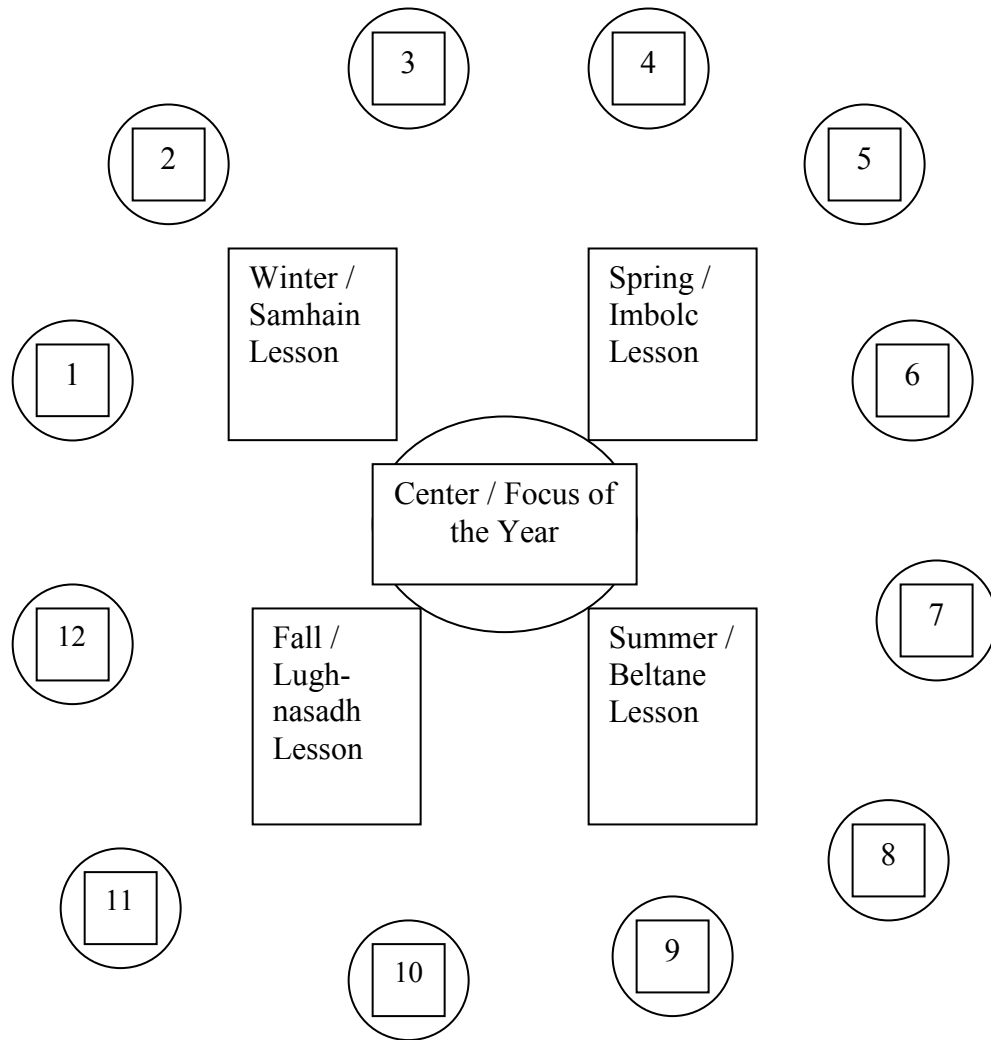


Wheel of the Year Tarot Spread Finding Focus, Guiding Reflection

“As season succeeds season and one year cascades into another, so our lives spiral into new constellations of understanding.” Caitlin Matthews



Process for Creating the Spread

Preparation:

- ❖ Pick a deck that is inspiring / “big” enough to journey with and learn from for the whole year and divide this deck into Major and Minor Arcana.
- ❖ Decide how to align the months. For example, if following the Celtic / Pagan tradition (which is the inspiration for this layout) card 1 would be November 2011 and so on, ending with card 12 as October 2012. (If in the Northern Hemisphere! If the Southern, adjust to opposite months.) Our New England climate might invite the first card to be assigned to December 2011 and that would make the last card November 2012. You could also use a calendar year start with January 2012, but doesn’t align that well with the seasonal nature of the spread. The primary invitation here is to find the months that align with your view of the seasons.

Step One: Pick a focus for your year and represent it with a Major Arcana card(s). Your focus, for example, could be:

- ❖ A vision to be made real during / by the end of the year. You could go through the deck and pick the Major Arcana card (or two) that represent this vision.
- ❖ A lesson that you want to learn deeply. You could, for example, work with your birth or year card(s).
- ❖ Something to surprise you. Pull a Major Arcana card at random.

Place this card (or two) in the center position.

Step Two: Using the remaining Major Arcana cards, pull lessons for the seasons cards. Here are some guiding questions.

- ❖ Winter / Samhain: What is the key lesson of this season of going inward to deepen my work with the central card (s)?
- ❖ Spring / Imbloc: What is the seed(s) I need to plant in this season of change and new birth to nurture my work with my central card(s)?
- ❖ Summer/ Beltane: How can I fully step into and act upon the gifts and lessons that I have been receiving from working with my central card(s)?
- ❖ Fall / Lughnasadh: What is the key lesson of this season of harvest and gratitude to conclude this year’s work with the central card(s)?

Step Three: Now use the Minor Arcana card to create the outer rim of the Wheel and pull cards that will help you to meet and work with the seasonal lessons. Guiding questions are:

- ❖ First card of the season (#s 1, 4, 7, and 10) – Emerging energy of the season: How can I meet / grow my awareness of the lesson of this season?
- ❖ Second card of the season (#s 2, 5, 8, and 11) – Full expression of the season’s energy: How can I act on the lessons I am learning from this season?
- ❖ Third card of the season (#3, 6, 9, and 12) – Passing of the season’s energy: How can I integrate the lessons I have learned from this season into my life and the focus of this year?

Step Four: Look at cards individually and seasonally for patterns and possibilities. What does the year look like as a whole? What do you see that really inspires you? What actions might you take to make sure what inspires you most comes into being? What concerns or challenges you in the year / spread? What might you do to lessening any challenging situations? What support might you seek for the challenges?

Possibilities for Using the Spread for Planning and Reflection in the Coming Year

Yearly

- ❖ Use your central cards to create a brief statement and/or visual representation of what you want to achieve in the coming year. Put this in a place where you will see it / return to it throughout the year.
- ❖ Create a set of specific goals for the year. Lay out the steps for achieving your goals by seeing what is coming up throughout the year. Plan to take advantages of beneficial forces and strategize about how to work with challenging forces.
- ❖ At mid-year and at the end of the year, re-create your spread and assess progress on your vision and goals. What have you achieved? What have you learned? What has been left undone? What course corrections do you want to make (if at mid-year)? or What new goals do you want to create for the coming year (if at end of year)?
- ❖ At the end of the year, do something to document the deep learning you have had from a whole year spent with your central cards; write an essay on the cards, create your own versions of these cards, do a collage / art piece, do a presentation to a group about these cards, ect.

Monthly

- ❖ At the start of the month, take out your central, seasonal, and monthly cards and sit in meditation with them. Do this periodically throughout the month.
- ❖ At the end of the month, journal about what you have learned about yourself and about the cards from this month's work with these cards.

Weekly and/or Daily

- ❖ Do a small layout for the week or day. Reflect on how these cards relate to the cards of the month. Pay special attention to any cards from the Wheel spread coming up here! At the end of the week, write a paragraph or so reflection on what inspired and what challenged you in the week and how you observed the energies of any cards you are working with appearing.