

The Journey Spread

Do this spread before you go on a trip to clarify the energy that's influencing and linking your inner and outer journeys. You can also do the spread retrospectively, that is, to reflect on the energy that was manifesting in a trip you did in the past.

1. Divide your tarot deck into two piles - Major Arcana and Minor Arcana.
2. Shuffle the **Minor Arcana** and select **cards 1-6**, focussing on the meaning of each position as you select each card.
3. Shuffle the **Major Arcana** and select **card 7**, focussing on the meaning of the position as you select it.

7
Major
Arcana

The underlying energy that's influencing and linking my inner **and** outer journeys.

3

6

Something that will propel me forward on my inner journey.

A significant event/occurrence on my coming trip.

2

5

Where I **really** am on my inner journey at the moment.

What this trip will **really** do for me.

1

4

Where I **think** I am on my inner journey at the moment.

What I **think** this trip will do for me.

Inner Journey

Outer Journey