, delight, abundance, joy and support (or something else)? Where are you easily filled up? Where is your self tending already well established? Where are your boundaries strong? What will you need to maintain what is already there?

Are there practices or people who have been lost in busy-ness that you'd like to bring back into your life? Who or what are they, and what will be required to bring them back into your orbit?

# Week Five 29.02 - 04.02.24

## Card 12 STRENGTH (adaptation)

A proposition for you. What if instead of making you stronger, the circumstances that don't kill you force you to adapt?

Where have difficult circumstances forced you to adapt? Are those adaptation still beneficial? Or have they becomes constraints, rather than opportunities to grow and flourish?

Looking back on the ways we have adapted, reminds us that in the past we have adapted and we have it in us to do it, again and again (even when we think we can't). Considering the narratives which underpin your adaptations; they give invaluable insight for future changes. To change we often have to adapt (or totally rewrite) old stories, so we can change on our own terms.

Like plants which draw their strength from the sun, where and who do you draw strength from outside of you? How do they infuse you with optimism, hope, potential and possibility, boldness and courage?

## Card 13 THE STAR (inner guidance)

The Star invites you to step right into the center of your life. What if you were you own north star?

The Star offers us a chance to refine our system of values (compass points) to shape and inform our lives. Core values assist us in knowing what is important and they make it easier for us to say yes and no, to choose what's aligned with what's important and what's not. They also offer certainty in uncertain places and spaces.

What are your core values (compass points)?

What does the future look like if it's designed on your own terms? What in your life needs to change to bring you into greater alignment with that vision for the future?



# Week Six 05.02 - 11.02.24

## Card 7 THE OPENING DOOR

What door opens for you in 2024 (you can consider this your card for the year if you haven't already drawn one; or as a adjunct or conversational partner with that existing card).

Is it encapsulated in a single word or in a phrase? Or a goddess to work with? Or a series of different focus points to move through the seasons (in that case draw four cards for each season).

How does this support you in developing a relationship with change. The ebbs and flows. How do you become tidal and experience filling and emptying as a natural part of being.

What blessings are here? What challenges?

What's the next first step?

## RITUAL FOR BEGINNINGS