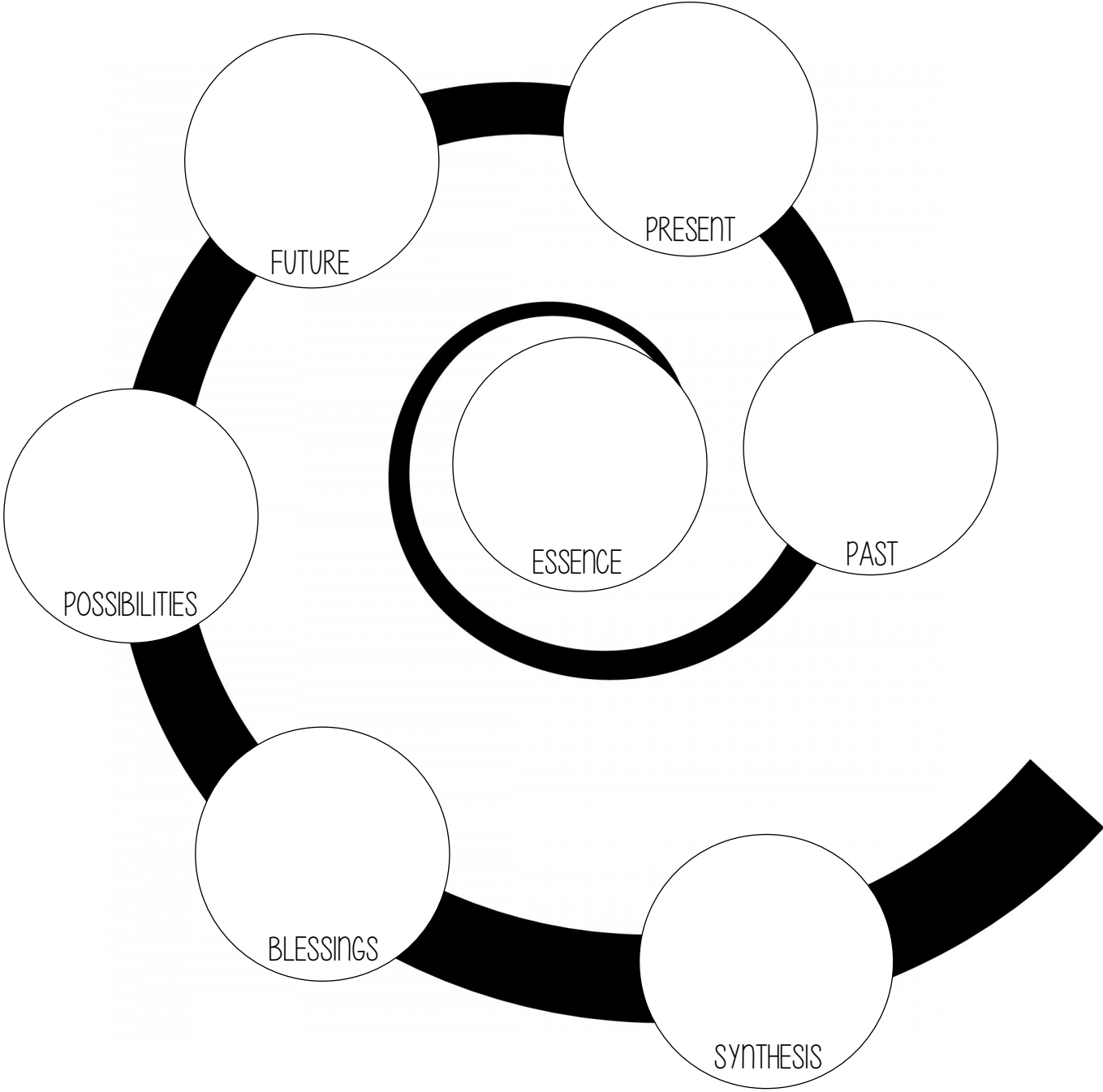


# Equinox and Solstice Spiral Spread

Adapted from Cheryl Thiele's *The Sacred Journey: Daily Journal For Your Soul*



- 1) **ESSENCE:** This is the foundation and core lesson you are currently working with. It is the theme that threads and unifies the spiral weaving throughout the spread. Look to the Essence as a key to assist you with grounding and manifesting during the coming season.
- 2) **PAST:** The Past may be gone, yet it often affects the choices we make in time present. Take a moment to review your accomplishments from the past season. Ask yourself if you carry the strengths you've gained, or if the "should haves" and "if onlys" are limiting the decisions you make today. Make peace, gather your victories, and move forward.
- 3) **PRESENT:** The Present is a gift that brings you the courage to make each moment matter. This card represents what is occurring in your life now. Dig in with conviction and heart as you take steps toward your goals and dreams. Trust your instincts and intuition as you make choices now. In full circle, bring your gifts to the world in the Present.
- 4) **FUTURE:** The Future is filled with a blending of certainty and the unexpected. Look to this card to find direction for the choices you'll be making in the months to come. Remember that each decision you make in the present affects your Future.
- 5) **POSSIBILITY:** Imagine tossing a pebble out toward the horizon. The pebble represents your goals and dreams; the horizon is the field of unlimited potential. What good fortune! You have a string attached to the pebble, which leads you to the place of realizing those goals and dreams. Here you find the power of Possibility.
- 6) **BLESSINGS:** Look to this card for the Blessings from your allies and ancestors. When you are still, the wisdom that comes from within brings a new dimension to understanding the ways of life. This card helps you to recognize those gifts.
- 7) **SYNTHESIS:** The culmination of the teachings, lessons, and guidance of the spiral are found here. This is the Synthesis, bringing you the integration of the wisdom offered during the season and the benefits of consciously choosing to do the work. The spiral truly has no beginning and no end, like life itself. Allow your field of wisdom to expand with each step along your Sacred Journey.