



RISE OF THE PHOENIX

TRANSFORMING FEAR INTO PERSONAL POWER WITH TAROT

By: Elliot Adam | ElliotOracle.com





PURPOSE

“What to expect with Rise of the Phoenix.”

We are all here because there is something about Tarot that has drawn us in. We know that its magical symbols have the power to uncover unvoiced truths that we may even be hiding from ourselves. Before choosing a card, there is often a twinge of anxiety, an uncertainty of what we might draw. This still happens to me after so many years of reading the cards. The default to fear usually occurs when I'm scared, stressed, tense, or haven't centered. Sometimes I just need to slow down to receive a card's deeper meaning. After all, “a calm mind is a powerful mind.”

When we flip over a card that we don't like, that makes us uncomfortable, that doesn't tell us immediately what we want to hear --- we can sometimes shut down. It is so easy to dismiss what we don't want to see. And yet, when we reject what we are shown, we are cheating ourselves out of a transformative perspective that may be the very thing that leads toward our breakthrough.

It is easy to flip a card and dismiss its message. A common theme that most readings call us to bear witness to is change. We are all transforming and yet changing is scary and at times uncomfortable. By stopping and creating a meaningful dialogue with each card, think how much more compassion we could show ourselves and others.

Today, I want to create a fearless space when it comes to looking at ourselves honestly. A wise counselor of mine once told me that no one gets a "free pass" in life. We make assumptions based on appearance all the time. But how many assumptions that are made about you turn out to not be the "whole picture."

Tarot is a tool that can grant us deep insight. But a tool is only as good as its master's ability to wield it. Tonight I want us to look at the messages that come to us in an open, honest, and fearless way. Cards that we choose with intention are never a mistake. Tonight we are going to be challenged to look at things that we would rather gloss over or dismiss, but what I want you to know is the image you are rejecting is the part of you that is pleading for healing.

So with that said, let us begin. Open your hearts and your minds in this safe space we are making now. Let's find out what you really feel about your truth.





HOW TO BEGIN

- Trust your instincts; go with your first impression!
- Limit your time to no more than 3-5 seconds per card.
- Start by creating three piles:
 - Pile 1: The Worst | These are the cards that invoke fear, causing anxiety or dread—the ones that make your stomach drop.
 - Pile 2: The Uncomfortable | These cards cause slight discomfort, boredom, or indifference.
 - Pile Misc: Everything Else | All remaining cards
- Now, take your Everything Else pile and split it into two more specific piles:
 - Pile 3: The Comfortable | These are the cards you like but aren't necessarily your favorites. They offer a sense of familiarity.
 - Pile 4: The Best | These cards are your absolute favorites! They bring you joy, relief, and excitement when you see them in a reading.
- Order your piles for reference as follows, to match the final layout for card reading:
 - Pile 1: The Worst
 - Pile 2: The Uncomfortable
 - Pile 3: The Comfortable
 - Pile 4: The Best
- For each of the four piles (The Worst, Uncomfortable, Comfortable, and The Best):
 - Shuffle the cards face down, one pile at a time, keeping each pile distinct.
 - Without looking, randomly select one card from each pile, separately.
 - Place the selected card face down in the designated Spread Position below (1 for The Worst, 2 for Uncomfortable, 3 for Comfortable, 4 for The Best).
 - Remove all the remaining cards; in the end, you should be left with four, face down cards in this chart alignment:

Card 1: The Worst	Card 2: The Uncomfortable	Card 3: The Comfortable	Card 4: The Best
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- On the next page, we're going to start with revealing Card 1 first: brace yourself!
- I want you to spend a moment with the card you turn over and just look at it.
 - Feel the feelings it conjures.
 - Instead of resisting it or dismissing, open up and become even more vulnerable with it.
- On each page, there will be sentences for you to finish, in your own words.
 - Write the first words that come to mind... even if they don't make a lot of sense. Don't overthink your answers. Just write them very calmly and naturally.
- Once you finish with a card, move on to the next page for more insights into your answers.
- Continue on & flip the next card, complete the corresponding page, and continue until you reach the end.





UNDERWORLD

Card 1: The Worst

“Unearth hidden truths, shedding light on what lies in the shadows.”

1) I am the: _____

2) I represent your resistance to: _____

3) I have been with you since: _____

4) The lesson I teach is of the pain that surrounds: _____

5) Confronting me can give you a gift. This is the gift of: _____

6) There is a hidden symbol you never noticed on me before. What is it? _____

7) What does this newly discovered symbol represent to you or remind you of? _____

8) The hidden symbol you just noticed also offers another gift. It is the gift of _____

9) In a life where I no longer dominated your fears you would discover that _____

10) Your fear tells you a lie about me. What is the lie? _____





UNDERWORLD REVEALED

- Your answer to Question 5 will give you a very important clue as to how you can integrate this uncomfortable symbol into something that can empower you.
 - What could you use from this lesson to reclaim your power?
- Your answer to Question 8 can reveal a pathway to overcoming your past limitations through its gift.
 - What does this reveal to you about the resources you possess in even the darkest places?
- Your answer to Question 10 will illuminate a lie your fear tells you about you.
 - Can you see that the lie isn't not truly you?
 - How has this un-truth affected you in your life?
 - Knowing this, would it be possible to make a choice to believe the opposite about this issue?





BLIND SPOT

Card 2: The Uncomfortable

“Discover overlooked gifts or challenges you’ve been dismissing or failing to see.”

1) I am the: _____

2) You may not always see it, but I represent your _____

3) I become a blockage for you when you _____

4) In your everyday life, I represent your feelings about _____

5) I become a benefit to you when you _____

6) You like to ignore me because you _____

7) And yet when you befriend me, you find that you will always _____





BLIND SPOT REVEALED

- Your answer to Question 5 illuminates a hidden gift that you take for granted within yourself.
 - How has this gift helped you or others in the past?
- Your answer to Question 7 will illuminate what you need to embrace about yourself and incorporate into your daily life to overcome challenges you may not want to acknowledge.
 - How would your life improve if you engaged with this often overlooked part of you?





COMFORT ZONE

Card 3: The Comfortable

“Explore your sanctuary, uncovering where you feel most at ease.”

1) I am the: _____

2) I represent the gift of _____

3) It is easy to retreat to me because _____

4) With the gift I offer you can give others _____

5) On an even deeper level, I also grant you the gift of _____
which you could use to

6) There is a hidden symbol you never noticed on me before. What is it? _____

7) This hidden symbol grants you the gift of _____

8) Although you may take this hidden gift for granted, others unconsciously perceive it in you.
What do you think this gift announces about you to others? _____





COMFORT ZONE REVEALED

- Your answer to Question 3 will reveal where you can get stuck.
 - This is the area it is easiest to retreat to avoid your most meaningful growth.
- Your answer to Question 6 reveals where you can invest your energy and attention right now to see improvement with a part of your life that has been a struggle.
- Your answer to Question 8 reveals a gift that you possess that you aren't fully appreciating about yourself.





PHOENIX RISING



Card 4: The Best
"Embody your higher self's wisdom."

1) I am the: _____

2) I represent the part of you that is _____

3) The symbol on this card you are most attracted to is the _____

4) This symbol represents the gift you possess to _____

5) Through my eyes you can look at your Underworld card differently. You recognize that _____

6) I also represent a very important part of your Soul's purpose. Your purpose is to _____

7) You may not always perceive me, but I am always _____

8) I have a special message for you. It is _____





PHOENIX RISING

REVEALED

- Your answer to Question 2 reveals the gift your higher self brings to the larger world.
 - What would happen if you “lived” as this part of yourself more often?
- Your answer to Question 5 reveals an inner strength that you can call upon to deal with even your darkest moments.
 - What insight did you gain about your own powers of resilience?
- Your answer to Question 6 reveals the gifts you bring when you accept your Soul's present purpose.
 - Did you discover anything surprising about yourself?
- Your answer to Question 8 is a message your Inner Wisdom wants you to know.
 - How could this message help you going forward?
- Looking at your four cards - how do you feel about them now?
 - Are you still resistant?
 - Do you feel you understand something better with them?
 - Is it easier to accept what the card's message is trying to teach you?





CONCLUSION

Wow, what a journey we've navigated together! From the depths of our fears with the Underworld Card, to the peak of our potential with the Phoenix Rising Card, each card is meant to be a chapter of our inner narrative. It's a story that we'll continue to tell, time and time again, as we learn more about the cards (and, by extension, ourselves).

With the Underworld Card, we bravely explored what lurks in the shadows, facing down the parts of ourselves that often go unnoticed. It's like turning on the light in a dim room; suddenly, everything is clearer, and what once seemed scary now invites understanding.

The Blind Spot Card then challenged us to acknowledge the parts of ourselves we often overlook; like discovering a hidden path in a once-familiar forest. There are untapped strengths here that might otherwise be taken for granted.

The Comfort Zone Card reminded us of the warmth of familiar ground, yet nudged us to step just a bit more beyond it. It showed us that the real magic happens when we stretch our boundaries, encouraging us to grow beyond the edges of comfort.

And then, The Phoenix Rising Card inspired us to embody the transformative power of the phoenix. This card calls on us to rise from our challenges, renewed and empowered, fully embracing our highest selves. It's what we are meant to be, and what we are able to have, see, and do on our best days.

Thank you for embracing this adventure with openness and bravery!!

For more free resources, check out ElliotOracle.com —
or for videos on card meanings & more, check out YouTube.com/ElliotOracle.



