



SHADOW TAROT

**SIX TAROT SPREADS FOR
EXPLORING YOUR SHADOW SELF**

A HEYTJ PUBLICATION

MEET YOUR SHADOW SELF THROUGH TAROT

Welcome to the transformative journey of shadow work through tarot. Each of us has a shadow self—hidden aspects of our personality shaped by repressed feelings and desires. These hidden parts can influence our behaviors and decisions in ways we might not realize.

Shadow work involves bringing these hidden aspects to light, understanding them, and integrating them into our conscious being. This process of self-exploration and healing leads to self-empowerment.

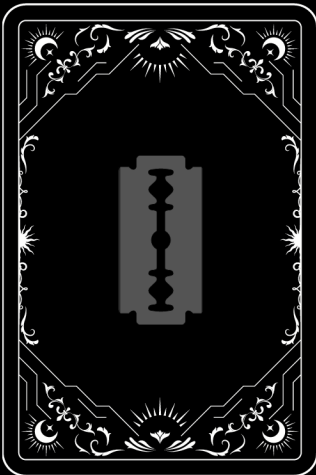
Tarot, with its rich symbolism, is a powerful tool for shadow work. The cards reflect the unseen corners of our psyche, guiding us toward greater self-awareness. In this guide, we explore six tarot spreads designed to help you uncover and harmonize your shadow self, providing a structured approach to this deep work.

Prepare to confront your shadows and emerge with a deeper understanding and acceptance of yourself. This guide is your companion on this path, offering tools and insights to illuminate your soul and integrate your shadow into the light.

**WELCOME TO THE SACRED JOURNEY OF SHADOW
WORK WITH TAROT. MAY IT BRING YOU WISDOM,
HEALING, AND EMPOWERMENT.**

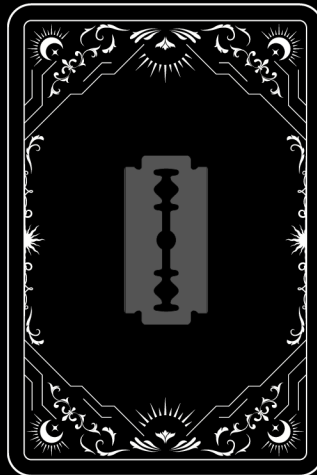
THE SHADOW SELF

IDENTIFY + EXPLORE THE ASPECTS OF YOURSELF THAT ARE HIDDEN OR REPRESSED.



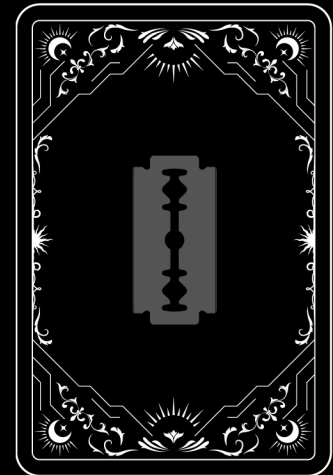
THE MASK

What you show to the world



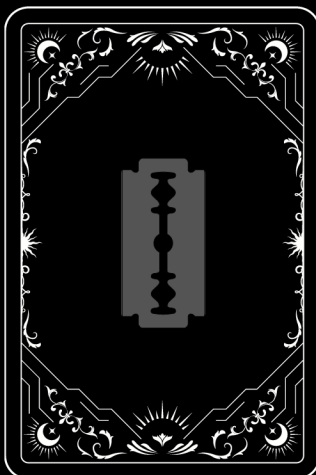
HIDDEN SHADOW

What you repress within yourself



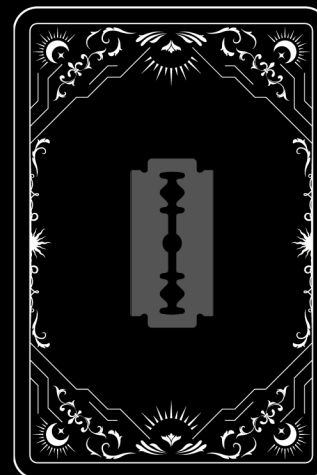
TRIGGER

What brings this shadow to the surface



THE LESSON

What the shadow is here to teach you

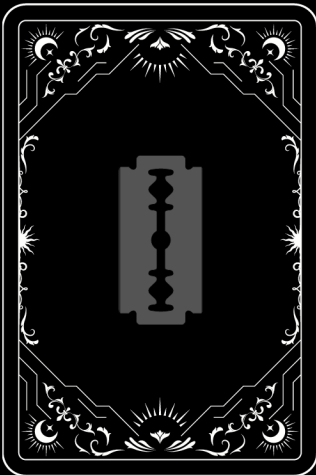


INTEGRATION

How to integrate this shadow into your conscious self

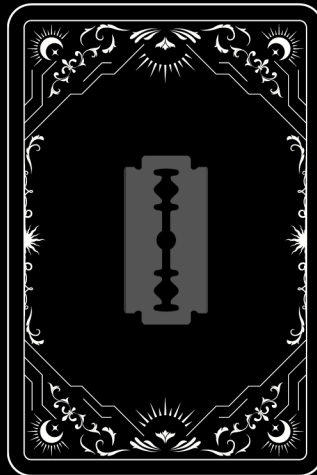
THE DARK MIRROR

REFLECT ON YOUR SHADOW SELF AND EXPLORE ITS IMPACT ON YOUR LIFE.



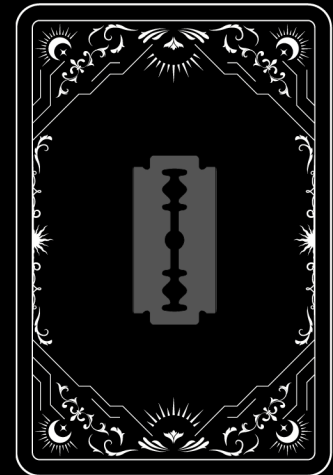
REFLECTION

How your shadow self manifests in your life



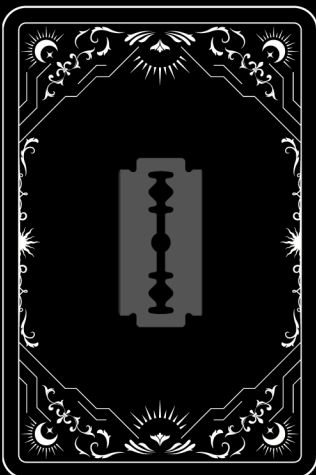
BURDEN

The challenges your shadow self creates



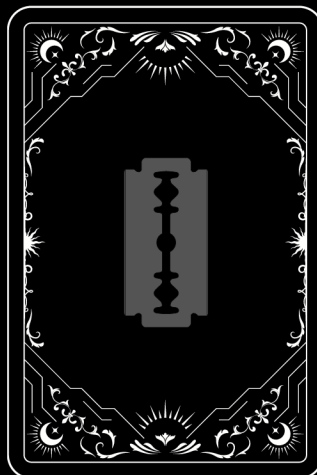
INSIGHT

What you can learn from these challenges.



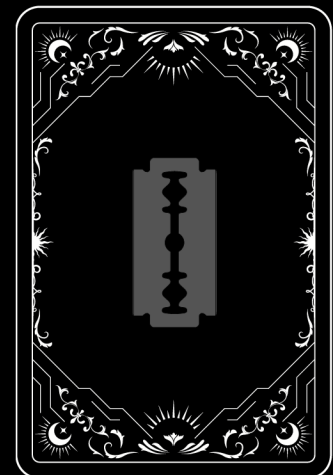
ACCEPTANCE

How to accept and embrace your shadow self



TRANSFORMATION

How to transform this shadow into a source of strength



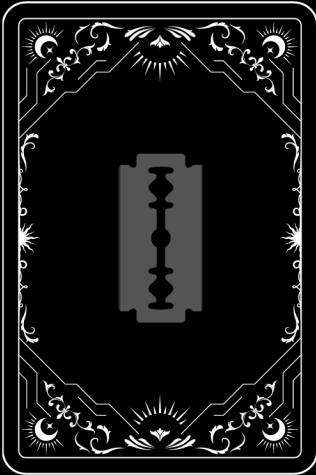
THE PATH FORWARD

The next steps in your journey of integration



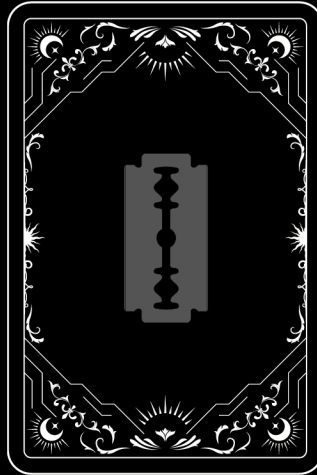
THE INNER CHILD

EXPLORE THE CONNECTION BETWEEN YOUR INNER CHILD AND YOUR SHADOW SELF



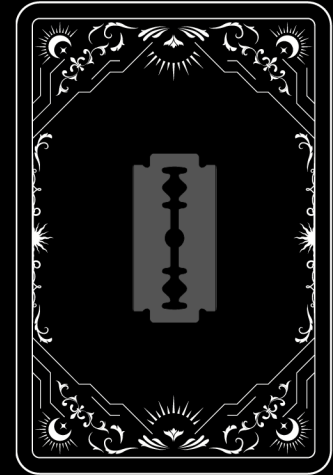
WOUND

The primary wound from childhood affecting your shadow



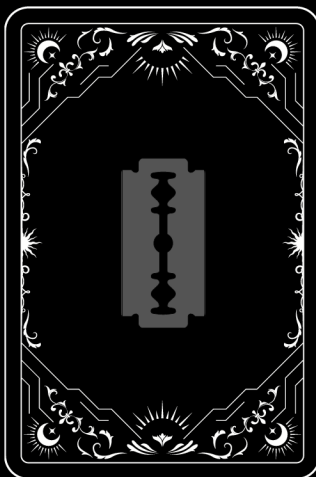
REACTION

How this wound has shaped your shadow self



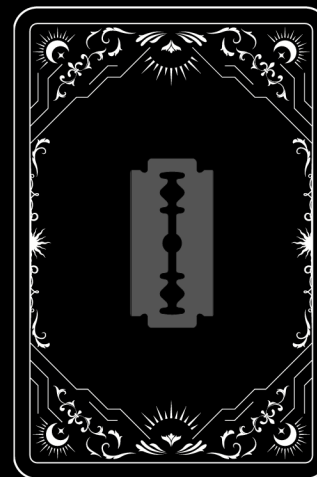
HEALING

What your inner child needs for healing



GROWTH

How healing your inner child helps integrate your shadow



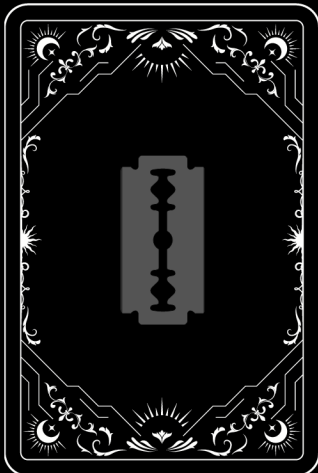
EMPOWERMENT

How to empower yourself through this integration



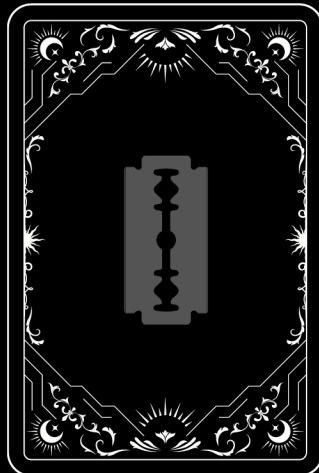
SHADOW DIALOGUE

FACILITATE A DIALOGUE BETWEEN YOUR CONSCIOUS SELF AND YOUR SHADOW SELF.



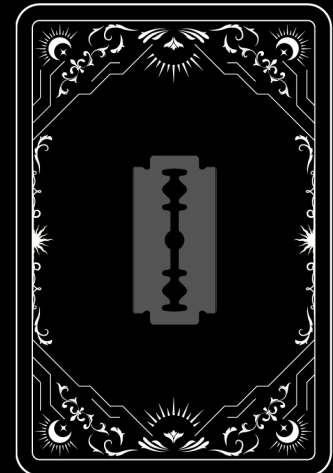
CONCIOUS SELF

Your current
conscious
perspective



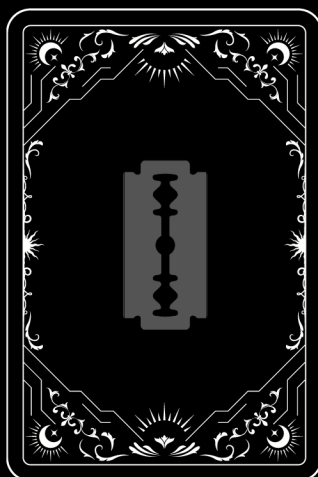
THE SHADOW SPEAKS

What your shadow self
wants to communicate



CONFLICT

The main area of
conflict between your
conscious and
shadow selves



RESOLUTION

How to resolve this
conflict



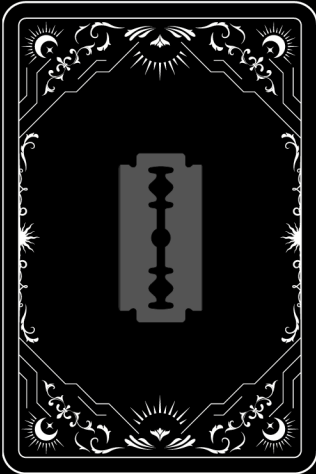
HARMONY

How to achieve
harmony between both
aspects of yourself



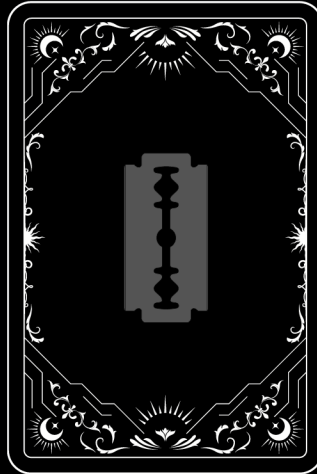
THE SUBCONSCIOUS LANDSCAPE

DELVE INTO THE SUBCONSCIOUS MIND AND UNCOVER HIDDEN ASPECTS OF THE SHADOW SELF.



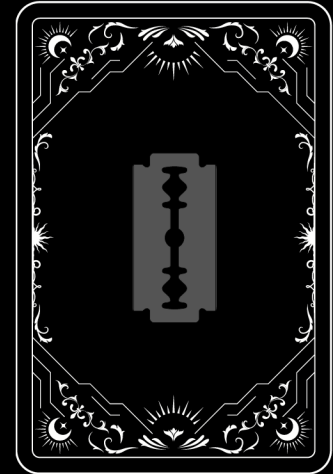
THE SURFACE

What you are consciously aware of



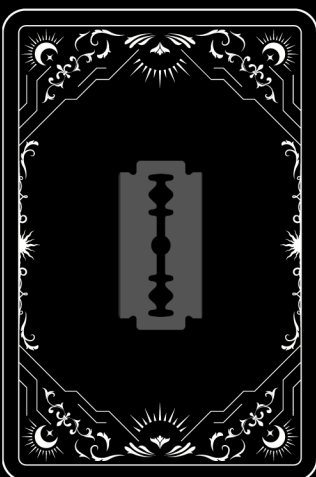
THE DEPTHS

The hidden aspects of your shadow self



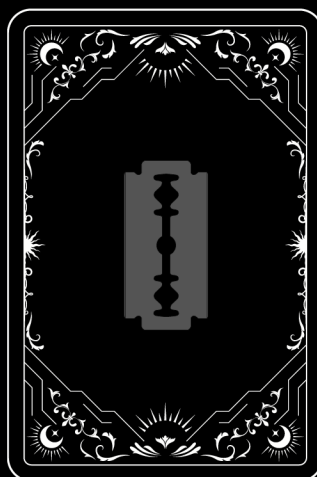
INFLUENCE

How these hidden aspects influence your behavior



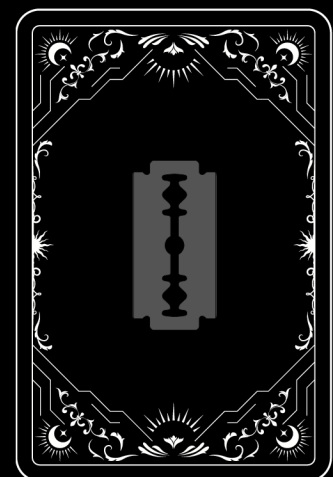
REVELATION

What needs to be revealed and acknowledged



INTEGRATION

Steps to integrate these aspects into your conscious awareness

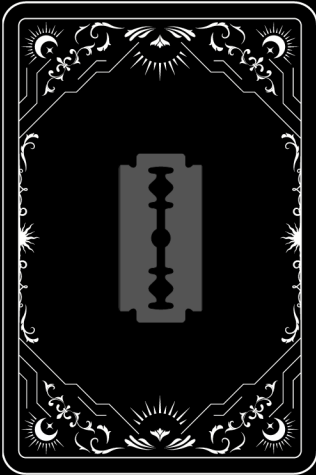


OUTCOME

The potential outcome of this integration

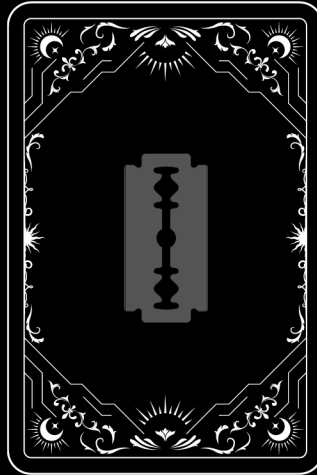
DUALITY

BALANCING THE LIGHT AND DARK ASPECTS OF YOURSELF.



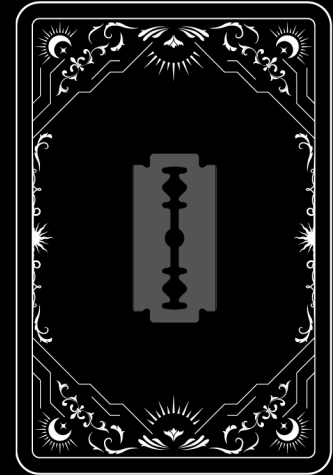
THE LIGHT

The strengths and positive aspects of yourself



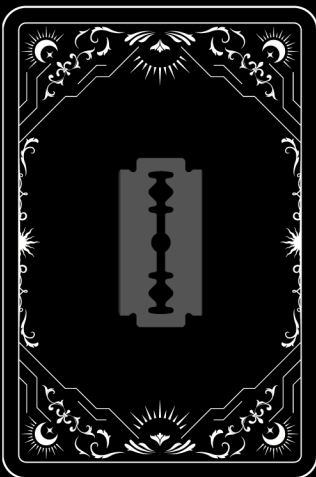
THE DARK

The repressed or hidden aspects of yourself



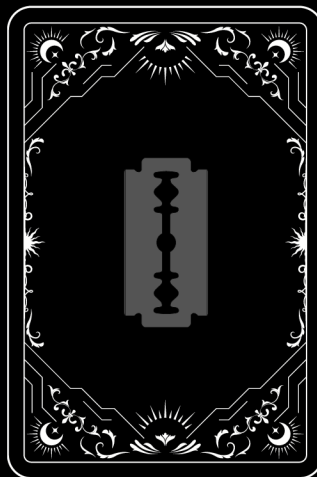
BALANCE

How to balance these opposing forces



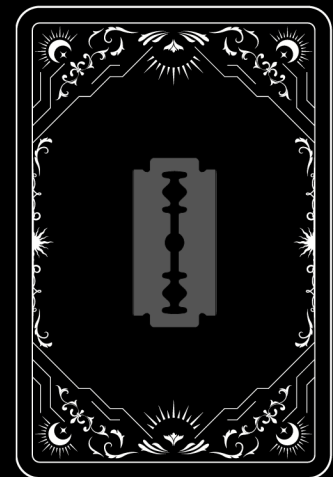
CHALLENGE

The main challenge in achieving this balance



SUPPORT

What can support you in this process



HARMONY

The state of harmony and integration

