



Week 1

☾ ✨ *Trust & Awakening* ✨ ☽

A 7-Day Soul Reflection Journey through the Tarot

*This guide is a sacred invitation to return to your center.
Each day holds a reflection, a teaching, and a space to remember your truth.
There is no rush. Trust your rhythm.
Let each card meet you where you are.*

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Begin your soul's journey

01  *The Star: Hope & Healing*

02  *The Empress: Nurturing & Creation*

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☾ ♦ Trust Your Journey ♦ ☽

The Star

Hope & Healing

Embracing hope, trusting the healing process, and reconnecting with your dreams.

The Star is a card of hope, healing, and quiet renewal. It invites you to lift your gaze after difficulty and trust that brighter days are ahead. This card reminds you that even when the path feels unclear, your soul still knows the way. The Star encourages you to reconnect with your dreams, trust your inner light, and move forward with gentle faith. Healing happens here—not through force, but through allowing yourself to believe again.



What does this card mean for you today?

Write down your insights, feelings, and any messages that arise.

Affirmations

- I trust in the unfolding of my journey.
- Hope is alive within me, even when unseen.
- I allow healing to happen in my own perfect time.

Where in my life am I being invited to trust again?

What dreams or hopes am I ready to reconnect with?

How can I offer myself gentle encouragement as I heal?



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The Empress

Self-Love & Sacred Receiving

Return to softness, grace, and the powerful art of receiving.

The Empress is a card of nurturing, beauty, and creation. She invites you to soften into your divine feminine energy – whether that means tending to your emotional needs, birthing a new idea, or simply letting yourself rest. In the Empress realm, there is no rush. Growth happens in the richness of presence and patience. This card reminds you to tend to the soil of your soul – what you plant with love, grows.



What does this card mean for you today?

Write down your insights, feelings, and any messages that arise.

Affirmations

I create space to grow, love, and bloom in my own time.

I am worthy without needing to prove anything.

I receive with gratitude and grace.

Where in my life am I ready to soften and receive?

What does true self-love look like for me right now?

What am I being called to create or nurture from within?



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The Hierophant

Truth, Trust, and Teaching

Rooted in sacred wisdom, spiritual alignment, and timeless truths..

The Hierophant is a spiritual guide, keeper of traditions, and channel for sacred teachings. He invites you to reflect on the belief systems that shape your path—what still serves and what must evolve. This card may represent a mentor, a moment of deeper study, or a call to reconnect with spiritual lineage. Whether you find wisdom in a sacred text, meditation, or conversation with a trusted guide, The Hierophant reminds you: truth reveals itself to the seeker who listens.



What does this card mean for you today?

Write down your insights, feelings, and any messages that arise.

Affirmations

I am open to divine guidance and timeless truth.

I honor the wisdom within and around me.

I am both a student and a sacred teacher of life.

What teaching or spiritual principle is guiding me right now?

Where do I need structure to support my spiritual growth?

What belief am I ready to evolve, deepen, or release?



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The Moon

Embrace the Shadow, Trust the Light

Exploring intuition, shadow work, and emotional truth.

The Moon invites us into the liminal space between clarity and confusion. She stirs our intuition, dreams, and fears, revealing what lies beneath our surface awareness. This card is often a sign to slow down, feel deeper, and observe without immediate action. The Moon reminds us that not everything that feels uncertain is a threat—sometimes it's simply an unlit truth waiting for us to see it clearly. In this phase of your journey, lean into the mystery. You are not lost—you're being asked to listen more closely.



What does this card mean for you today?

Write down your insights, feelings, and any messages that arise.

Affirmations

I honor my intuition and embrace my shadows with compassion.

I trust what I feel, even when I cannot yet explain it.

The unknown is not my enemy—it is my teacher.

What emotion or truth have I been avoiding lately?

What recent dream or gut feeling has stayed with me?

What illusion or fear am I ready to release into clarity?



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Strength

Grace, Grit, and Gentle Power

Cultivating quiet courage and heart-centered resilience.

Strength is not brute force—it is the steady presence that holds space for emotion without being overtaken by it. This card invites you to lead with the heart, embrace vulnerability, and anchor into your quiet power. The figure in the Strength card doesn't tame the lion with chains—but with trust. Strength asks: Where can you soften while staying grounded? What parts of you need gentleness, not more pushing? True courage lives in the willingness to stay present, especially when things feel tender.

What does this card mean for you today?

Write down your insights, feelings, and any messages that arise.



Affirmations

I am strong in spirit, soft in heart, and grounded in truth.

My presence is more powerful than my pressure.

Compassion is my truest form of courage.

Where in my life am I pushing too hard instead of softening into trust?

What part of me needs to feel safe, not strong, right now?

How can I practice compassionate strength in my relationships or with myself?



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Wheel of Fortune

Trust the Spin

Embracing change, cycles, and the divine rhythm of your path.

The Wheel of Fortune is a symbol of change, fate, and the cycles that govern all life. It invites you to reflect on your current position—are you clinging to control or allowing the natural rhythms to guide you? This card teaches that while you can't always choose what happens, you can choose how you respond. There is wisdom in surrender, especially when the path ahead feels unclear. Trust that the Wheel is turning in your favor, even if the spin feels dizzying. Let go with grace, and let the universe do its work.

What does this card mean for you today?

Write down your insights, feelings, and any messages that arise.



Affirmations

I trust the timing of my life.

What rises, flows. What falls, frees.

I release control and allow divine alignment to unfold.

What cycle in my life feels like it's turning or ending?

Where am I holding on when I'm being asked to let go?

What might be trying to find me if I stop resisting the flow?



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The High Priestess

Trust the Quiet Within

A sacred space for honoring your intuition, mystery, and inner knowing.

The High Priestess sits at the threshold of mystery—between conscious and unconscious, seen and unseen. She holds the wisdom that can't be forced, only received. This card invites you to pause, go inward, and listen. You're being called not to act, but to observe. Trust what rises in the stillness. The High Priestess teaches that truth comes in layers—and what is hidden today may be revealed tomorrow, if you remain present and patient.



What does this card mean for you today?

Write down your insights, feelings, and any messages that arise.

Affirmations

I trust the quiet within. My truth unfolds in stillness.

What I need to know is already within me.

Stillness reveals what noise conceals.

What is my intuition trying to tell me that I haven't acknowledged?

Where can I create more stillness in my life?

What sacred truth am I ready to receive?

