

Example Health Reading

Inquiry:

Can you provide me clarity in what my health issue is? I'm told different things by different doctors and I'm at a loss

Deck: Tarot of Mystical Moments



Overall Answer:

To get straight to the point, the health issue I see here has the possibility to be an invisible illness. What I mean by that is either you have chronic health issues that will be difficult to pinpoint and diagnose, or you are experiencing chronic stress and burnout presenting itself as illness so you will rest.

I know no one wants to hear, “it’s nothing, it’s in your head,” when seeking help and confirmation. And to clarify, I don’t think it is nothing, but I would rather it be stress related and fixable, than chronic and permanent.

Some years back I was convinced something was very wrong. I woke up every day and had to run straight to the bathroom to get sick, my hair was making a wig per shower, I was generally weak and exhausted, to name a few symptoms. It was high cortisol, the stress chemical. I learned this when the panic attacks eventually started, and I was sure I was having a heart attack. I did not think I was stressed, or at least not enough to get sick like that. Our bodies will do wild stuff to get our attention, and sometimes our physical symptoms are emotional manifestations. Now that is not always the case, sometimes there is a real sickness there, but whether this is chronic or stress-related, your need to rest is very real.

How I got here:
full reading below

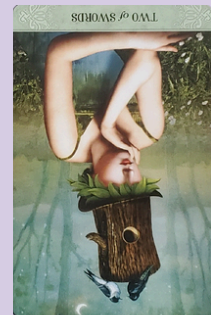


Card



“This Covers Them”

-The general energy covering everything.
The current the reading flows down.



This suggests that there might be a lack of clarity or indecision surrounding your health issue. It highlights that you're feeling stuck or blocked when it comes to understanding your condition. It also hints at releasing, and perhaps detaching from toiling it over so much.

Card



“This Crosses Them”

-Obstacles, if there are any.



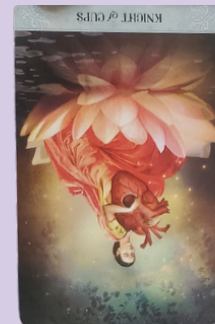
The King of Cups often represents someone who knows how to act on their emotions. A good example of this is, the King of Cups would not get mad and yell, as he knows people stop listening to you more than they listen to you when you are excited to that level. So rather than yelling, he would collect himself and calmly communicate. There is a sense of emotional maturity with this card. It might suggest that managing stress or emotional factors could play a significant role in addressing your health concern. In addition to that, as an obstacle this could also be saying you have not been given compassion or good advice.

Card



“This Crowns Them”

-The outcome the querent hoped for, this is what your conscious mind is trying to achieve.



The Knight of Cups reversed often indicates someone who is struggling to communicate their emotions, or someone who is living in somewhat of a fantasy world. In relation to your health, this card could suggest that some of these health concerns are not as big of a deal as you think. It could also suggest emotional factors or fluctuations in mood may be influencing your well-being.

Card



“This is Beneath Them”

-The subconscious workings, the foundation, or what the querent may have already assimilated.



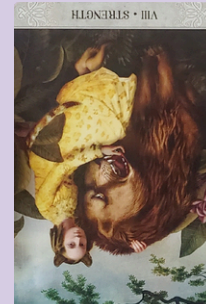
The Eight of Swords typically symbolizes feeling trapped or restricted. In the context of your health, this could indicate that there might be limiting beliefs or perceptions contributing to your condition. It may suggest the importance of breaking free from mental barriers or seeking alternative perspectives. It is also pointing at the possibility the health conditions could be exasperated in your head.

Card



“This is Behind Them”

The recent past what influenced the situation.



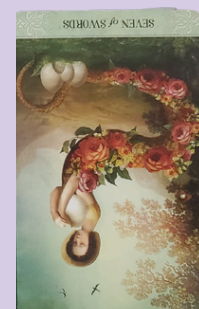
When Strength appears reversed, it can suggest a lack of inner strength or resilience. In terms of your health issue, this might indicate struggles with maintaining vitality or overcoming obstacles. It could also suggest the health conditions are a result of lifestyle and could possibly be turned around with a lifestyle change.

Card



“This is Before Them”

-The immediate future



The Seven of Swords reversed suggests a desire to confront or address challenges directly. In terms of your health, this could indicate a shift towards facing the issue head-on and seeking clarity and honesty in your approach to treatment or self-care. In the obstacle position we had no good advice, and in the future position we have advice, so this gives me hope you will be steered in the correct direction soon.



“Themselves.”

-Your attitude and actions towards the situation. This is also the advice card,

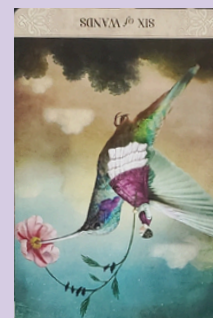


The Empress represents nurturing and abundance. In the context of your health, this card could suggest that you perceive yourself as someone who values self-care and wellness. It may indicate a desire for nurturing and healing in your life.



“Their House.”

-The environmental factors. i.e. influenced opinions from friends, social media, music. Sometimes this card will represent your literal house or the four walls you are in.



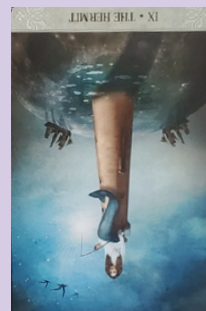
The Six of Wands reversed suggests setbacks or challenges in gaining recognition or acknowledgment. Regarding your health, this could indicate the external factors or influences that are hindering your diagnosis have to do with people not believing you, or the importance of your symptoms.

“Their Hopes and Fears.”

Card



-This position is pretty face value, your hopes and fears around the situation.



The Hermit reversed suggests a fear of not finding your way back to normal. In terms of your health, this could indicate concerns about feeling alone or unsupported in your journey towards wellness. As well as, possibly not finding a diagnosis. Lastly, it may suggest a subconscious hope to be exiled, maybe people, or work, have been too much for your nervous system lately?

“What’s to Come”

Card



-The long-term future. This would be where the advice card comes into play; If we don't like this outcome, we can change it with that advice.



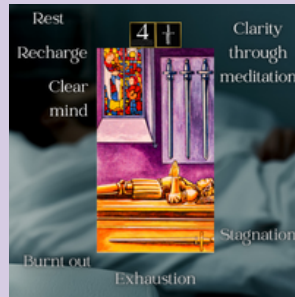
The Two of Wands suggests making decisions and taking action. In the context of your health, this card could indicate that you have the power to take control of your situation and make choices that lead to improved well-being. It also suggests exploring new paths or approaches to address your health concern. Going forward I think you will keep your health in the front of your choices, ensuring what you put in your body today, doesn't hurt your body later.

Card “Show me the Health Problem”

Card

-Card meant to show us what is going on.

Bonus



- **Physical Exhaustion or Fatigue:** The Four of Swords could represent a state of physical exhaustion or fatigue, where the body needs rest and recuperation to recover from overexertion, illness, or chronic conditions. This could manifest as conditions like chronic fatigue syndrome or burnout.
- **Recovery from Illness or Injury:** The card can signify a period of convalescence after an illness, surgery, or injury. It suggests the need for rest and relaxation to allow the body to heal and regain strength. This could include conditions like post-operative recovery, recuperation from a severe illness, or rehabilitation after an injury.
- **Stress-Related Conditions:** The Four of Swords may indicate health issues exacerbated by stress, anxiety, or mental fatigue. It could represent conditions like stress-induced headaches, tension-related disorders, or psychosomatic symptoms arising from prolonged stress.
- **Sleep Disorders:** As the card symbolizes rest and repose, it might also point to sleep-related health problems. This could include insomnia, sleep disturbances, or sleep disorders that disrupt the body's natural healing and rejuvenation processes.
- **Mental Health Concerns:** In some interpretations, the Four of Swords can also symbolize mental health issues that require rest and recuperation. This might include conditions like depression, anxiety disorders, or emotional exhaustion, where taking time to rest and recharge is essential for recovery.

In Conclusion:

All-in-all I intuitively feel like this is stress. If I had to throw my intuition all in, I would say you are possibly an undiagnosed neurodivergent and are facing burnout which is manifesting symptoms OR has turned into real auto-immune or mental health disorders like depression, cptsd, or anxiety. The only other thing I thought of was you were experiencing long covid symptoms.

I would continue to seek medical care and make self-care a priority going forward. Lifestyle change is advised (from the Strength card) perhaps regarding sleep and diet. Preventing burnout is possible with future thinking, as seen in the Two of Wands of your reading. When going to the doctor take pride in your appearance (six of wands) and keep your emotions in check (king and knight of cups) to be taken seriously.

