



SPIRITUAL SUPPORT ORACLE SPREAD

Empaths can thrive when they are fully supported spiritually. This 6-card oracle spread was created to help you connect more deeply with your spiritual support team, their guidance and your inner wisdom. Even if you don't regularly use oracles, they are a wonderful tool to use for insight and reflection.

If you need specific questions answered about your spiritual path, this spread can help you with that as well.

Instructions

We are going to use 6-cards from your oracle. Here below is how they will be used to discern info and guidance. You may also have a specific question in mind. If so, connect with the qualities represented in each card when you ask your question. There are three suggested questions that you may want to ask for each card, depending on your purpose.

Items Needed

- o **An oracle deck you enjoy using.** *You may also use a tarot deck by separating the major arcana cards from the minor arcana cards into two piles. You will be choosing from both.*
- o **Pen and paper, or a way to audio record your discoveries,** such as on your cell phone. Referring back to this is often helpful.
- o **A candle or any other sacred spaces items.** These are nice ways to connect with the higher realms of spirit guides and the Elements, but they're not required if you don't have them.

The Cards

1st Card Drawn: This card represents your current state, and your energy as it pertains to the question or reason you are doing the reading.

(Tarot Card Users: draw a card from the major arcana pile)

2nd Card Drawn: This card brings in the energy and support of the Air Element. This card represents all of the qualities of air, and your mental body, or mental aspect of you. It represents the mental things in life such as: your thoughts, inspiration, creativity, insight, and the arts.

What fresh, creative energy is coming into my life right now?

What would like to be communicated or expressed through me?

What message does the Air Element have for me?

(Tarot Card Users: draw a card from the major arcana pile)

3rd Card Drawn: This card brings in the energy and support of the Fire Element. This card represents the qualities of fire, and your spiritual body, or spiritual aspect of you. It represents the spiritual things in life such as: your connection with others, and people of alike mind, as well as your inner fire—the zest for life, and inner temple—the seat of your soul.

What would be helpful in nourishing my spirit?

What would be helpful in reinvigorating my passion for life?

What message does the Fire Element have for me?

(Tarot Card Users: draw a card from the minor arcana pile)

4th Card Drawn: This card brings in the energy and support of the Water Element. This card represents the qualities of water, and your emotional body, or emotional aspect of you. It represents the emotional things in life such as: your feelings, dreams and the unconscious.

What would like to flow into my life?

What is requesting to flow out of my life?

What message does the Water Element have for me?

(Tarot Card Users: draw a card from the major arcana pile)

5th Card Drawn: (or draw from the minor arcana pile): This card brings in the energy and support of the Earth Element. This card represents the qualities of earth and your physical body. It represents the physical things in life such as: your home, sense of security, and family, as well as your physical body.

What wants to be grounded and manifested into being?

What energies are being activated and integrated my life?

What message does the Earth Element have for me?

(Tarot Card Users: draw a card from the minor arcana pile)

6th Card Drawn: This card represents the conclusion or overall message of the reading. If you find this card is inconclusive, you may want to ask your guides for a clarifying card. (Tarot Card Users: draw a card from the major arcana pile)

Steps in the Oracle Reading

Step 1

Create sacred space by intentionally setting the area around for work with the guides, lighting a candle or incense if you like or playing soft music. Breathe a few deep breaths and focus on your heart. When you are ready, shuffle the cards together as you focus on your question or the reason for the reading.

Step 2

When you feel the shuffling is complete, go ahead and choose your first card and place it face down, and continue in the same way with the remaining five cards in a row.

Step 3

When you have all 6 cards laid out in a row, Turn the first card drawn over and reflect on the imagery, and what it means to you, before reading the information in the book that comes with the cards. Look at the colors, images, and the overall design and tune into how it makes you feel. What does it remind you of?



Step 4

Continue with Step 3 with each card and when you feel you have connected with the card, and picked up as much as you can from it, go ahead and read what the author has in the book that accompanies the card.

Step 5

Determine if you are clear with the reading or if one more card needs to be drawn for clarity. *Otherwise, this is the end of the reading steps.*