

TAROT SPREADS FOR EMPATHS

Tarot Spreads

✦ Workbook ✦



This workbook is designed to help guide you on your Tarot/Oracle Spread Journey.



HELLO!

My name is Francisca Hernandez, and I am an intuitive soul with a passion for sharing well-being, energy-clearing, and trauma-releasing tools. I'm a breathwork teacher, restorative yoga instructor, Reiki Master, aromatherapist, and tarot reader.

I created this workbook to help you connect to your wiser self and build a healthy dialogue with your tarot and oracle readings through tarot spreads!

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How to use this Tarot Spread Workbook

In this workbook, you'll find Tarot Spreads to help you balance your Chakras, connect with your intuition, lay things to rest or connect with loved ones.

One of the reasons I enjoy sharing tarot spreads is because they help with big questions that self-reflection can't entirely resolve. It's a simple way to get specialized guidance from Spirit.

Tarot is about something other than fortune-telling for me. Tarot and Oracle readings serve as an external perspective, visually representing what's happening subconsciously. It's a bit of extra help from the Universe and your Loved Ones, a nudge to help guide and comfort you.

You'll also find examples and processes to help you on your Tarot Spread Journey. Here are three ways you can use this workbook:

- Find a spread for the topic or occasion you need guidance.
- You can also use the tarot spread questions as journal prompts.
- Additionally, you can watch the original video if you need extra guidance.





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01 Trusting the Universe Spreads

1. Get in touch with your feelings. Learn to recognize & process your feelings.

- Your feelings are a signal or beacon to the Universe.
- Your feelings can also act as a compass to help guide you in the right direction.

2. *Learn to trust yourself, get in touch with, and strengthen your intuition.*

- Strengthening your intuitive muscle can help you discern between worry and gut feelings.
- Use your intuition to follow breadcrumbs the Universe is leaving for you.
- Following your intuition can help you with taking inspired action.

3. *Watch out for synchronicities.*

- Chronicle when you've experienced synchronicities. They are breadcrumbs from the Universe that let you know that you're on the right path. Write down or take note of when you get intuitive hits. Be sure to include how you felt, what you were doing, and your thoughts.

4. **Be flexible. Release attachment to an outcome**

- When you let go of expectations outcomes, the Universe can deliver all of the other things that come along with your desire.
- Allow for flexibility with your desires and make room for learning adjustments.
- Don't get too hung up on the outcome.




Trusting the Universe Spreads

Here are a few Tarot/Oracle spreads you can use to get clarity on trusting the Universe. As always, remember to be gentle with yourself.

Use this spread when you want to unblock your trust in the Universe.

Unblock Trust in the Universe

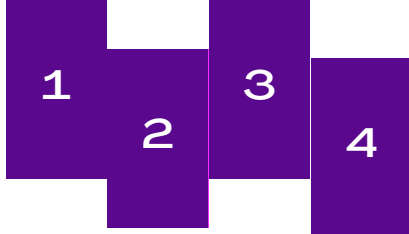


1. What block do I need to release to increase my trust in the Universe?

2. What would my life look like if I fully trusted that the Universe was always looking out for me?

Use this spread when you need to want clarity from the Universe.

Clarity Spread



1. What feelings can I watch out for?

2. What signs will become apparent?

3. How can I navigate through the confusion?

4. What is the guidance from Spirit?

Use this spread when you want to strengthen your trust in the Universe.

Strengthen Trust in the Universe



1. What will help me strengthen my relationship with Source?

2. When things don't go as planned, how can I remain strong?

3. What synchronicities can I watch for along my path?



03 Descansos Spread: Laying unexpected experiences to rest

Dr. Clarissa Pinkola Estes created the Descansos process. Please be gentle and patient with yourself if you choose to do this exercise. Sketching a timeline of your life can be a powerful and transformative exercise.

While it can be very transformative and releasing, it can also bring a lot of old wounds to the surface. This is just a suggestion. So use your best judgment and only proceed if this process resonates in your soul.

Creating a Descansos Timeline (Clarissa Pinkola Estes, Ph.D.)

- Descansos are white crosses or symbols that mark the death or resting place of a person whose journey has been halted unexpectedly.
- In this process, Descansos are all the times where pieces of yourself have died, roads that were not taken, paths cut off, ambushes, betrayals, losses, and deaths.
- What are the places in your life that must be remembered and blessed? What are the areas in your life you need to forgive? What needs to be laid to rest in your life?
- Dr. Estes encourages you to make a timeline of your life from birth to the present. Then mark crosses on the descansos of your life. Next, mark places that have yet to be mourned and areas that still need to be mourned.
- Then write the word forgotten over the things that you sense but have yet laid to rest.
- Write the word forgiven over things you have already released.

Often it can be challenging to do this exercise without guidance or support. So I highly recommend doing this exercise combined with a ritual using Tarot, or oracle cards. Additionally, I recommend using some modality to move the energy out of your body like Conscious Connected Breathwork, yoga, somatic movement, dancing, or even a long nature walk.



Descansos Spread: Laying unexpected experiences to rest

Here's an example of one of my tarot reading rituals, feel free to use it before doing your Descansos process.

Get grounded

- Use my breath to pull energy from my Root Chakra to my Crown Chakra

Get connected

- White light visualization meditation; visualize white light shining down from above and engulfing you in protection.

Set Intentions

- **Gather crystals** (rose quartz, peacock ore, ruby in fuchsite)
- **Burn Palo Santo**
- **Clear my physical space**
- **Protection and guidance prayer-** Angels and guides (those whose names I know and those whose names I don't know), masters of light, spirit animals, loved ones, and ancestors, thank you for guiding me and protecting me during this process. May I experience the peace I need for my highest good. May I release what they need to release and receive clarity and understanding. Thank you for helping me see what I need to see, to hear what I need to hear, and to bless and release what I need to release for my highest good.



Next, you can use this space to for journaling:

What are the places in your life that must be remembered and blessed?

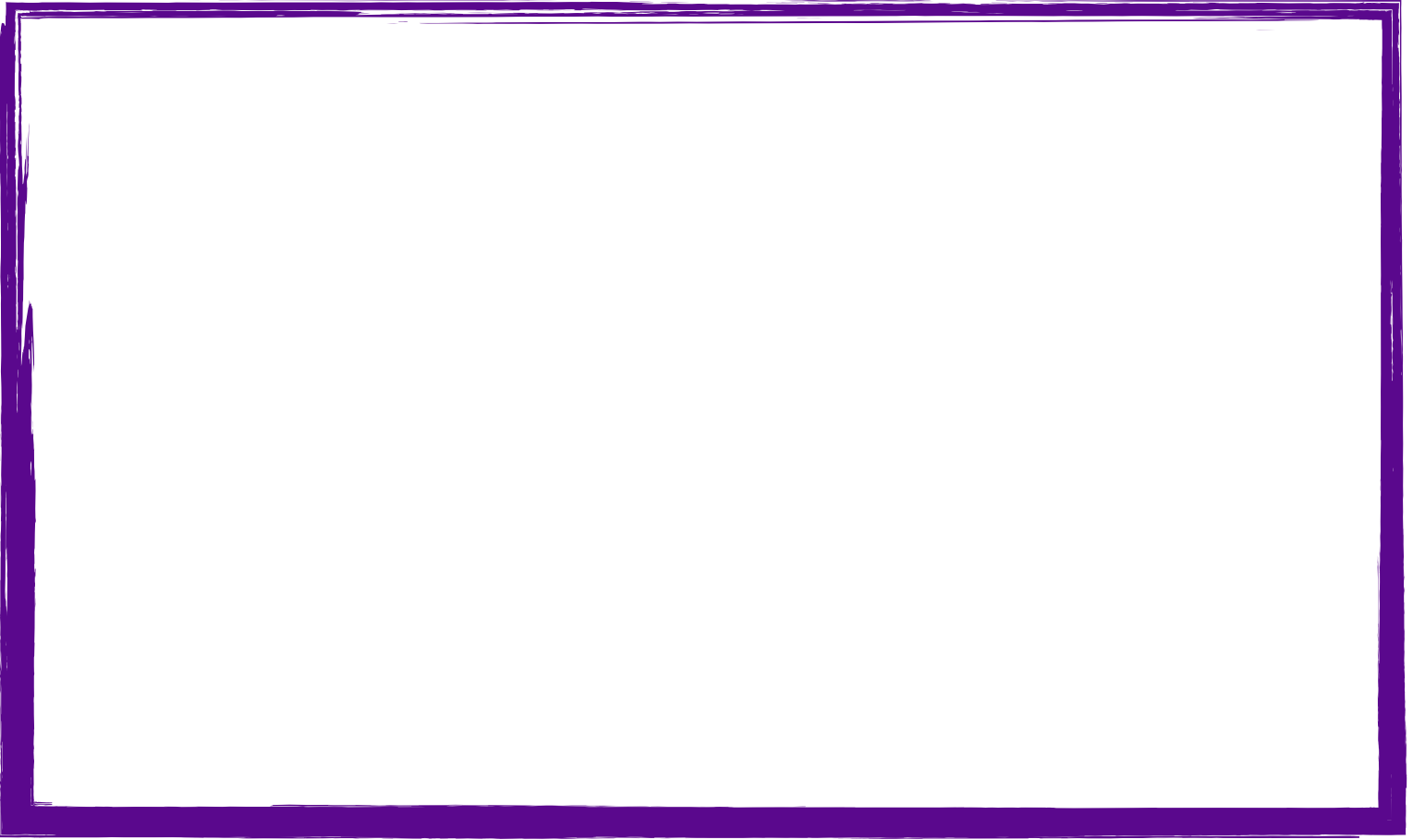
What are the areas in your life you need to forgive?

What needs to be laid to rest in your life?



Descansos Spread: Laying unexpected experiences to rest

Use this space to create your Descansos timeline.



Notes:



04 Following Your Intuition Spreads

The process

1. Start small.
 - a. Start with simple things like taking a different route if the feeling prompts you.
2. Keep track of your intuitive hits.
 - a. Write down or take note of when you get intuitive hits. Be sure to include how you felt, what you were doing, and your thoughts.
 - i. You don't have to act on these, but you can refer to your notes when you have an update.
3. Be flexible.
 - a. Allow for flexibility with errors and make room for learning adjustments.
4. Release attachment to an outcome
 - a. Don't get too hung up on what will happen if you follow your intuition or not.
5. Avoid numbing substances
 - a. Alcohol, drugs, caffeine, heavy and sugary foods, busyness

The tools

1. Meditation- Builds self-awareness, allows you to slow down and listen
 - a. Grounding meditation
 - b. Silent meditation
2. Breathwork- Allows you to connect with your body and build your intuitive muscle.
 - a. Conscious Connected Breathwork- an intense, active, open-mouthed breathing practice
3. Movement- Physically moving helps you connect with your body and ground your energy
 - a. Nature walks
 - b. Slow intuitive yoga Savasana, Childs Pose, Tree Pose
 - c. Grounding, gardening, pottery
4. Using Tarot or Oracle Cards
 - a. Get visual external validation from Tarot or Oracle cards.
5. Journaling
 - a. Morning pages
 - b. Journal prompts
 - c. Keeping track of intuitive hits



Following Your Intuition Spreads

Here are a few Tarot/Oracle spreads you can use to get clarity on following your intuition. As always, remember to be gentle with yourself.

Use this spread when you want to deepen your intuitive connection .

Spread for when you need to tune into your intuition to make a choice.

Deepen intuitive connection spread

1. What's blocking me from listening to my intuition?
2. How does my intuition speak to me?
3. How can I deepen my intuitive connection?

Make a choice spread

1. First option
2. Second option
3. What else do I need to know?
4. Other options available?
5. What's the guidance from Source about my intuition?

Use this spread when you need to discern between anxiety (worry, fear) and intuition

Anxiety vs Intuition Spread

1. What feelings come up about this intuitive hit?
2. What's the worst-case scenario about this nudge?
3. What's the best-case scenario?
4. What is the guidance from Spirit?



06 Holiday Season Tarot Spreads

Here are a few Tarot/Oracle spreads you can use to help you this holiday season.

A spread for holiday intentions and traditions.

Intentions & Traditions Spread



1. What intention would I set this holiday season?
2. What traditions would I like to enjoy?
3. What new traditions would I like to create?

Spread to use when for thriving instead of just surviving the holidays.

Thriving Spread



1. How can I make the most of this holiday season?
2. What can I gift myself?
3. What gifts am I receiving from the Universe?
4. What will help me thrive this holiday season?

Use this spread with someone you have a difference of opinion with.

Differing Opinions Spread



1. What are my challenges with this person?
2. What's our common ground?
3. How can I give myself grace?
4. What is the guidance from Spirit?

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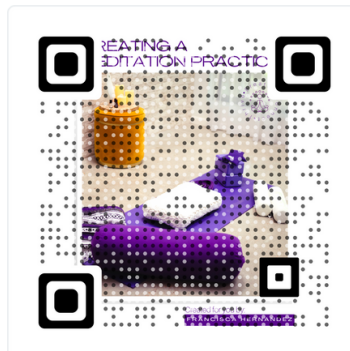
GET IN TOUCH

For questions and feedback, or if you want to hear more from me, or to work with me, check out your options below.

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