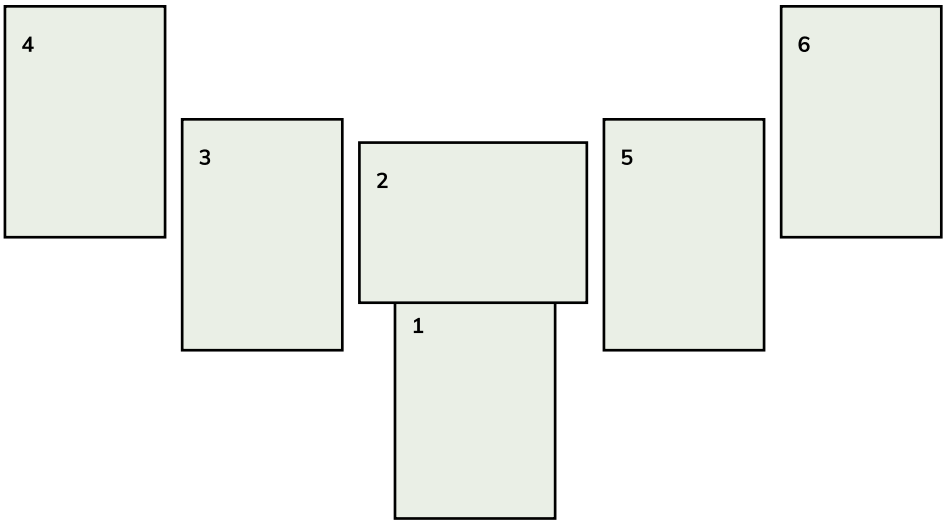
TAROT CHEAT SHEET

ancestral healing spread

Ancestral trauma is passed down to us and can influence our lives in profound ways. The **Ancestral Healing Spread** is designed to help you explore the connections you have with your ancestors and identify ways to heal generational wounds. By understanding how ancestral patterns affect you and working to resolve these issues, you can transform both yourself and your lineage, altering the very structure of your own path and bringing peace to your ancestral line.



1. An important relationship with your ancestral lineage
2. How this relationship affects your life
3. What I can do to heal your ancestral lineage
4. How this healing will take form
5. How to remain grounded while doing this work
6. How to honor your ancestors moving forward

This spread is ideal for those seeking to heal deep-seated familial or ancestral trauma. It can help you recognize the influence of your ancestors in your life and guide you on the path to healing these inherited wounds. As you pull each card, reflect on how your life may mirror the experiences of your ancestors and consider how your healing process can impact future generations. This spread offers insight into not only the work that needs to be done but also the ways in which you can honor and connect with your ancestors moving forward.