



Week 2

# Truth, Transformation & Inner Harmony

A 7-Day Soul Reflection Journey through the Tarot

*This 7-day journey blends tarot wisdom with reflection prompts and affirmations to guide you through emotional clarity, aligned action, and soul-centered growth.*

*Each card holds space for your inner world to be explored, honored, and understood. Use these pages as anchors for your day or as a weekly rhythm to return to whenever you need support.*

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## Begin your soul's journey

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# ☾ ♦ Trust Your Journey ♦ ☽

## The Lovers

### Choosing from the Heart

A space to reflect on connection, value-based choices, and inner alignment.

The Lovers card invites you to reflect on the relationships, values, and choices that define your current path. This is more than romantic love — it's about alignment with your higher truth. Are your decisions rooted in your soul's desires or shaped by fear and external pressure? The Lovers encourages you to choose with clarity and wholeness, not fragmentation. It's a reminder that unity begins within.

What does this card mean for you today?

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



### Affirmations

I choose from a place of truth, love, and inner harmony.

My values guide my path.

I honor love in all its forms — especially self-love.

Where in my life am I being called to make a meaningful choice?

What values truly matter to me — and am I living in alignment with them?

What relationships (with others or myself) need greater honesty and care?

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## Queen of Cups

### Emotional Wisdom & Inner Nurturing

A calming space to reflect on your emotional truth, intuitive wisdom, and the sacred power of self-care.

The Queen of Cups embodies the nurturing, empathic, and deeply intuitive qualities of the water element. She invites you to tune inward and reconnect with your emotional center—not to fix or analyze, but to feel and witness. This card reminds you that your emotions are not burdens; they are bridges. When you create space for yourself with compassion, you open the doorway to true emotional wisdom. The Queen holds space with grace—for herself and for others. You can too.



What does this card mean for you today?

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

### Affirmations

I honor my emotions as sacred messengers.  
I create space for softness and inner listening.  
My intuition is a wellspring of quiet power.

What emotion am I avoiding that needs my attention?

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What would it look like to care for my inner world today?

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Where am I confusing self-care with self-judgment?

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## The Tower

### Breaking Through the Illusion

A space for truth, release, and soul-deep transformation.

The Tower represents sudden clarity, upheaval, and necessary change. It may feel like chaos, but beneath the rubble is freedom. This card signals the collapse of structures built on false foundations — beliefs, habits, or relationships that no longer support your truth. Though uncomfortable, The Tower clears space for something more authentic. Trust that what falls is making way for what's real.

What does this card mean for you today?

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



## Affirmations

I release what was never meant to stay and rise into my truth.

I am safe to let go of what no longer serves me.

Every collapse creates space for something more aligned.

What am I being asked to let go of, even if I don't feel ready?

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What truth is emerging now that I can no longer ignore?

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How can I rebuild from a place of clarity and integrity?

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## Knight of Pentacles

### Steady Growth, Sacred Grounding

A space to honor devotion, structure, and the sacred art of slow progress.

The Knight of Pentacles brings the energy of grounded effort and lasting results. He represents commitment, discipline, and steady progress — not driven by ego, but by purpose. This card encourages you to remain dedicated to your path, even when it's quiet or slow. Trust that every step taken in integrity builds a foundation that endures.



What does this card mean for you today?

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

## Affirmations

I build with care, focus, and quiet devotion.  
My consistency is a reflection of my inner strength.  
I move at the pace of purpose, not pressure.

Where in my life am I being asked to slow down and commit more fully?

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What habits or routines support my long-term growth?

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How can I cultivate a deeper relationship with devotion and patience?

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## Justice

### Living Aligned with Your Truth

A reflective space for clarity, integrity, and conscious choice.

Justice invites you to reflect with honesty and integrity. It's not about punishment, but about clarity. This card illuminates where alignment is needed — in your actions, your words, and your choices. Justice reminds you that balance is built when we take responsibility for what we create and consciously choose to course-correct. It calls you into your power with truth as your guide.



What does this card mean for you today?

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

## Affirmations

I take responsibility for my choices and honor the truth I carry.

I seek alignment over perfection.

My truth is a compass that keeps me grounded.

Where am I being asked to take accountability and come into alignment?

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What truth have I been avoiding or suppressing?

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What action can I take today that reflects my highest integrity?

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## Page of Wands

### Follow the Spark Within

A space for new energy, curiosity, and inspired beginnings.

The Page of Wands represents fresh energy and the call to begin anew. This card is a spark of possibility – an invitation to explore ideas, dreams, and desires without needing them to be fully formed. Let yourself play, experiment, and follow your passion. The Page reminds you that what begins with curiosity can grow into something truly meaningful.



What does this card mean for you today?

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

## Affirmations

I follow the spark within me with wonder and courage.

I trust my creative instincts, even when I don't have the full picture.

I honor my curiosity as a sacred guide.

What inspires me right now, even if I don't fully understand why?

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Where in my life am I ready to begin again?

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How can I create space for exploration without pressure or perfection?

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## Temperance

### Grace, Balance, and Sacred Flow

A space to pause, realign, and harmonize what's within.

Temperance invites you to integrate what has been fragmented. It is a card of sacred harmony – not through control, but through flow. She teaches you to soften where you've been rigid, and to balance where extremes have taken hold. Temperance does not rush change; she allows it to unfold by gently blending. Today is an invitation to return to your natural rhythm – to remember that your peace comes from presence, not perfection.

What does this card mean for you today?

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



## Affirmations

I trust the rhythm of my life and return to center with grace.

Balance is not stillness – it's sacred flow.

I am whole, even in my process of becoming.

Where in my life am I being invited to soften, rebalance, or integrate?

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What rhythms support my well-being right now?

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How can I allow healing to unfold at its own pace?

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