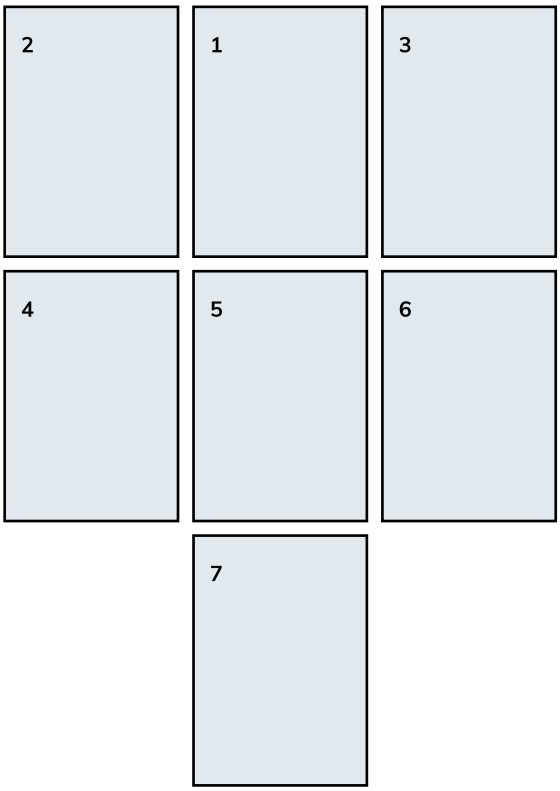
TAROT CHEAT SHEET
past lives spread

The **Confronting Past Lives Spread** is designed to help you uncover information about your past lives that may be influencing your present life. Through this spread, you can identify unresolved issues, lessons, or energies from a past life that continue to affect you. These experiences, whether positive or challenging, may reveal why certain patterns, interests, or relationships have carried over into your current life. The goal is to recognize, understand, and heal any lingering energy that needs resolution.

1. A card to represent you in a relevant past life
2. Something unresolved from that past life
3. How this past life is affecting you today
4. Why you need to complete this unresolved issue
5. How you can complete this unresolved issue
6. An important lesson you must fully understand
7. An energy or characteristic from this past life that you should channel



Use this spread when you feel drawn to explore past lives and understand how they influence your present-day experiences. It's especially useful if you have recurring dreams, patterns, or emotions that don't seem to have a clear origin in your current life. The spread helps you not only identify past life connections but also provides guidance on how to resolve any lingering issues that may be holding you back.