

## How to use the Séance Spread ?

Remove all minors, only keeping the court cards and major arcana.

- Pick a card from the court cards stack. This court card will be your guide during the séance. The suit he/she belongs to is the area you need to focus on at the moment (emotional, material, physical, mental). His/her position in the hierarchy also indicates your level of maturity in regards to this area.

- Pick a 2nd court card. It represents who you truly are in this area

- Pick a 3rd court card. It represents the impact your shadow has in this area

- Pick a major arcana. The spirit of this arcana invites you to develop its positive sides within you

- Pick a 2nd major arcana. The spirit of the arcana invites you to acknowledge the arcana's darker side and part with it for good

*Spirit, are you there?*

*Who is the real me?*

*Who is my shadow?*

*What is your message for me?*

*Who should I say Au Revoir to?*

## The Séance spread



