

# THE INNER JOURNEY TAROT Workbook

BY HEATHER HOEPS



LEARN ALL ABOUT  
THE INNER JOURNEY  
MAJOR ARCANA  
TAROT DECK AND  
HOW TO USE IT FOR  
POWERFUL  
SOUL-DISCOVERY

with journal prompts,  
spreads & more



[WWW.HEATHERHOEPS.COM](http://WWW.HEATHERHOEPS.COM)



*Welcome to your Inner Journey!*



*Heather Hoeps*

**CONGRATULATIONS ON YOUR PURCHASE OF THE  
'INNER JOURNEY' TAROT!**

**THE PURPOSE OF THIS COMPLIMENTARY WORK BOOK IS TO  
INTRODUCE YOU TO THE INNER JOURNEY DECK AND TO  
PROPOSE HOW YOU MAY USE THE CARDS FOR SELF-DISCOVERY  
AND PERSONAL TRANSFORMATION. VIA AN INTUITIVE AND  
CREATIVE APPROACH. I INVITE YOU TO EXPLORE THE DECK  
THROUGH PROMPTS, EXERCISES AND A COLLAGE PROJECT TO  
ENRICH YOUR EXPERIENCE WITH THE CARDS.**



**MAY THE CARDS ENLIGHTEN YOU ON THE SACRED JOURNEY OF YOUR LIFE**



YOUR SOUL  
IS  
BEAUTIFUL



ARE YOU READY TO EXPLORE THE  
THE SACRED GIFTS & LESSONS OF THE 'INNER  
JOURNEY' ARCHETYPES?



I AM HAPPY AND HONORED TO WELCOME YOU ON THIS JOYFUL AND  
TRANSFORMATIVE SELF-EMPOWERING JOURNEY TO BECOME YOUR  
TRUEST SELF AND BRING YOUR GIFTS TO THE WORLD.

IN THIS DECK I COMBINE MY INTUITIVE ART WITH MY TRAINING  
AND EXPERIENCE IN ART THERAPY AND SOULCOLLAGE®, TOGETHER  
WITH MY PASSION FOR THE ARCHETYPES OF THE TAROT TO GUIDE  
YOU TOWARDS PERSONAL GROWTH AND TRANSFORMATION.



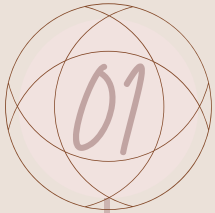
## DID YOU KNOW I OFFER SOUL COACHING WITH THE “INNER JOURNEY TAROT CARDS”?

UNLOCK THE DEPTHS OF SELF-DISCOVERY: DIVE DEEPER INTO  
YOUR INNER JOURNEY WITH PERSONALIZED COACHING –  
ELEVATE YOUR TAROT EXPERIENCE!

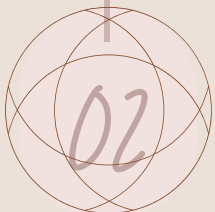
AS YOU DELVE INTO THE CARDS, YOU MAY FIND A PROFOUND  
DESIRE TO EXPLORE THE INSIGHTS EVEN FURTHER. I OFFER  
UNIQUE PROGRAMS TAILORED TO UNRAVEL THE MYSTERIES  
OF YOUR UNIQUE PATH IN TIMES OF CHANGE AND  
TRANSITION.



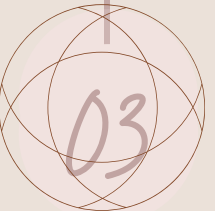
# Your Inner Journey Roadmap



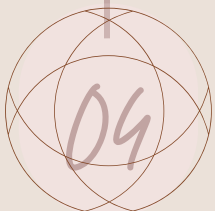
SACRED SPACE & TAROT JOURNAL



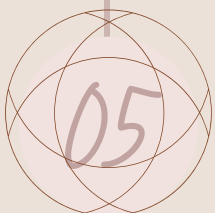
INTRODUCTION TO THE INNER JOURNEY DECK



CONNECTING WITH THE CARDS



WORKING WITH THE DECK



TAROT INSPIRATION & COLLAGE PROJECT



# WORKBOOK



## How to Use

- Always use your own intuition and imagination when reading a card before referring to the interpretations in this workbook.
- Follow the roadmap: get to know the cards visually and energetically, do the initiation exercises, then go to the spreads and collage project. Eventually find your own special way of working with your deck.



# SACRED SPACE

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Working with the deck is a sacred ritual in which you invite your intuition and Spirit to be present. I recommend creating your own personal ritual(s) to enrich working with the cards in a holistic way. This can be done through lighting candles, having fresh flowers, crystals, smudging sage, chanting, having a beautiful piece of fabric on which to lay out the cards and journal. Playing soft music can help you to center yourself. Whatever feels good and sacred to you will nurture an intimate experience with your deck. In any case, spend a few moments to quiet your mind and bring your focus to the energy of the present moment before you start.



# THE TAROT JOURNAL



Keeping a written journal can be great to document your tarot experience, especially the self-reflection, messages and insights you receive from your readings. It provides a valuable testimony of your tarot journey to look back on. Adding some visuals like doodles, stickers, collage, etc. turns your tarot journal into a little piece of art and makes it very personal; it's your own visual storytelling - it does not have to be perfect- just make it enjoyable for yourself!

What to record in your journal:

- *daily card pulls*
- *individual card studies*
- *weekly, monthly, annual, seasonal readings*
- *new and full moon readings*
- *reflections & affirmations*
- ...



*Tip!*

**Keep pens and art materials handy so you can dive into creative tarot journaling any time.**



# THE INNER JOURNEY MAJOR ARCANA DECK

## INTRODUCTION





This hand-made collage deck consists of the 22 major arcana cards of the tarot which represent the archetypal journey of the soul towards wholeness. While the cards draw their inspiration from the imagery of the Rider Waite Smith tarot, I created the art work in this deck intuitively and introduce my own symbolism and extended interpretation.

The creation of this deck is inspired by my passion for the psychology of Carl Jung, his concepts of individuation, the Archetypes and the Shadow. According to Jung we are all born with universal patterns of behaviors which are inherited from our ancestors.

Archetypes exist in the collective unconscious and we experience them in myths, legends, folklore, art, dreams and the tarot through images and universal symbols.

As you meet the archetypes through the major arcana cards they will invite you to look deep inside and reconnect with who you really are (from your soul's perspective) and what you really desire; with what's driving you, what's holding you back, how to grow and evolve through the current joys and struggles of your life's journey.

Each of the cards acts as an intuitive portal into your soul and will support and enlighten your experience of psychological and spiritual growth.

This deck is primarily intended for personal soul work. While the cards can be used for divination purposes, their main objective is to help you know your multi-dimensional self better and to understand major life lessons from a spiritual perspective.

## THE WAY OF TRANSFORMATION

This workbook invites you to use the cards for your practical every day journey through life. Each card asks deep, meaningful questions which can be further explored through creative journaling, intuitive art making, active imagination, storytelling and meditation. Some of which I will be introducing to you here.

Consider these cards a channel through which to begin a dialogue with your soul and explore the transformation of your consciousness. Let the journey begin!

# YOUR



# JOURNEY

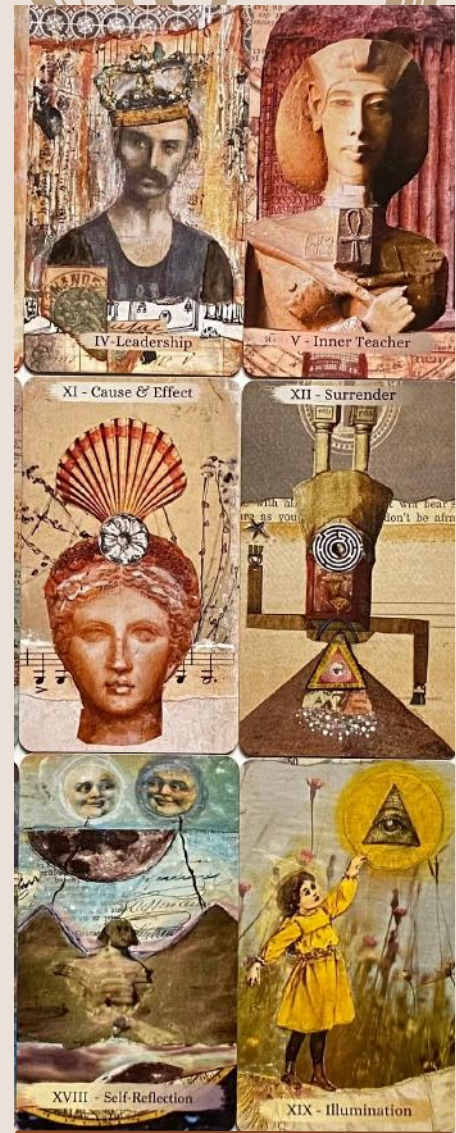


Start by placing the cards in three horizontal rows with seven cards each and card #0 *Beginnings* on top (see tableaux above). The three rows symbolize three stages of archetypal experience. Card #0 represents you, the protagonist, in a state of unity before embarking on the human journey marked by the duality of opposites. The final card #XXI *Integration* closes the cycle with integration and reconciliation. Consider both vertical and horizontal rows as you take in the cards together in sequence and in pairs. Look for connections and differences between cards and note your first impressions in your journal.

- 1) *The first row: the sacred worldly realm - first steps towards individuation*
- 2) *The second row: the sacred inward quest - a pilgrimage to your inner truth*
- 3) *The third row: the sacred pursuit of Oneness - the great journey home*

# DECK OVERVIEW

- 0. BEGINNINGS
- I. MANIFESTATION
- II. INTUITION
- III. CREATIVITY
- IV. LEADERSHIP
- V. INNER TEACHER
- VI. CHOICES
- VII. SELF-EMPOWERMENT
- VIII. MATURITY
- IX. INTROSPECTION
- X. CHANGING CYCLES
- XI. CAUSE & EFFECT
- XII. SURRENDER
- XIII. TRANSFORMATION
- XIV. EQUILIBRIUM
- XV. SHADOW SELF
- XVI. REVELATION
- XVII. INSPIRATION
- XVIII. SELF-REFLECTION
- XIX. ILLUMINATION
- XX. HIGHER CALLING
- XXI. INTEGRATION



# FIRST IMPRESSIONS

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I invite you to connect to the deck through your own intuition and lots of journaling. This exercise is more about practicing to take in a card intuitively and paying close attention to what you are perceiving (color, symbols, mood, feelings, thoughts, stories, memories...), rather than jumping to possible meanings right away. Get yourself a cup of tea and take your time to look at each of the 22 cards: immerse yourself in their energy. Step into the scene and use your imagination. What is your first impression? Ignore the title on the card for a while or the original interpretation if you know the Tarot well. Notice if a certain card or more seem to grab your attention in particular. Open your journal and answer some of these questions:

- *What is going on in the card?*
- *What character(s) are depicted?*
- *How does the card make you feel?*
- *Which symbols call your attention?*
- *Does the card resonate with you? Why/Why not?*
- *What mood do the colors create?*
- *Which elements stands out for you in in each card?*
- *What does that mean to you?*
- *Which card(s) do you feel particularly drawn to?*



# CONNECTING WITH THE CARDS



# THE TAROT DECK CONVERSATION



Now that you have taken some time and looked at all the cards in detail here is a fun exercise to bond with the deck as a whole and get to know each other:

Imagine having a "meet&greet" with the deck. Ask it anything you like to know. You can try it with the sample spread on the right.

- 1) Please show me a card that represents you & your energy.
- 2) What else should I know about you?
- 3) What is the most important thing you will teach me about myself?
- 4) How will you support and guide me on my self-discovery journey?
- 5) How will you challenge me?
- 6) A first guiding message from the deck.



# SYMBOLISM IN THE CARDS

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## THE EYE OF GOD

THE EYE - A GATEWAY INTO THE SOUL, SPIRITUAL VISION OR THE ALL-SEEING EYE OF GOD? HAVE A CLOSER LOOK AT THE FOUR CARDS DEPICTED ABOVE AND JOURNAL INTUITIVELY ABOUT THE MEANING OF THE EYE IN THE CONTEXT OF EACH INDIVIDUAL CARD.

*JOURNAL ABOUT WHAT THE EYE MEANS TO YOU. IS IT THE SAME FOR EACH CARD OR DOES IT CHANGE? HOW DOES IT EFFECT THE REST OF THE CARDS' MEANING? WHAT OTHER SYMBOLS CAN YOU FIND IN THE DECK? WHICH STANDS OUT MOST TO YOU?*



# SACRED ANIMALS

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## THE LION AND THE POLAR BEAR

BESIDE THE MOTH, THE LION AND THE BEAR ARE THE ONLY ANIMALS THAT APPEAR IN THE INNER JOURNEY DECK. THESE WILD ANIMALS BOTH PLAY IMPORTANT ROLES AS SPIRIT ANIMALS IN MYTHOLOGY AND DIVERSE SPIRITUAL TRADITIONS.

*DESCRIBE HOW YOU PERCEIVE THESE ANIMALS IN THE RESPECTIVE CARDS. WHAT IS THEIR ENERGY, HOW DO THEY CONTRIBUTE TO THE MEANING OF THE CARD AND IN WHICH WAY? IMAGINE BEING THE ANIMAL LOOKING BACK AT YOURSELF*



# LIGHT & SHADOW



This deck does not come with reverse meanings, however, every card contains a shadow (unconscious) aspect. Depending on the question and the context of the reading every card can become a "shadow card." We can be both scared AND brave. To reach individuation, becoming who we are meant to be, we need to find balance within light and darkness. Here is an exercise for you:

*Pick two cards from the deck: one that seems full of light to you and one that appears to carry a lot of shadow for you. The cards you choose can say a lot about the light or shadow aspects in your soul that are ready to be integrated. Resolution and integration is what the cards (the archetypal energy in them) want to support you with on your inward journey. Journal about the two cards as much as you like and remember them well...*

**Do not be afraid of the dark patches of the journey. Instead, take on the beginner's mind of card #0: trusting and knowing that you are on the right track and divinely guided. Light is born out of darkness.**

# DUALITY & UNITY



There are four cards here; each depicts a pair (the pairing in card XVIII are the full and the dark moon). Look at each card separately and determine the "unity" and "duality" aspects in each card as you perceive them. Some examples of dualities could be male/female, conscious/unconscious, inner strength/physical strength, harmony/inner conflict, etc.

*Study the symbolism and how it speaks to you*

*What attracts the polar opposites to each other?*

*Allow the cards to share with you their quintessence*

*How do they achieve successful co-existence?*

*What can the cards tell you about creating unity?*

*What else do the cards convey to you?*



# THE MAGIC IS IN THE QUESTION

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Let's practice some more by picking one of the questions below: shuffle the cards and blindly pull one. place it in front of you and allow the answers to come to you intuitively:

- HOW CAN I BETTER CONNECT WITH MY HIGHER SELF?
- HOW CAN I LIVE MORE AUTHENTICALLY? WHO CAN INSPIRE ME?
- HOW CAN I BEST USE MY GIFTS AND TALENTS?
- HOW CAN I BE MORE IN SYNC WITH MY NEEDS? WHO CAN ASSIST ME?
- HOW CAN I BRING MORE PEACE AND WELL-BEING INTO MY LIFE?
- HOW CAN I IMPROVE MY RELATIONSHIPS?
- HOW CAN I EMBRACE CHANGE?
- HOW CAN I BE MORE IN TOUCH WITH MY TRUE FEELINGS?

*Tip!*

PICK SEVERAL DIFFERENT CARDS FOR THE SAME QUESTION TO GET DIFFERENT PERSPECTIVES AND INSIGHTS.

Which answer had the most significance for you?

How can you apply the wisdom to your life or current situation?

Avoid yes/no questions. Write your insights and whatever other subsequent question may arise in your Journal.

# WORKING WITH THE CARDS

## OPEN TO THE BEAUTY OF YOUR SOUL'S JOURNEY



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# INITIATION

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## YOUR PERSONAL TAROT ARCHETYPE

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LAY THE CARDS OUT IN FRONT OF YOU WITH THE IMAGES FACING UP . LOOK AT THE CARDS AND CHOOSE ONE CARD THAT YOU INTUITIVELY FEEL REPRESENTS YOU AT THIS MOMENT OF EMBARKING ON YOUR JOURNEY WORKING WITH THIS DECK.

*IN YOUR JOURNAL WRITE ABOUT WHY YOU CHOSE THAT CARD. WHAT ABOUT IT RESONATES SO MUCH WITH YOU? HOW DOES THE CARD REPRESENT YOU AT THIS TIME? HOW CAN YOU DEVELOP A RITUAL TO HONOR THIS ENERGY IN YOU? HOW CAN THIS CARD SHARE ITS LIGHT WITH YOU?*



# SPIRIT GUIDE

## A COMPANION FOR THE JOURNEY



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### ADVICE FROM THE OWL

**"ALWAYS GO WITH YOUR GUT FEELING. TRUST THAT THERE IS NO "RIGHT OR WRONG" CARD. EVEN THE CARDS THAT MIGHT FRIGHTEN YOU CARRY WITHIN THEM A GREAT BLESSING" FOR YOU TO DISCOVER"**

Shuffle the cards and in whichever way you like, blindly draw a card from the deck and place it face up in front of you: this card represents the main archetype who walks by your side as a spirit guide or an ally at this moment of initiation. You have a special bond.

Meet your guide with acceptance and reverence even if you feel hesitant about the card at first. This guide has exactly those lessons, guidance and insights to share with you that your soul is ready for. It might turn out to become your favorite card in the deck.

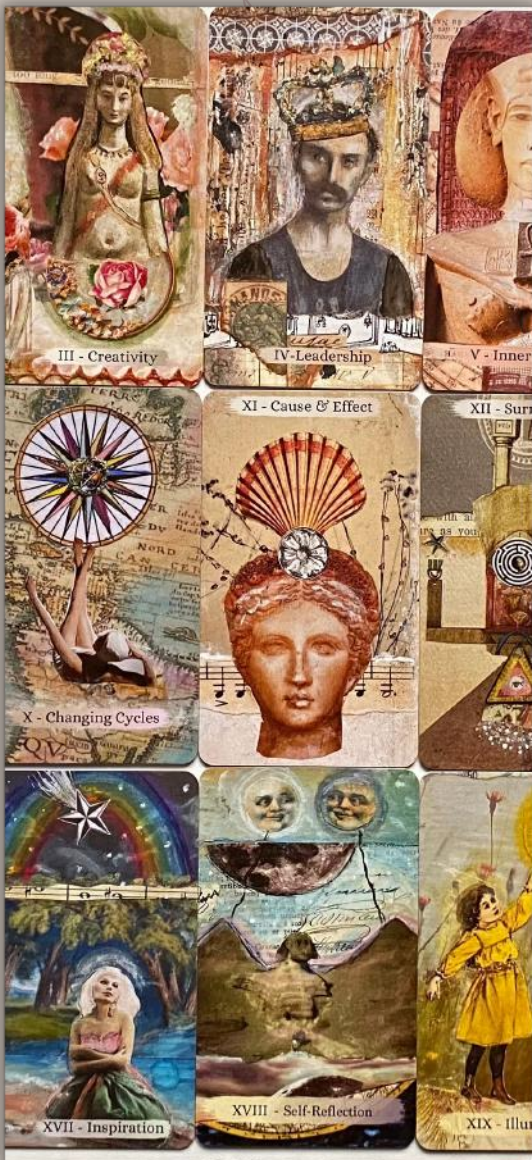
*If you like, make a photo copy of your card and glue it in your tarot journal or keep it in your sacred space*

# MEET YOUR COUNCIL

Pick your two favorite cards from the deck and your two least favorite cards.

These four cards are your teachers; your archetypal council for the time being.

Interpret the cards intuitively first before looking up the description at the very end of this guidebook. These cards say a lot about you at this time. They are a reflection of your light/shadow or conscious /unconscious aspects. Journal what insights you are gaining about yourself from your council cards.



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*Look out for how these four cards will show up again in your readings as you dive deeper into working with them.*



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# INNER JOURNEY SPREADS

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By now you have spent some time getting to know the individual cards. Now it is time to experience the cards working together as a sacred team in a reading. Try some of the spreads on the next pages, starting with a few cards only to practice reading the cards in combination. Consider the context and your own intuition.

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# PERSONAL GROWTH SPREAD

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1

2

3

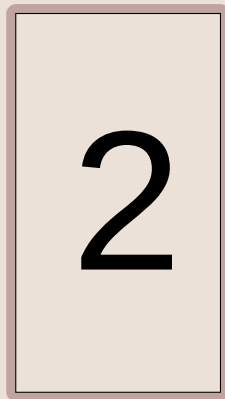
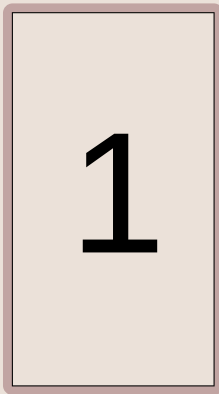
- 
- 1 - what to accept and forgive to free yourself
  - 2 - where to leave your comfort zone to allow new growth
  - 3 - what empowers you to take ownership of your life



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# INNER CHILD SPREAD

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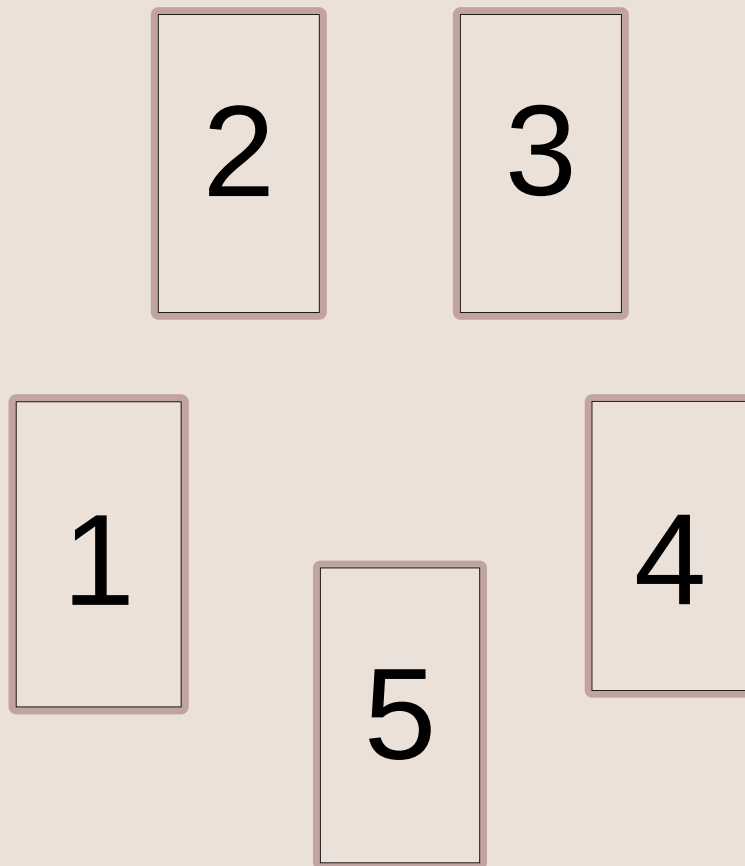


- 1 - consciously chosen card to represent your inner child
- 2 - where your inner child needs your love and compassion
- 3 - how to communicate with your inner child
- 4 - a wise message from your inner child

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# SELF-REFLECTION SPREAD

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1 - you current energy

2 - thoughts and believes that affect your true self

3 - something powerful you do not acknowledge in yourself

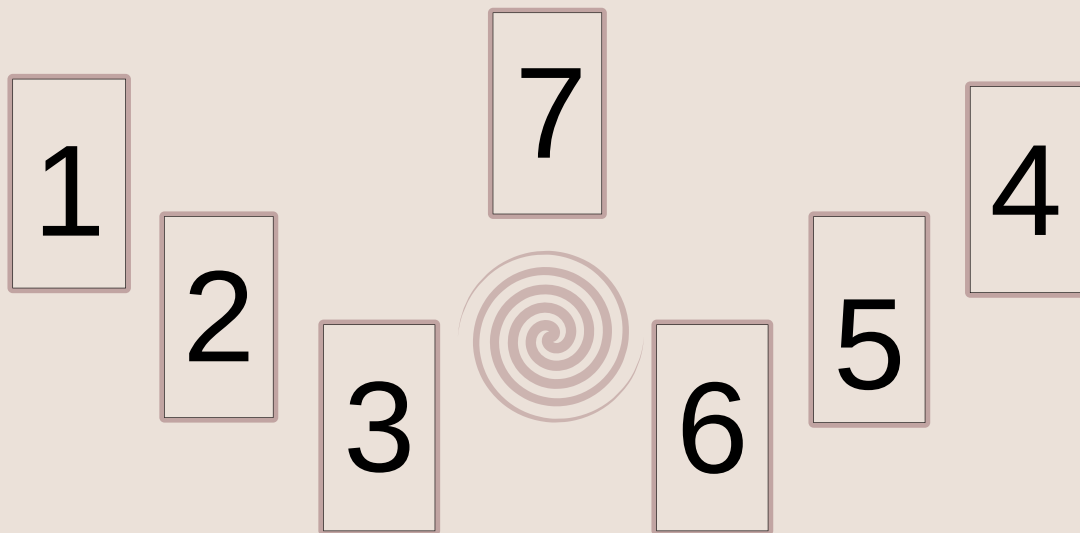
4 - inner resources you have access to now

5 - healing and empowering gift to embrace

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# LIFE PATH SPREAD

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1 - your overall purpose in this lifetime

2 - where you are on your path at present

3 - how to align with your life path

4 - your greatest potential

5 - how to manifest your highest potential

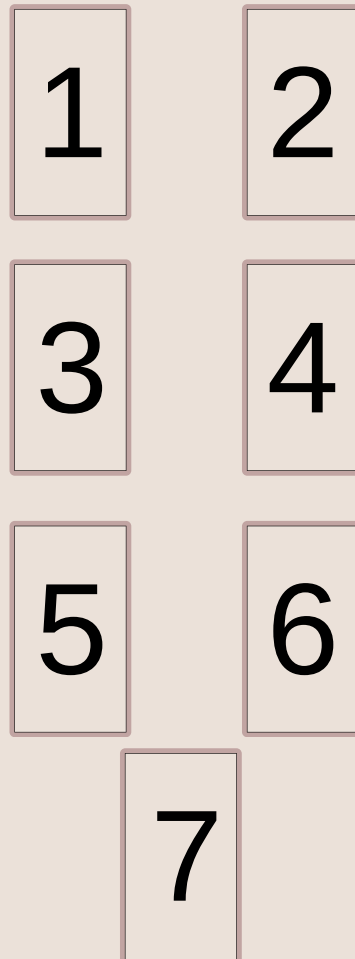
6 - the biggest obstacle to overcome

7 - the strongest support on your path

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# ANCESTRAL ENERGY SPREAD

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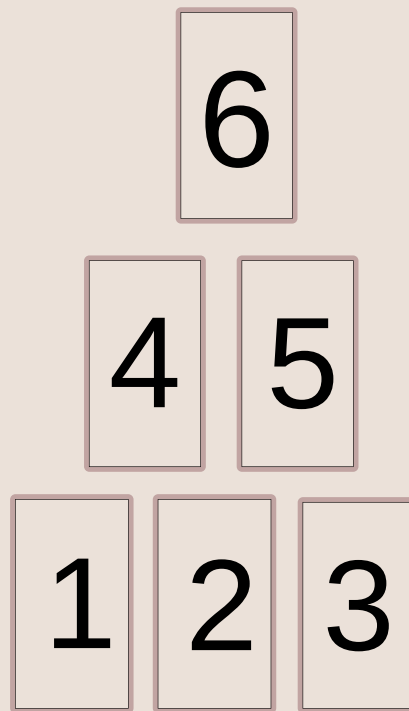


- 1 - a card signifying an ancient ancestral energy
- 2 - how the ancestor sees you
- 3 - how this ancestor supports you
- 4 - the karmic family ties that influence you
- 5 - what this ancestor sees as the biggest challenge on your path
- 6 - what this ancestor wants you to know more than anything
- 7 - a gift from your ancestor

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# NAVIGATING CHANGE SPREAD

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- 1 - where the change is taking place
- 2 - why this change is necessary
- 3 - how to surrender to this change
- 4 - how to reap the benefits of this change
- 5 - how this change will change you
- 6 - what is waiting on the other side



# TAROT INSPIRATION



"THE PRIVILEGE OF A LIFETIME  
IS BEING WHO YOU REALLY ARE."

JOSEPH CAMPELL



# YOUR SUN SIGN CARD (ASTROLOGY)

PICK THE CARD THAT CORRESPONDS TO YOUR SUN SIGN FOR A GLIMPSE AT YOUR SOUL'S EXPRESSION

ARIES - LEADERSHIP

TAURUS - INNER TEACHER

GEMINI - CHOICES

CANCER - EMPOWERMENT

LEO - MATURITY

VIRGO - INTROSPECTION

LIBRA - CAUSE & EFFECT

SCORPIO - TRANSFORMATION

SAGITTARIUS - EQUILIBRIUM

CAPRICORN - SHADOW SELF

AQUARIUS - INSPIRATION

PISCES - SELF-REFLECTION

ONCE YOU HAVE DETERMINED YOUR ASTROLOGICAL SUN SIGN CARD GET IN TOUCH WITH ITS ENERGY AND PERSONAL MEANING.



# YOUR BIRTH CARD (NUMEROLOGY)

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YOUR BIRTH CARD SHOWS YOUR SOUL PURPOSE

ADD ALL THE DIGITS OF YOUR BIRTH DATE TOGETHER (E.G. 09/07/1980). KEEP ADDING THE NUMBERS UNTIL YOU HAVE ONLY 1 DIGIT LEFT ( $9+7+1+9+8+0=34$ ,  $3+4=7$ ). IN THIS CASE 7 IS THE SOUL NUMBER, WHICH CORRESPONDS TO THE *EMPOWERMENT* CARD IN THIS DECK.



ONCE YOU HAVE DETERMINED YOUR NUMEROLOGICAL SOUL PURPOSE CARD IN THE DECK GET IN TOUCH WITH ITS ENERGY AND PERSONAL MEANING.

# ENTERING A CARD WITH THE SOULCOLLAGE® METHOD

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SoulCollage® is a powerful expressive arts practice using intuitive collage as a tool for creative self-discovery of all parts of the Self as well as the archetypal energies that guide us.

As a certified SoulCollage® facilitator I like to introduce you to the "I am one who..." method to get to the deeper meaning of an image.

You can begin practicing the "I Am One Who..." process with the cards in your reading and the collage work you create later on.

Begin by looking at a card, really stepping into its energy. Then speak in the first person present tense using the words *"I am one who..."* and go on from there. You are answering your question as if you were the wise figure in the image speaking back to you. Try to speak from your intuitive right brain instead of the rational thinking mind.



**SoulCollage®**  
*Discover Your Wisdom. Change Your World.™*

Sample questions to use:

- who are you?
- what is your purpose ?
- what advice would you give me?
- what is your gift to me?

**MORE INFO AT**  
**[WWW.SOULCOLLAGE.COM](http://WWW.SOULCOLLAGE.COM)**

# CARDS FOR SPECIFIC TOPICS

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A CARD TO WORK WITH INNER BALANCE: EQUILIBRIUM  
A CARD TO WORK WITH BURNOUT: INTROSPECTION  
A CARD TO WORK ON SELF-CONFIDENCE: LEADERSHIP  
A CARD TO WORK ON FOCUSED ACTION: EMPOWERMENT  
A CARD TO WORK WITH MOOD SWINGS: THE MOON  
A CARD TO WORK ON PERSONAL BOUNDARIES: CHOICES  
A CARD FOR FOR DEVELOPING YOUR GIFTS & TALENTS:  
CREATIVITY  
A CARD FOR GOAL SETTING: MANIFESTATION  
A CARD FOR WHEN YOU'RE STUCK: SURRENDER  
A CARD FOR DEALING WITH SUDDEN CHANGE: REVELATION  
A CARD FOR TAKING CHARGE OF YOUR DESTINY:  
CAUSE& EFFECT  
A CARD TO TO WORK WITH MAJOR LIFE CYCLE  
TRANSITIONS: CHANGING CYCLES  
A CARD FOR HEALING: INSPRIATION  
A CARD FOR INNER CHILD WORK: ILLUMINATION  
A CARD TO WORK WITH GRIEF: TRANSFORMATION  
A CARD FOR SHADOW WORK: SHADOW SELF  
A CARD FOR ENHANCING INTUTION: INTUITION  
A CARD FOR SELF-DISCIPLINE & COMPASSION: MATURITY  
A CARD FOR REVISTING YOUR VALUES: INNER TEACHER



*Tip!* step into the card with the SoulCollage® reading method

# ADDING ORACLE CARDS



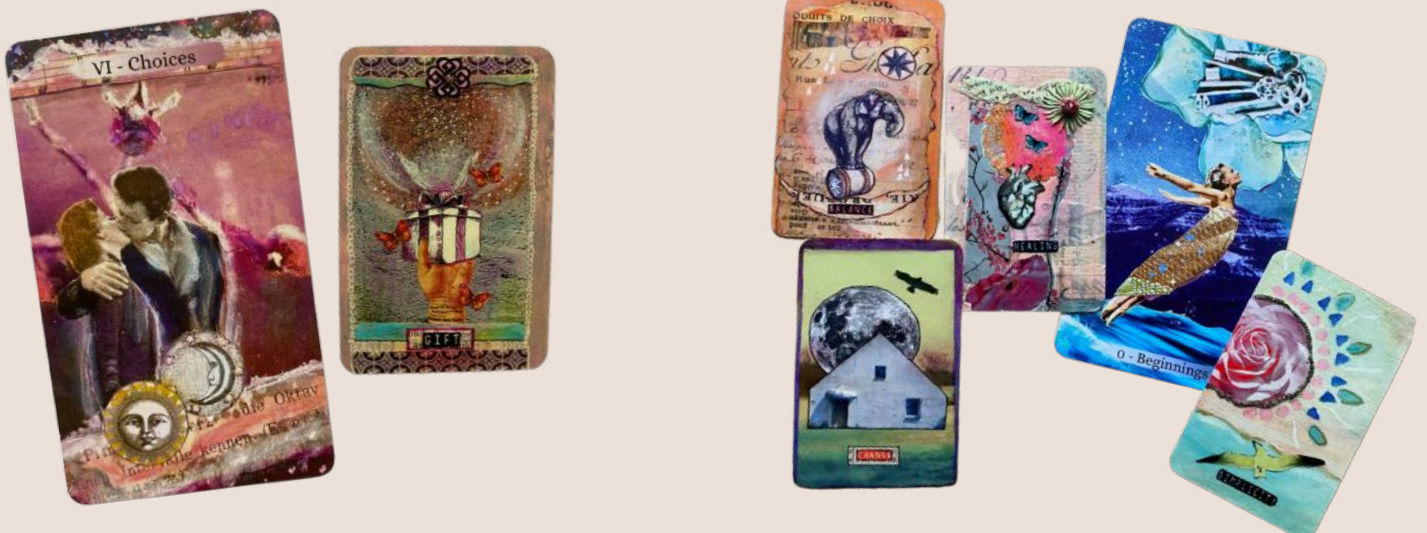
AVAILABLE ON ETSY

"INNER COMPASS ORACLE" DECK BY HEATHER HOEPS

In the image on the left I pulled a card from my own "Inner Compass Oracle" deck to clarify the context and to give me the bigger picture. of the major arcana *Choices* card.

THE MAJOR ARCANA DEALS WITH THE BIG LIFE THEMES, YOUR SOUL PATH AND PERSONAL EVOLUTION. THEIR ENERGY CAN FEEL INTENSE ESPECIALLY IN A READING WITH SEVEN CARDS OR MORE. THE MESSAGES MAY AT TIMES FEEL A BIT LIKE A RIDDLE. IN THAT CASE I LIKE TO EXPAND AND CLARIFY MY READING WITH ORACLE CARDS THAT FEEL GROUNDING AND COVER A WIDE RANGE OF THEMES.

In the image below the tarot card stood for the question: *where do I need to take a leap of faith?* The oracle cards answered from different perspectives. I love how the symbolism of leaping and flying appeared in three more cards.



# THE BIRTH OF A TAROT CARD

**BONUS**

**A *behind-the-scenes* look at what inspired the creation of the 'Equilibrium' card.**



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This card was inspired by an earlier mixed-media collage piece called "Dancing with my Shadow" (see image on the right) which is all about finding harmony and balance with the other "me" that I found myself struggling with.

Then I came across a vintage image of two women, one blonde, one dark-haired. They are holding hands while roller skating as if to support each other with keeping their balance. I knew this would be the focal image for my "Equilibrium" ('Temperance') card...



to watch the making of this card as well as several others from this deck, click her to access the playlist on my YouTube channel.



# CREATIVE EXPLORATION WITH INTUITIVE COLLAGE

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# Tarot

# Art

# Project

The objective for this project is to take one or more of the cards you have worked with from the previous exercises and use them as inspiration for creating



I find collage to be the perfect medium to explore your intuition and your subconscious wisdom further through your own use of images and the stories you (sub)consciously create with them. They can provide you with new revelations.

Use the tarot cards and/or messages as jumping off points and see where they take you.

## CREATIVE PROMPTS

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- create a self-portrait based on your sun sign card
- create a collage of you and your council cards
- choose a question, blindly pick a card and create a collage to manifest the answer or message
- pick one of the readings (see spreads) and create a collage representing your take on the meaning





# SUPPLIES



**INTUITIVE ART**  
*is a language of the Soul*

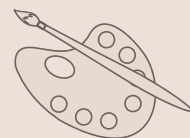


## TIP

*if you like to work with a wet medium like paint and your journal has thin paper I suggest to work on a separate piece of thicker mixed media or water color paper cut in the size of your journal page.*

*Once dry you can glue it into your journal with everything intact.*

- collage material: magazines, scrap paper, ephemera, old photographs, wrapping paper, tissue paper, washi tape, stickers, stamps, etc.
- scissors and glue stick
- gel pens, colored pencils; whatever you have and like to use works



# HOW TO START

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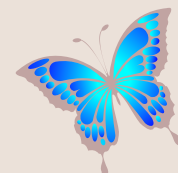
WITH THE CARD AS YOUR GUIDE WHAT COLORS AND DETAILS STAND OUT FOR YOU? WHAT MOOD DO THEY CREATE? WHAT ART MATERIALS RESONATE WITH YOU IN RESPONSE?

LOOK FOR A FOCAL IMAGE IN YOUR MAGAZINES OR STASH OF COLLAGE IMAGES.

WHAT OTHER IMAGES BELONG WITH THIS FOCAL CHARACTER? WHAT VISUALIZES THE MESSAGE BEST?

CONSIDER WHAT BACKGROUND THE IMAGES WANT TO INHABIT. YOU COULD START BY USING DIFFERENT PAPER AND EPHEMERA OR FILL IN THE PAGE WITH COLOR, E.G. WITH COLORED PENCIL

THESE ARE JUST SOME SUGGESTIONS. FOLLOW YOUR OWN INTUITION AND GET LOST IN THE PROCESS. SLOWLY A MAGICAL STORY WILL UNFOLD.



**"COLLAGE IS A PIECE OF ART CREATED BY COMBINING VISUAL ELEMENTS TO CREATE A NEW IMAGE THAT CONVEYS A MESSAGE OR IDEA."**

# SAMPLE PROCESS USING A PROMPT

"WHAT DO I NEED, TO CONNECT WITH MY INTUITIVE GUIDANCE MORE FULLY?"

I BLINDLY PULLED TWO CARDS AND GOT "INTEGRATION" AND "SELF-REFLECTION" BELOW IS MY INTUITIVE COLLAGE ARTWORK IN RESPONSE TO THE CARDS' MESSAGES



*finished collage*



© COPYRIGHT HEATHER HOEPS

- *I READ THE FINISHED COLLAGE WITH THE "I AM ONE WHO..." SOULCOLLAGE® METHOD FOR DEEP INTUITIVE INSIGHT.*



CHECK OUT MY  
“CREATIVE SOUL COACHING” PACKAGES  
USING TAROT & SOULCOLLAGE®

IF YOU FEEL THE CARDS HAVE SPARKED IN YOU A  
DESIRE TO DIVE DEEPER INTO YOUR PERSONAL SOUL  
STORY IN A ONE-ON-ONE COACHING EXPERIENCE  
WITH ME I AM DELIGHTED TO BE YOUR GUIDE.

*Find out more:* <https://heatherhoeps.com/soul-coaching>

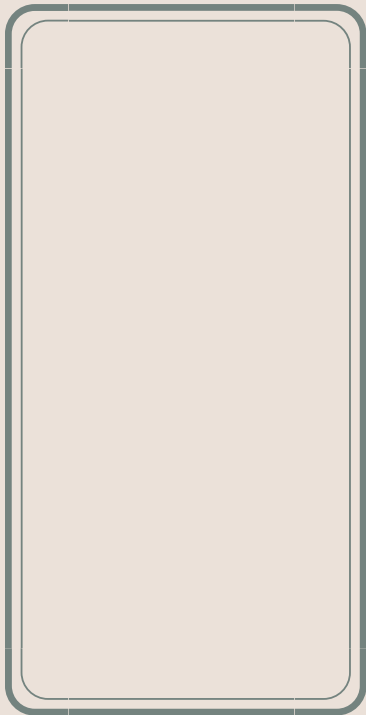
# WORKSHEETS



# FIRST DIVE INTO A CARD

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Name of the Card



*First Intuitive Impressions*

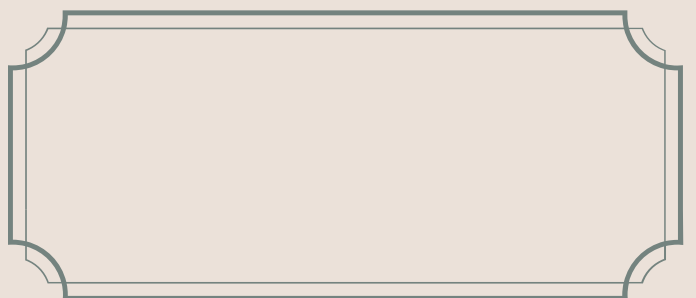
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What this card means to me

Where I can see myself in this card

How I will work with this card



# 3 CARD SPREAD

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*Question:*



PERSONAL  
INTERPRETATION:

DATE: .....



# REFLECTIONS

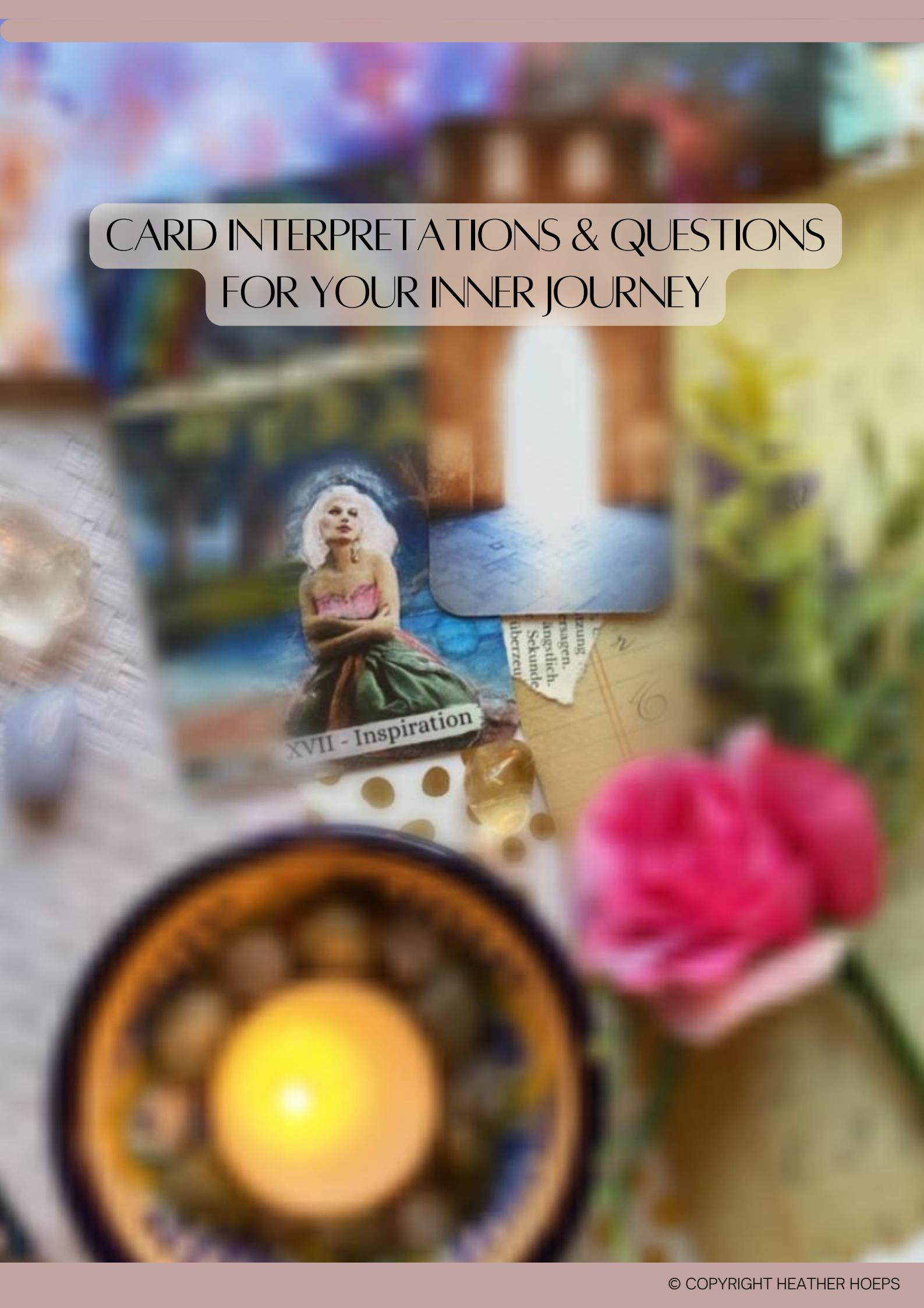
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DATE: \_\_\_\_\_



# CARD INTERPRETATIONS & QUESTIONS FOR YOUR INNER JOURNEY



# 0 – BEGINNINGS

## TRADITIONAL TITLE: THE FOOL

INITIATION – TRUST – OPPORTUNITY



This card represents a new experience, or the beginning of a new phase in your life. It is time to expand your horizons with a fresh and open mind that is fully present in the here and now. The keys represent the skills and experiences you have gained over many lifetimes. To embark on this new journey requires a leap of faith. Trust your inner roadmap to guide you to new adventures and unexpected opportunities. New life and new growth await you.

You'll get so much clarity on how to make money in your business, that you won't even have enough time to create all these new offers.

### **QUESTIONS FOR THE INNER JOURNEY:**

Are you open to experience life with child-like faith and enthusiasm?

Are you afraid to take risks?

What adventure is waiting to begin in your life?

Are you aware of your full potential?

How can you be more spontaneous and free-spirited?

# I – MANIFESTATION

## TRADITIONAL TITLE: THE MAGICIAN

INNER RESOURCES – BRINGING IDEAS INTO REALITY – THE MIND



With skill and focus you become a conscious creator. The hand in the card symbolizes action and conscious creation. Magical energy from the Universe is mindfully willed into material form on Earth. This is the time to connect with your higher self and focus your energy to create desired outcomes in life. Watch for synchronicities that confirm you are on the right track, and expect exciting new possibilities. It is time to take action and use your inner magic.

### QUESTIONS FOR THE INNER JOURNEY:

Are you consciously tapping into your full powers of manifestation?  
Do you have a vision for your life? What do you want to create?  
What talents and resources do you have at your disposal?  
What do you need to develop in order to manifest your vision?  
Where do you focus your thoughts

## II – INTUITION

### TRADITIONAL TITLE: THE HIGH PRIESTESS

#### SUBCONSCIOUS KNOWLEDGE – INNER WISDOM – MYSTERY



This card beckons you to be still and listen to your gut instinct. It represents the wisdom and spirituality of the Divine Feminine - the mystery of deep inner knowing that cannot be accessed through the rational mind.

The card shows a Priestess sitting in front of the entrance to unseen realms, and where all secrets of the world are stored. She acts as a mediator between the hidden and the visible. Her companion is the Moon, representing the depth of the Unconscious.

This is a good moment to develop your intuition and connect to the wise rhythms of your physical body. This card acts as a reminder to cultivate your female sense of self.

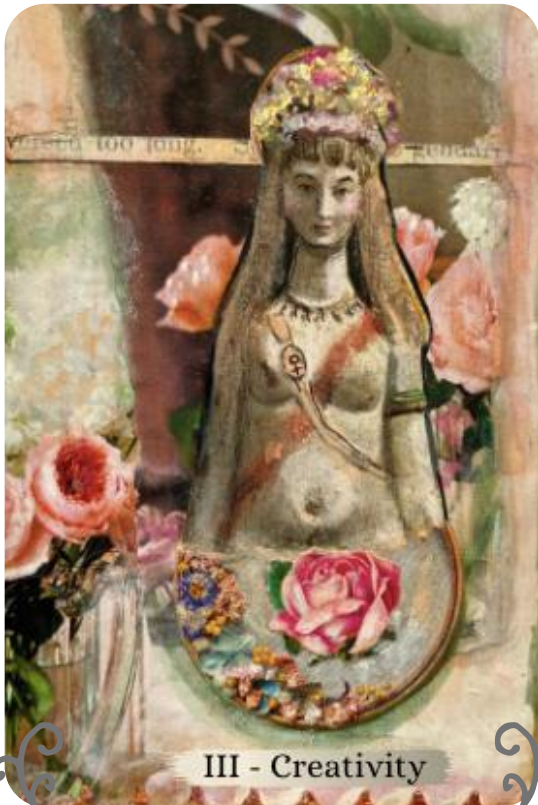
#### **QUESTIONS FOR THE INNER JOURNEY:**

Are you listening to intuitive guidance? How often do you follow your intuition? How do you connect to the wisdom of your body? Are you in touch with your feminine wisdom, and how? Are you paying attention to synchronicities?

### III – CREATIVITY

TRADITIONAL TITLE: THE EMPRESS

CREATIVE EXPRESSION – THE NATURAL WORLD –  
EMOTIONAL RICHNESS



With this card you are experiencing beauty, sensuality and a strong drive for free creative expression. This is a good moment to live life creatively and passionately. Tending to your feminine, nurturing side strengthens your sense of belonging. The sign of Venus on the woman's garment is a symbol of love, harmony, creativity, beauty, and grace.

Honor the Great Mother through connection with nature and the sensuality of your own body. The abundance and beauty you see around you is a reminder to embrace your inner goddess.

#### **QUESTIONS FOR THE INNER JOURNEY:**

How are you getting in touch with your feminine qualities?

Are you aware of your own sensual side?

How are your creative ideas flowing into being?

Who or what are you nurturing?

What is your relationship with nature?

Are you being overly protective of others?

How are you perceiving and treating your body?

Are you in touch with your inner mother?

## IV – LEADERSHIP

TRADITIONAL TITLE: THE EMPEROR

STRUCTURE – MASTERY – INNER AUTHORITY



This card represents the energy of a natural leader who leads with a firm, but fair hand. You might reach a more balanced level of mastery and leadership. This figure is protective and supportive, such as a father role model or a mentor with a natural sense of authority.

When this card appears you are asked to get in touch with your Animus - your inner masculine side - and balance it with your feminine side. This is a good moment to bring structure and stability into your life.

### QUESTIONS FOR THE INNER JOURNEY:

How do you feel in charge of your life?

Have you cultivated a sense of ownership and conviction to achieve your highest ambitions?

How can you create a foundation in which to build and stabilize your life?

What does leadership mean to you? Are you in touch with your masculine side?

How are you using your power?

# V – INNER TEACHER

## TRADITIONAL TITLE: THE HIEROPHANT

INNER TRUTH – EDUCATION – INTELLECTUAL TRADITION



The Inner Teacher reminds you to find your inner truth while acknowledging tradition. It is a good moment to develop your spirituality. When the student is ready the teacher appears. A spiritual guide can share their wisdom and advice with you.

It is the time to get in touch with, or start to set, your own values and norms. This can be through studies, travel or by honoring traditional beliefs while exploring new paths of spirituality.

### QUESTIONS FOR THE INNER JOURNEY:

- Whose ideals are you following?
- What traditions are you approving?
- Are you afraid to do things in a non-traditional way?
- Are you ready to explore a new spiritual path?
- How can education assist your self-discovery?

# VI – CHOICES

## TRADITIONAL TITLE: THE LOVERS

RELATIONSHIPS – MAJOR DECISIONS – SELF-WORTH



This card is about love and the importance of relationships that reflect your sense of worth. The couple in the card is growing from romantic immaturity to a mature soul connection. The sun and the moon symbolize the union of complimentary opposites, embracing the feminine and masculine characteristics.

This is a good time to enjoy relationships and revisit your sense of self-love. A new or existing relationship may bring you a deeper understanding of yourself.

### QUESTIONS FOR THE INNER JOURNEY:

What does the relationship with yourself look like?

What major decisions are you facing?

How are you integrating your masculine and feminine side?

What role does love take in your life?



# VII – EMPOWERMENT

## TRADITIONAL TITLE: THE CHARIOT

DETERMINATION – BOUNDARIES – MOVING FORWARD



This card symbolizes you as the master of your ship on a journey towards wholeness - a boat steered in the direction of your destiny. The figure in the canoe is determinedly taking life into her own hands by following the red thread on the map. She is boldly concentrating on her path and purpose, has learnt to control impulses, and sets personal boundaries.

This is a good moment to focus on your personal development. It may be time to take a trip, move, or leave a stagnant situation. There is nothing that you cannot overcome in order to move forward and make progress. Get clear about what you want and fearlessly follow your inner compass.

### **QUESTIONS FOR THE INNER JOURNEY:**

Do you feel empowered and in control of making things happen?

Who holds the reins of your life?

How can you take proactive steps to change your own destiny?

Is it time to move or go on a journey?

What is keeping you from moving forward?

## VIII – MATURITY

### TRADITIONAL TITLE: STRENGTH

#### INNER STRENGTH – SELF-COMPASSION – OWNING YOUR POWER



This card speaks of harmony with the instinctual self and strength of character from within. With loving patience, courage, and self-compassion the woman has tamed her wild side, symbolized by a lion. She is now in balance with her higher self. By consciously “taming“ all emotions and desires with love, an abundance of vital life energy is released. This now shines as a powerful but balanced force.

This is a good moment to connect to your inner strength which will enable you to handle intense passions and emotions without being carried away nor needing to suppress them. This card also supports you in building self-esteem, and embracing patience and self-compassion. A sense of resilience and self-confidence will greatly assist you during difficult times.

#### QUESTIONS FOR THE INNER JOURNEY:

What makes you feel inwardly strong?

How can you experience life passionately, yet peacefully?

How are you compassionate with your desires and impulses?

Are you trying too hard to control them?

Can you accept your imperfections while continuing to own your inner power?

## VIX – INTROSPECTION

### TRADITIONAL TITLE: THE HERMIT

GOING WITHIN – RETREAT – VISION QUEST



This card signifies a time of retreat for deep self-reflection. The bear in the card has withdrawn into a green cave amidst a winter landscape for a vision quest during a time of transition. The celestial forces above shine their guiding light to help awaken his inner light.

This card invites you to soul search in quietude away from worldly activities, and which can lead to powerful new insights and increased self-awareness. It is a good time to start or deepen a meditation practice. Clear your mind from everyday clutter, take a pause, and contemplate the next steps in your life.

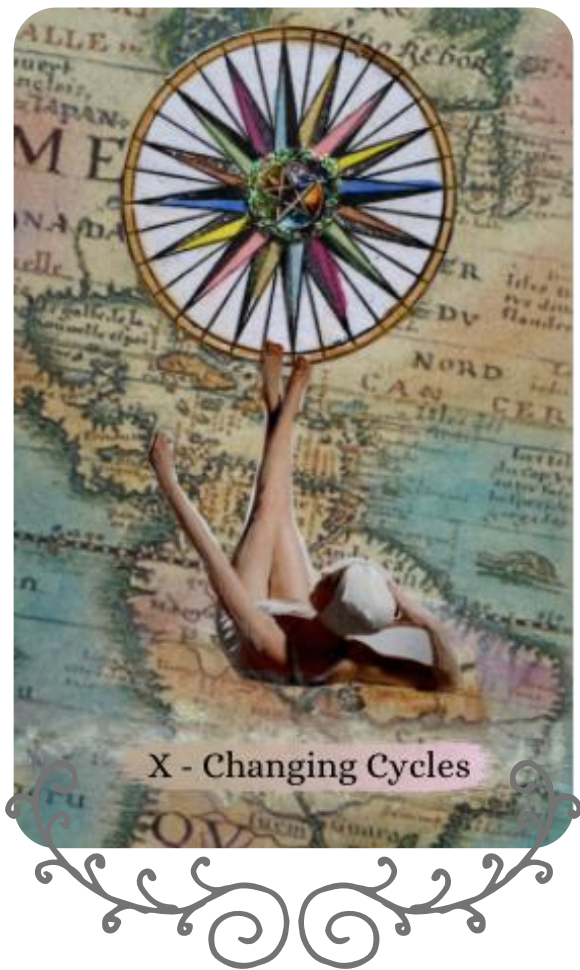
#### **QUESTIONS FOR THE INNER JOURNEY:**

How can you integrate more quiet time to listen to your inner needs?  
Are you being called on a vision quest? What wisdom are you seeking?  
Do you struggle with feeling burnt out? Do you seek inner guidance?  
Do you need a break to contemplate your current path?

## X – CHANGING CYCLES

TRADITIONAL TITLE: THE WHEEL OF FORTUNE

CHANGES – DESTINY – TURNING POINTS



A bathing beauty turns the compass of fate as she fancies with the tips of her toes. This card symbolizes the inevitable changes and cycles of life. A random turn of events can make things turn in your favour and change the direction of your life for ever.

This card invites you to embrace not resist change. Let go of control and trust in divine timing. This may be a moment of arriving to a critical intersection in your present cycle. When the wheel turns circumstances may change as a result of your actions and decisions.

### QUESTIONS FOR THE INNER JOURNEY:

How comfortable are you with unpredictability?

How do you cope with change?

What do you need to move through a major life cycle?

What changes are you experiencing?

Where are you changing and expanding? Do you trust in a higher plan for your life?

Do you believe in destiny?

What does your path tell you thus far about what you have created for yourself?

# XI – CAUSE & EFFECT

## TRADITIONAL TITLE: JUSTICE

### TRUTH – INTEGRITY – LIFE LESSONS



The goddess of justice invites you to examine how past choices (thoughts and actions) have determined your current circumstances.

The lesson is about acting with integrity and speaking your truth. Embrace that you are responsible for your life and that you influence your future with your present thoughts and actions.

This is a good moment to weigh your options honestly. Establish balance and stay true to yourself. It may be time to (re-)visit old and new life lessons.

#### **QUESTIONS FOR THE INNER JOURNEY:**

How can you balance your thoughts and actions?

What life lessons are you currently learning?

How can balance be restored in a particular area of your life?

How can you act with integrity?

What does accountability mean to you?

## XII – SURRENDER

### TRADITIONAL TITLE: THE HANGED MAN

FEELING STUCK – DESTRUCTIVE THINKING – CHANGING PERSPECTIVE



After being stuck in negative thought and belief patterns the robotic figure in the card has left his comfort zone and the established order of things behind. He has finally surrendered (maybe by force) to looking at things from a different perspective, and is now learning the art of acceptance. Gone are past hang ups and vulnerabilities.

This card invites you to open your mind to new ways of thinking, and to surrender to a spiritual awakening. Deep peace can arrive after some difficult test. It is time to pause and wait for a better moment before taking action.

#### **QUESTIONS FOR THE INNER JOURNEY:**

What do you need to let go of?

Where do you feel stuck in your thinking?

When did staying in your comfort zone prevent you from growing?

How are you sitting with uncomfortable situations?

How are you seeking spiritual growth?

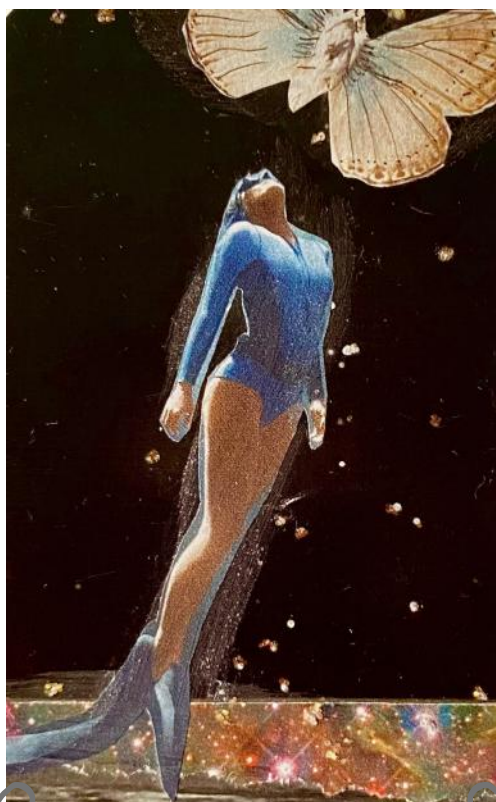
Can you allow things to fall into place in their own time?

Where could a different attitude bring you new understanding?

## XIII – TRANSFORMATION

### TRADITIONAL TITLE: DEATH

#### ENDINGS – REBIRTH – METAMORPHOSIS



XIII - Transformation

The diver emerges out of the waters like a phoenix from the ashes of eternity to take a new breath. It is the experience of a rebirth - symbolized by the butterfly - after a painful ending or period of darkness. The symbolic death of your old self can result in a personal transformation leading to a “new you“ and a major, new phase in your life.

The lesson is to not resist inevitable loss or grief, but to allow it to lead to a new beginning and transformation. It is a good moment to leave the past behind and begin a new chapter.

#### **QUESTIONS FOR THE INNER JOURNEY:**

What is transforming in your life? What cycle is coming to an end?

What new beginnings are now possible?

What changes are occurring in your life?

What do you need to deal well with intense experiences?

Are you embracing or resisting new growth?

Are you allowing yourself time to process endings and new beginnings?

## XIV – EQUILIBRIUM

TRADITIONAL TITLE: TEMPERANCE

INNER CALM – BALANCE – PEACE WITH OPPOSITES



The two female figures manage to roller skate confidently both on land and water due to their clarity of mind and sense of balance. Their perfect harmony comes from the successful blending of dualistic internal aspects, represented by the water (the unconscious, the emotional realm) and the land (the material world, the mental realm).

This card signifies the finding of well-being through moderation and the right balance between body, mind, and spirit. This is a good moment to adjust your optimal work/life balance.

### QUESTIONS FOR THE INNER JOURNEY:

Is something out of balance in your thoughts or actions?

What will help you create balance between your outer and inner self?

How well are you managing your time and resources?

Do you allow minor issues to knock you off balance?



# XV – SHADOW SELF

## TRADITIONAL TITLE: THE DEVIL

### INNER DEMONS – VICTIMIZATION – OBSESSION



The woman in the card appears to be imprisoned by inner demons which create the illusory feeling of being a powerless victim to outer forces. Her false persona is restricted by the bondage of her negative belief system symbolized by the mask covering her head and eyes. She need only remove the veil to free herself from the projections of her inner prison.

This is a good time for shadow work. Detach yourself from unhealthy habits, change your thinking, and reclaim your power.

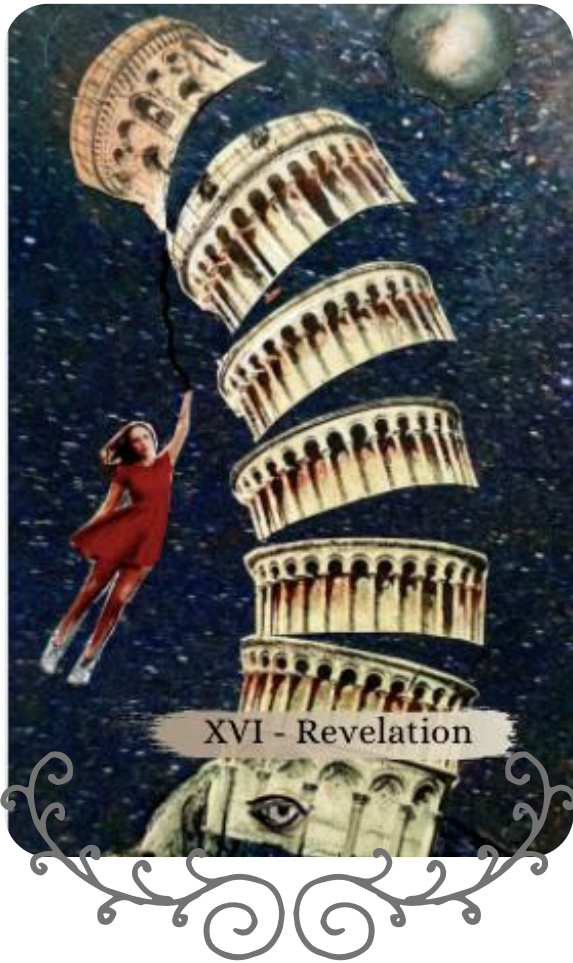
#### **QUESTIONS FOR THE INNER JOURNEY:**

- Where are you tolerating abusive behavior from yourself or others?
- Are you feeling consumed by an unhealthy relationship, or trapped in a stressful job?
- Where are you giving your power away?
- How can you connect to the light within?
- What wisdom does your shadow have to share with you?
- What pattern are you ready to break?

# XVI – REVELATION

## TRADITIONAL TITLE: THE TOWER

UPHEAVAL – RELEASE – CLEANSING ENERGY



The falling tower represents the sudden crumbling of old structures and false foundations that no longer serve you. If the girl in the card does not stop clinging to her defences they will shatter her. Whatever may be, going through inevitable traumatic experiences either in a personal crisis or through external events can lead to necessary and groundbreaking change. This can lead to a new beginning on more solid ground.

This is a good time for you to replace the established foundations of the past and prepare yourself for a revelation. Be kind and patient with yourself as you go through a major transition.

### QUESTIONS FOR THE INNER JOURNEY:

What or who are you clinging to? Where are you avoiding change?

How does the past still have a grip on you?

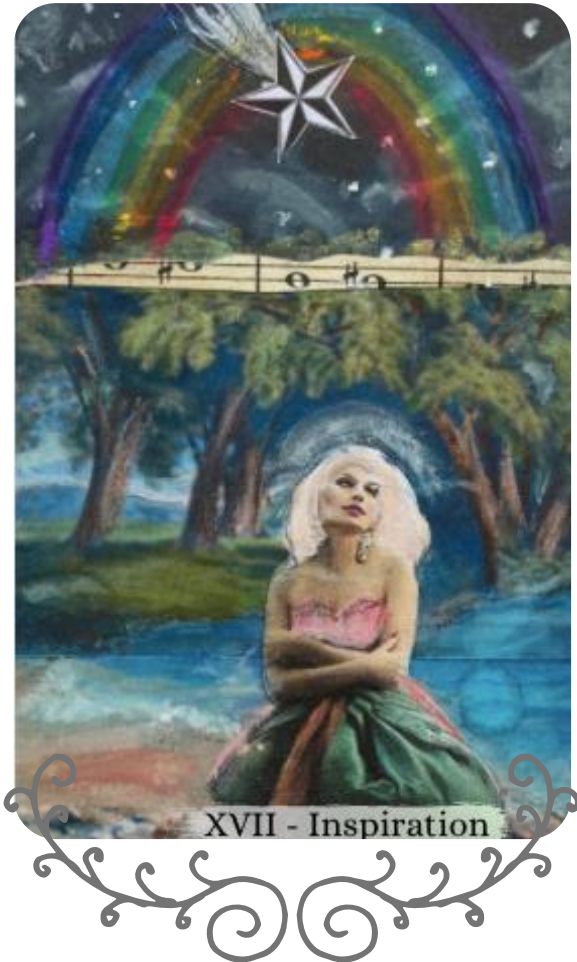
What beliefs no longer serve you?

What can help you navigate a stressful time of change?

# XVII – INSPIRATION

## TRADITIONAL TITLE: THE STAR

HEALING – HOPE – RENEWAL



Sitting in a serene and magical landscape the girl in the card is being showered with blessings from the heavens above. These divine blessings bring healing and renewed hope after a challenging time. The rainbow indicates your connection with Spirit and the stars point to the light at the end of the tunnel. Make a wish and attract its fulfillment through your positive thoughts and beliefs.

This is a good time to rejuvenate and heal past wounds. With a fresh sense of inspiration this is an opportune moment for creative self-expression or art therapy - which can be very healing. You may feel inspired to give back to others.

The gift of this card is a new sense of well-being through a spiritual cleansing. Count your blessings and follow your bliss. Let your inner being shine like a star.

### QUESTIONS FOR THE INNER JOURNEY:

What are your hopes for the future? How can you renew your energy?

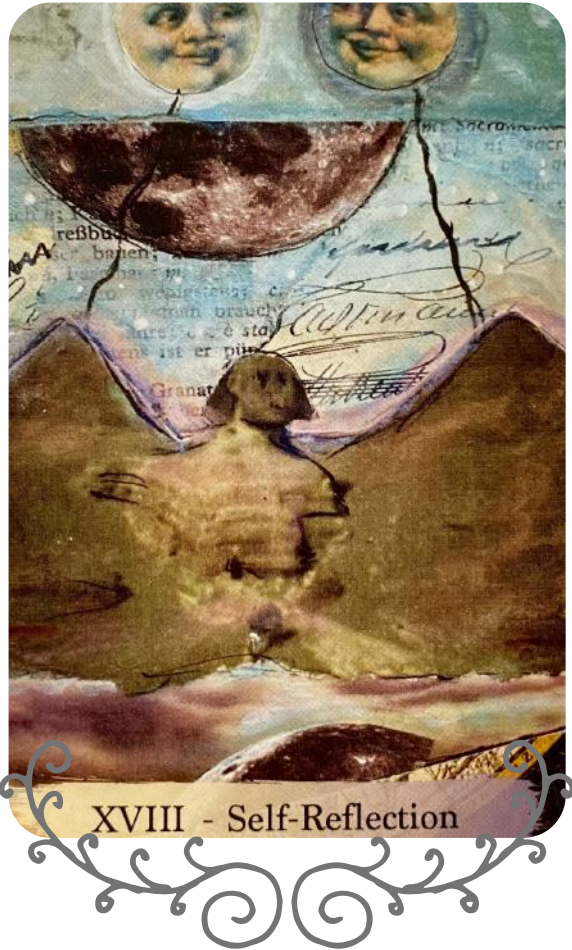
What inspires you? How do you appreciate all that you have?

What wound can finally heal?

# XVIII – SELF-REFLECTION

## TRADITIONAL TITLE: THE MOON

### THE SUBCONSCIOUS – DREAMS – EMOTIONS



This card acts as a gateway into your unknown inner world: the strange landscape of your subconscious mind. Here you come face to face with your dreams, fears, and illusions symbolized by the mysterious sphinx who points to secrets hidden deep within. The bright and dark moon represent the dualistic and ever confusing state of your moods and emotions as they change between reflection and projection.

This is a good moment to work with your dreams and connect to your intuition. Making intuitive art can connect you with archetypes and their powerful messages from your unconscious to bring clarity. Yoga and meditation can help you to calm overwhelming emotions.

#### QUESTIONS FOR THE INNER JOURNEY:

What does the moon represent for you?

Do you have a personal ritual for the full and new moon?

How can your intuition guide you through confusion and illusion?

Do you own a dream diary?

What is the energy of the moon hiding or bringing to light in your life?

How do you handle intense emotions?

XIX – ILLUMINATION  
TRADITIONAL TITLE: THE SUN

JOY – SELF–EXPRESSION – FULFILLMENT



The little girl in her yellow dress touching the spirit of the sun symbolizes the joy of spiritual fulfillment and the sun as the source of life energy. In this card the little girl also represents the divine inner child. This is a good time to nurture and converse with the happy child inside you.

Enjoy a time of happiness and vitality. Express yourself through dance, music, or other art forms. Think happy thoughts and look forward to brighter days ahead.

**QUESTIONS FOR THE INNER JOURNEY:**

- How do your thoughts affect your sense of joy and optimism?
- When was the last time you allowed your inner child to play?
- What reminds you to look at the bright side of things during dark moments?
- How can you celebrate your life?
- What brings you joy?
- How can you shine your light into the world?

XX – HIGHER CALLING  
TRADITIONAL TITLE: JUDGEMENT

AWAKENING – PURPOSE – NEW REALITY



A group of people is awakening to their higher purpose as they stand mesmerized by the signs of the celestial bodies in the night sky. This card symbolizes the dawn of a new reality in which you walk your path in harmony with the Universe.

This is a good time to come to terms with the experiences of your past and shed your skin. The time has come to hear the call to follow what you are really here to do. Take some time for self-reflection. It could lead to an awakening about what changes you need to make which can subsequently lead to a new way of being in the world. Life will never be the same again.

**QUESTIONS FOR THE INNER JOURNEY:**

How is the Universe guiding you to a more enlightened spiritual path?

What is calling your soul at this time?

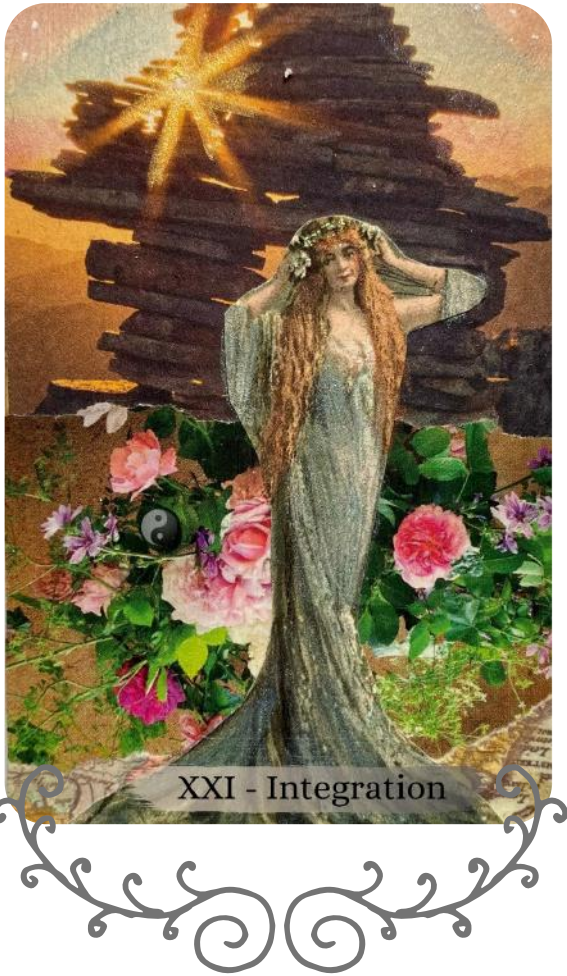
Are you following your higher purpose?

What do you really want out of your life?

# XXI – INTEGRATION

## TRADITIONAL TITLE: THE WORLD

COMPLETION – WHOLENESS – SPIRITUAL FULFILLMENT



This card signifies the completion of a major life cycle or the accomplishment of what you envisioned. You have come full circle and have integrated many karmic lessons on your path. More wise and mature now, everything is coming together. You have a taste of feeling whole and being fulfilled. The woman in the card celebrates her arrival at a new stage in life. Savour this special time before you embark on the next part of your journey when the wheel of fate turns again. This is a good moment to flourish, and enjoy the fruits of your labor. Reflect on your spiritual growth, and how far you have come on the journey towards enlightenment.

### **QUESTIONS FOR THE INNER JOURNEY:**

- How will you share your wisdom and experience with others?
- Where do you feel spiritually fulfilled?
- What new worlds are opening up for you?
- What makes you feel whole within yourself?
- What is coming full circle for you?
- What major event or cycle is reaching completion?
- What significant life lesson have you learnt and integrated?



# Questions?

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WHO LOOKS OUTSIDE, DREAMS;  
WHO LOOKS INSIDE, AWAKES.  
(CARL JUNG)

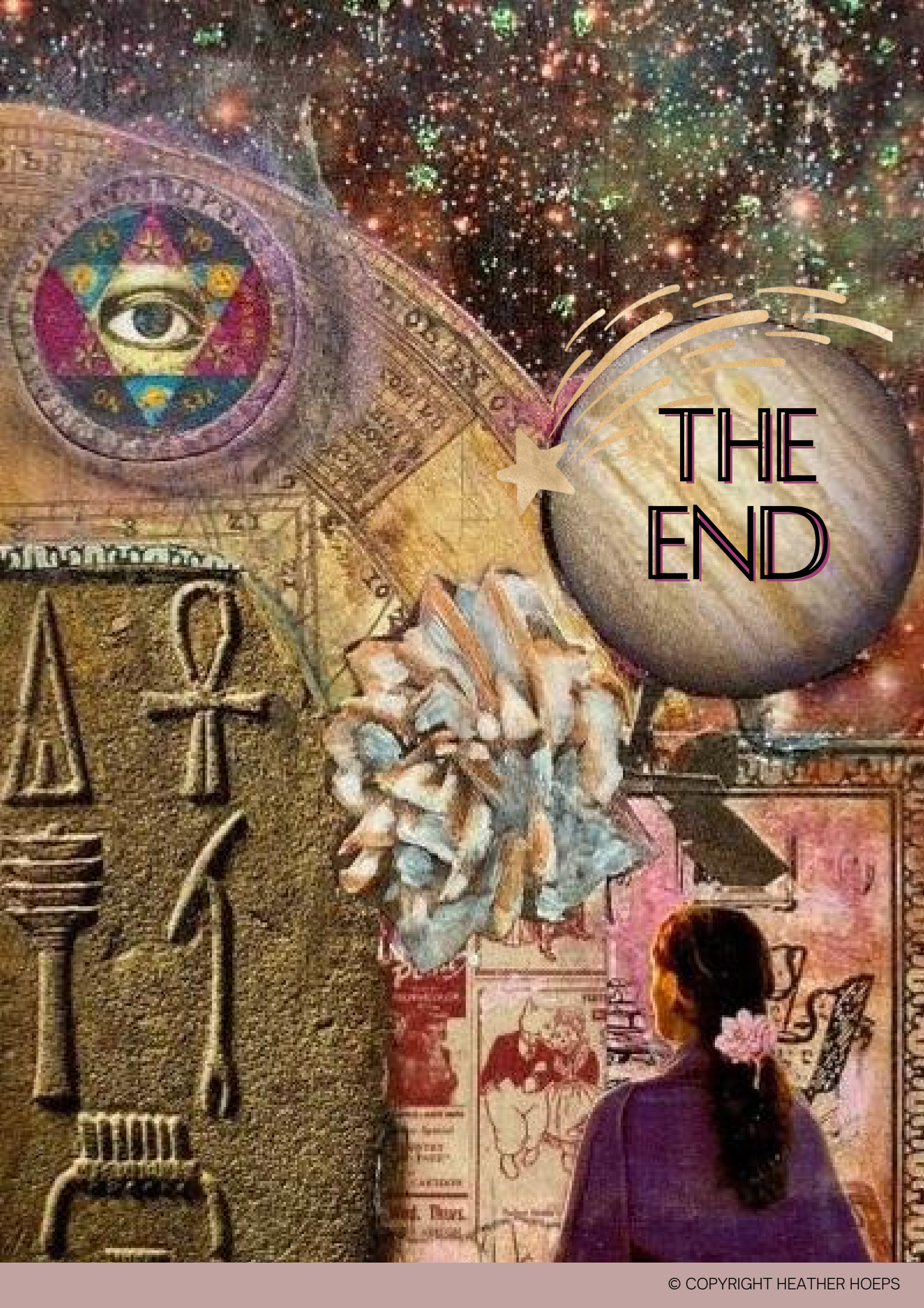
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