

(Date of Your Reading)

Hi.....,

Here is the info on your three-card spread, intuitive soul call card reading.

It differs a bit from my nine-card reading in that it's not as complex, although you can see it's still quite thorough.

**One note:** Anything I share is my perception only, based upon my life experience and training in different healing and energetic modalities.

**My suggestion is that you get comfortable, center, then read through one time just to read it.** Then center again and let your heart and soul feel into the energy. After you process your reading, you may notice signs of affirmation, support, openings, in relation to the energy of your reading – all of which may increase your clarity and peace with your 'answer'.

I believe and practice that I can only tell you that which you already know somewhere within – so something I share might sound new, but when you check in with your heart it's an affirmation of what you know. Also, if you feel resistance, that's okay – just breathe through it, center and know that 'everything is okay'. What is shared here are simply suggestions that you can choose to work with or not.

You can see I set my table with a candle (it's red for abundance and also one might say for love), a rose quartz crystal, a selenite wand (which is a stone that amplifies angel energy so that the angel card came up is so resonant!!) and ametrine (a crystal that amplifies intention). I smudged the cards and my space.

**Here is your question:** What would the cards like for me to know as guidance for this month?



You can look at the words and feel into the energy for an overall message for you – they might have a literal meaning to you that isn't apparent to me because I feel into the energy of the cards.

**One note:** it might look like a linear reading, but as with all things energy-related, it's all interwoven, building upon and feeding into each other.

**So, let's look at the card placement, first:**

**Your 'question card' is the first one:** stain.

**Your 'heart card' is the second one:** sacred.

**Your 'answer card' is the third one:** wound.

At first glance, your reading seems to be inviting you to forgive yourself for something you think you did wrong (maybe this is in trusting someone, then being hurt or placing your presence in non-resonant energy, then not feeling good about it?), and also to remember that your heart is a sacred container and your heart energy is sacred – a gift to share with others, so treat it like the gift it is (I'm not saying you aren't, I'm just reading the energy of the cards).

In general, your reading says 'your heart energy is powerful, beautiful, radiant, and you can use it to heal anything, as well as to connect easily, joyfully with resonant energy in all areas of life (career, relationships, self-love and inner work, money, whole-body wellness, abundance, etc.)

Let's go through each card and their potential meaning:

**Stain:** This placement as your question card could mean that you are questioning or doubting something that either ended up with you being in pain or uncomfortable and maybe you are wondering can this be healed? Maybe this is a pattern you are curious about? Or that something happened in your past that you might be thinking is a block to flow now and you aren't feeling like it can be healed?

The general energy of this card means you may feel like there is a wound in your heart that feels sensitive, that you think might be permanent and as such might be a barrier to flow.

*Looking from your heart card to stain, it means love heals everything, so it's an invitation to pour that love inward, along with grace, to heal those wounds (your 'answer card'), trusting that it 'works' and your sacred connection will expand.*

Something to note about the energy of stains: we can easily clean a stain; some stains are layered so take time and extra effort to clean – meaning we soak it, put in some work to remove it, soak it again, and finally the space is clean again, but while we are cleaning it, we might think 'we've just cleaned this spot and here we are doing the same thing again' and feel discouraged. Be patient and understand each cleansing motion removes one layer, until finally after a few tries (or more) the stain is dissolved.

Sometimes we are concerned that people can see a stain (like if furniture is stained) so we don't invite them in but actually they aren't concerned with the stain at all and don't notice it.

Most stains are accidental – meaning they weren't intentionally done – and the guilt or feeling of 'wrongdoing', that self-judgment we place, is what causes the pain. And even when the stain has been removed we sometimes still think about it, and whatever damage we think we caused, instead of all of the gazillion moments we intentionally shared goodness (and didn't damage anything).

I feel the placement here speaks about forgiveness. About self-love. And sometimes when we think we've somehow done wrong in the eyes of God we create a disconnect by removing the fullness of our presence and/or we sacrifice something as self-discipline/self-imposed penance to get back in God's favor. But God loves us always. The energy of stain is all in our mind.

**Sacred** This placement as your heart card is pretty awesome!!

You know I think of our hearts as sacred containers and the energy flowing from it as sacred. Like I shared above, the placement of this card invites you to remember how beautiful and powerful your heart energy is, as a healing energy, connecting energy and manifesting energy.

When we think of something as sacred, we cherish it, we take care of it out of joy and love and gratitude (because we want to and it feels good) and we tend to be care-ful about where we share it and who we share it with (only in resonant energy with people who love, honor, treasure and delight in it as we do).

Having 'stain' and 'wound' on either side of your heart card shows that perhaps you are feeling sensitive or vulnerable and as a result, may have a temporary barrier or guard in place. Maybe you don't realize you have this barrier up, but if it's there, desire can't flow out and 'full goodness' can't flow in and/or if it does, it's a struggle and perhaps not as joyful as it usually is for you.

How do you restore flow? (and faith?) Clean the stain and heal the wound (with grace, love, forgiveness, self-appreciation).

Maybe it's also saying you are afraid to open your heart, that you might be hurt. So, I'd like to remind you that love never hurts – fear sometimes steps in, so that we end up sharing our heart energy with people who can't appreciate it or in spaces that aren't resonant, then feel pain or discomfort. So, it's okay to love, please give yourself permission to do so – love life, this moment as it is, people, yourself, tangible items, beautiful places, activities....etc.

In the placement of your heart card, 'sacred' is also saying 'remember your divine dna and how powerful that energy is'. Center into that remembering, trust your intuitive nudges and heart whispers to guide you along your path. Invite that energy into each space of your life, including your physical being and the physical spaces you step into and watch it work its 'magic'.

*Your heart knows which path is most lucrative, enriching, has the best possible, aligned benefit.*

**Wound:** This is your 'answer card' (which is also interesting).

This can have two meanings:

1. wound as in a space that is hurt, sensitive and likely a barrier to fullness of connection and flow
2. wound as in lots of energetic threads weaving in so it feels 'constrictive and tight' (like tightly wound).

*Either meaning is an invitation to pour lots of love, gratitude and grace inward, toward your heart and toward your inner being.*

Let's be ultra-clear, you can heal a wound (although sometimes depending on what it consists of, it

takes time). And, it could be a wound from long ago that is recently opened again (like something irritated or touched you in inner core).

You can also 'loosen' tightly wound spaces, in this case with breath work and energetic practices that disengage you from attaching your energy to that which isn't resonant with love, joy, abundance.

I don't believe in or practice judging something as 'good or bad' so as you look at wound as your answer card, perhaps see the invitation in it – feeling wounded, or wound up, is not a 'weakness', we all have some woundedness within, and it can be something that inspires you to heal, open and grow.

One note, though: sometimes we leave wounds alone because we are afraid of 'what it takes to heal it' – like we think it will be a lot of work, or impossible and in the physical world, that leads to infection and makes the original wound more messy (like a 'stain'). So, energetically, it's a great practice to slowly, gently, tenderly, with love tend to our heart wounds, and if we need support (like someone who has training or knowledge in how to care for this particular wound) it's okay and loving to call that support in. *There is nothing weak about wounds or tending to them, there is great strength in it all.*

And, if you (or any of us) do leave a heart wound to fester, we can always go back to heal it when we feel ready – although, again, it might take more time, energy and resources to heal later than now.

*So I think this is saying, please do heal your wounds, with love.*

One other thing: healing a wound always requires love and forgiveness, turned inward first. It's not about the person who may have caused pain, it's about your well-being and ability and desire to keep your heart open. Love yourself through all of it – through your memories and choices of the past, through your experience of now. Forgive yourself for trusting your self enough to have opened your heart to the extent that allowed whatever 'poison arrow' that hit your inner core to reach it's target. Forgive your heart for wanting to open again. Forgive love (because really love doesn't do any of this damage, fear does. Forgive fear for existing – in the world.).

Forgiveness is a practice, often requiring many applications. I find that forgiveness naturally flows in with self-love and gratitude, so taking time to thank yourself for being you, and for all that you love about being you, and for your heart energy that draws to you all of this joyful love now, and for love for all of the ways it has blessed you is also a practice of deep forgiveness.

And, maybe with 'sacred' next to it, it's saying 'healing wounds, understanding and cleaning stains' is sacred work (maybe yours, and also others, since you are a facilitator of healing as well).

Overall, your reading feels very affirmative and empowering.

*I suggest that you take some time to let this all settle. I like to 'sleep on it'. Then, read it again.*

If you have any questions, please do ask. If you have any insights you'd like to share, please let me know.

Much peace,  
Joy