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Hi Sarah,

Thank-you for requesting an email reading with me. Before I begin, I would like to share with you how I feel Tarot works and how you can get the most out of this reading. For me, Tarot is an empowering tool that can help us create the outcomes we seek, rather than just a means of prediction. I feel the future is shaped by our present energies, which we can alter through choice, action, and intention. By focusing on what we can control, rather than what we can't, we have an active role in whatever we wish to experience.

My reading style is intuitive, so I look for the flow between the cards - the message and story conveyed in the connecting imagery and symbolism - as well as the traditional meanings. Even though this is an email reading, so we can't interact, my aim is for you to participate in it as much as possible, so I have posed questions and offered ways for you to engage with the cards, if you wish to do so.

Now, let's get to your question. You asked: **I have an artistic residency beginning in November and would be grateful for any insight as to how it will go.** By this I understood that you are due to start a new creative, work-related opportunity and are wondering what it has in store, so to speak. Sometimes new things can be daunting, and it is understandable that you would like to know a little about it beforehand so you can be

prepared. Because I believe the future is shaped by the present, I have done this reading based on your current energy, and how this might affect your forthcoming artistic residency. I hope this is ok.

To be open to receiving the messages of this reading I encourage you to find a quiet space where you can connect with the answers of the cards undisturbed and perhaps focus on receiving the information the cards deliver with an open heart. I used a similar practice to tune into your question, creating a heart-centred space receiving space to connect to your question and my tarot cards.

I designed a custom four-card spread to help explore your question:

Card 1: How is Sarah's present energy?

Card 2: What opportunities might she experience in her residency, based on this?

Card 3: What challenges might she experience in her residency, based on this?

Card 4: How can Sarah transform her present energy?

And using the Rider-Waite-Smith Tarot deck, I pulled the following cards:

Card 1: The Nine of Swords

Card 2: The Five of Wands

Card 3: The Chariot reversed

Card 4: Strength reversed



Your reading

As I scanned the spread initially, I noticed that there are two reversed cards which are also Major Arcana cards (**The Chariot** and **Strength**). Major Arcana cards can sometimes point towards recurrent life themes, challenges and transformations. Reversals can sometimes indicate deep internal processes are afoot, and the opportunity to readdress imbalances. Some themes that raised their heads as I scanned the cards were inner strength and resilience as well as some anxiety and even potential conflict (or at least healthy disagreement!), but also the opportunity for refocusing, and replenishing your energies.

Let's take a closer look. **Card 1** is the **Nine of Swords**, and in the card, a figure is sitting up in bed with their head in their hands, the swords stacked above them. Swords can represent mental processes, thoughts and fears. This card, which pertains to your current energy, suggests you might be experiencing a degree of anxiety over your upcoming residency, perhaps even to the point where negative thoughts are giving you the odd sleepless

night, like the figure on the card. What the nine of swords reminds us is that fear and worry are too often 'in our head' and we can unwittingly let our thoughts colour a situation, creating a worse-case scenario which we can then 'recreate' in reality. If this sounds like you, take a moment to imagine these swords above your head, just like the figure in the card. What might take these looming thoughts and worries away?

Card 2 pertains to what opportunities you might experience in your residency, based on your present state of worry and anxiety. In the **Five of Wands** card, five figures are all battling with their wands and each wears different outfit, symbolising their differing beliefs and opinions. This can be a card of literal conflict and disagreement, perhaps between yourself and your colleagues. Perhaps your worry and anxiety might create discord in others, or others might create discord in yourself. Because this card is in the 'opportunity' position in the spread, it seems to be saying that if you or others engage with healthy discourse, or accept the differences and diversity of views, this might lead to growth and change in the situation.

Card 3 relates to the challenges you may experience in this residency based on your current nine of swords energy. This card is **The Chariot reversed**. Here a charioteer is driving two sphinxes, which are pulling in opposite directions, and do not even have reins! Nevertheless, he is able to steer them forwards with his willpower and strength of mind. This card relates to drive and focus – forward momentum into the world and the unknown (The Chariot can also mean the act of literal travel). In a reversed position however it can mean obstacles and challenges are getting in the way and that it might be wise to pause and take some time to refocus. I'm thinking here of the Nine of Swords card, representing your current energy, which is all about worrying and overthinking getting the better of you. Perhaps the Chariot reversed relates to this card, in that it is guiding you let go of the things you can't

control or change (much like the charioteer does not have reins to control his Sphinxes), and perhaps instead focus on something you can control. Can you intuitively imagine yourself in this chariot, travelling towards this one thing in your control?

All the cards so far suggest the potential challenges and opportunities your residency may hold, based on your current energy (The **Nine of Swords**). However, **Card 4** is all about how you can transform that energy, so let's take a closer look at **Strength reversed**. Here, a woman appears to be taming a lion, stroking its jaws. The lion represents our raw emotions and instincts, and the woman is soothing these with her inner strength and resilience. In a reversed position this card asks you to tune into your levels of energy, do you feel depleted right now? Worry and anxiety can take up a lot of energy and time. Lions represent courage, and sometimes it can take more courage to admit that you need your stocks replenishing, and taking some time for self-care, than battling on regardless. What resources can you draw on, to feel more rested and revitalised, and to ease your worries and anxiety?

In summary

You asked: **I am beginning an artistic residency in November and would be grateful for any insight as to how it will go**. The cards suggested that you may be feeling a little anxious and worried right now (**the Nine of Swords**). This present energy might contribute to you experiencing some discord with others in your residency (**the five of**

wands) which might also derail you a little (the **Chariot reversed**) either literally or figuratively. However, the cards also said that you can also transform your present energy, and potentially reshape how you experience your upcoming residency by taking some time now for self-care and replenishing your energy levels (**Strength reversed**). This may well change everything.

This is the end of your reading. I hope it was helpful. I would like to invite you to do some 'homework' to help you align with the message of this reading, specifically the message of **Strength reversed**. This homework is to take a moment or two just before you go to bed each night this week and focus on your breath. If a thought or worry comes to you, gently let it go and return to your breath. If you like, you might then imagine your breath is gently carrying you to a relaxing place in nature. Become aware of all the smells, sounds, sights and textures in this place. Stay as long as you like in this imaginary place in nature, and when you are ready, gently bring yourself back around again.

If you have any questions about your reading, please let me know and I'd be happy to help.

Best wishes, Kate