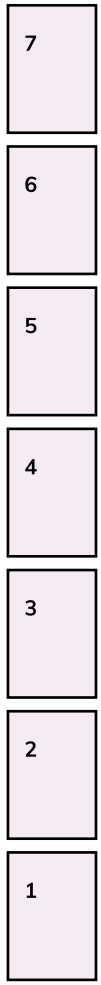
TAROT CHEAT SHEET

chakra spread

Chakras are energy centers in the body, each one associated with different aspects of our physical, emotional, and spiritual well-being. **The Chakra Spread** allows you to explore the flow of energy through your chakras and identify any areas that may be blocked or out of balance. Each card corresponds to one of the seven major chakras, offering insight into how you can align and strengthen these energy points.

1. **Self-Preservation (Root Chakra):** Your sense of safety, security, and how you establish stability and grounding in your life.
2. **Self-Gratification (Sacral Chakra):** How you connect with others emotionally and physically, and how you experience pleasure, creativity, and passion.
3. **Self-Definition (Solar Plexus Chakra):** How you assert your personal power, confidence, and how you express your individuality and autonomy.
4. **Self-Acceptance (Heart Chakra):** Your capacity for love, compassion, and forgiveness, both for yourself and others, and how you cultivate emotional balance and inner peace.
5. **Self-Expression (Throat Chakra):** How you communicate your truth, express your ideas, and creatively engage with the world around you.
6. **Self-Reflection (Third Eye Chakra):** Your ability to perceive beyond the physical realm, tapping into your intuition and inner wisdom to see the bigger picture of life.
7. **Self-Knowledge (Crown Chakra):** Your spiritual awareness, connection to higher consciousness, and understanding of your deeper self and purpose.



This spread is perfect for those looking to explore and balance their chakras. As you draw each card, pay attention to where the energy is flowing smoothly and where there may be blockages. By reflecting on each chakra's associated card, you can gain insights into how your energy is currently distributed and what steps you can take to bring yourself into better alignment. This spread can be used regularly as part of a spiritual or self-care practice to maintain balanced energy and well-being.