

A Heart Set Free: Healing, Divine Guidance, and Your Next Chapter

Dear Client,

I just wanted to take a moment to follow up with you after our session, holding space for all that you are processing and stepping into. You are on a powerful journey of healing, and I pray that this message brings you comfort, clarity, and encouragement as you move forward.

A Heart Healed, A Life Restored

“He healeth the broken in heart, and bindeth up their wounds.” Psalm 147:3

Right now, your heart is in a deep process of healing. You are releasing heartbreak, freeing yourself from toxic cycles, and reclaiming your divine feminine energy. The weight of past wounds and disappointments does not define you, and you are not bound to the patterns of the past. You are stepping into the fullness of your Empress energy: radiant, abundant, and whole.

Let yourself grieve what is leaving, but do not hold onto what was never meant to stay. Healing does not mean forgetting, but rather allowing God to restore what was broken and replace it with something better. Philippians 4:19 reminds you that “My God shall supply all your need according to his riches in glory by Christ Jesus.” You are not lacking. You are being aligned with greater things.

Stepping Beyond the Chaser Energy

The Chaser energy (codependency, fear of abandonment, chasing what does not chase you) has been deeply woven into past relationships. But this is not your future. The Three of Swords confirms that you have known deep loss, but healing is not just about surviving heartbreak it is about learning to love in a way that does not require you to abandon yourself.

Ephesians 4:3 speaks of unity and peace: “Endeavouring to keep the unity of the Spirit in the bond of peace.” This starts within. As you heal, the love you desire will not be something you have to chase. It will come to you, because you are already whole.

Breaking it Down: Reflection & Tarot Insights

To help you move forward, I’ve outlined key areas of healing using our tarot insights. I encourage you to sit with these, pray over them, and write down any reflections that come up.

Root Chakra – Feeling Grounded & Secure

- Ace of Swords (Reversed → Upright):

You may have felt disconnected from truth, uncertain about what is real and what is illusion. The reversal suggests moments of doubt and confusion, but as the session progressed, the Ace of Swords turned upright, showing that clarity is coming. You are being given new wisdom so trust it.

- Reflection: “What false beliefs about love and security am I ready to release?”

Sacral Chakra – Emotions & Relationships

- The Chariot & Ace of Wands (Bottom):

You are meant to move forward with purpose. There is a fire within you that is ready to be reignited. The Chariot shows that when you take control of your emotions and stop letting external circumstances dictate your worth, you will feel empowered.

- Reflection: “Where have I been giving away my power in relationships?”

Solar Plexus – Self-Worth & Personal Power

- Ten of Swords:

This is a confirmation that something has ended. A betrayal or deep hurt may have made you question your worth, but this is a closing chapter, not the final story. The worst is behind you.

- Reflection: “How can I reclaim my confidence and move forward with strength?”

Heart Chakra – Love & Healing

- Three of Swords & The Fool (Bottom):

The heartache is real, but so is the new beginning. The Fool on the bottom of the deck tells me that you are being invited to trust love again, but in a way that is free from old wounds. You are not meant to carry past pain into future love.

- Reflection: “How can I open my heart to love without fear?”

Throat Chakra – Expression & Truth

- Five of Cups (Reversed):

You are learning to release regret and speak your truth without apologizing for it. No more holding onto the past. No more keeping silent out of fear.

- Reflection: “What truths do I need to speak aloud for my healing?”

Third Eye Chakra – Intuition & Spiritual Awareness

- Three of Cups & Nine of Swords (Reversed):

Your community will play a huge role in your healing. Whether it’s friends, family, or Spirit-led connections, you are being reminded that you don’t have to heal alone. The Nine of Swords reversed is reassurance that your anxiety and fears are being lifted.

- Reflection: “How can I trust myself and my inner wisdom more?”

Crown Chakra – Spiritual Connection & Divine Timing

- Page of Cups & The Moon (Bottom):

Spirit is guiding you into a season of emotional renewal and trust. The Page of Cups encourages you to embrace your emotions, while The Moon reminds you that not everything will be revealed at once—trust the journey.

- Reflection: “How can I surrender to the unknown and trust God’s timing?”

Finale – The Seven of Cups

The Seven of Cups represents options, illusions, and decisions. **Spirit is asking you to slow down, pray for discernment, and choose what aligns with your highest good.**

Prayer for My Healing, Clarity, and Divine Alignment

Heavenly Father,

I come before You, knowing that You are the healer of all wounds and the restorer of all things. Your Word says in Psalm 147:3, “He healeth the broken in heart, and bindeth up their wounds.” Lord, I ask that You enter into every broken place within my heart and mend what has been shattered. Let my heart not be defined by past pain, but by the love and peace You are pouring into me even now.

Father, I am releasing heartbreak, cycles of pain, and relationships that have drained my spirit. I ask for freedom from toxic attachments, from anything or anyone that does not serve my highest good. Break the chains of codependency, fear of abandonment, and self-doubt. Let me no longer chase what was never meant for me, but instead stand firm in the divine love and stability You have prepared.

Philippians 4:19 reminds me that “My God shall supply all your need according to his riches in glory by Christ Jesus.” Lord, supply every need I have emotionally, spiritually, financially, and relationally. Let me know that I am not lacking, that I am not alone, and that I am worthy of a love that honors me, supports me, and reflects Your divine love.

I ask that You replace confusion with clarity. In times when I feel uncertain, remind me that You are not the author of confusion but of peace (1 Corinthians 14:33). Just as the Ace of Swords moved from reversed to upright, I believe You are bringing me into revelation, lifting the veil so I can see truth, make wise decisions, and step into the path You have for me. Strengthen my discernment, so that I do not settle for illusions or distractions but choose what aligns with my highest purpose.

Lord, continue to guide my journey as I move forward with courage. Let me be like The Chariot driven by divine purpose, unshaken by past detours, and walking boldly in the direction of my destiny. Let me step into my Empress energy, knowing that I am abundant, radiant, and worthy of love that honors me.

I pray for financial stability and divine provision. Let me be like the tree planted by streams of water, which yields fruit in its season and whose leaf does not wither (Psalm 1:3). Give me wisdom in managing my finances, discernment in choosing the right opportunities, and the patience to trust Your divine timing.

I ask that You remove the burden of regret, past disappointments, and grief. Just as the Five of Cups reversed appeared in my reading, let me release sorrow and embrace hope. Your Word tells me in Psalm 96:11, “Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it.” May I step into a season of joy, knowing that mourning is not the end of my story—my breakthrough is near.

Finally, Lord, bless me with divine signs and confirmations as I navigate this path. Let me be sensitive to Your voice, aware of Your guidance, and open to the new opportunities You are

bringing my way. Just as the Seven of Cups warns of distractions and illusions, I ask that You make my choices clear, giving me the wisdom to pursue what is truly meant for me.

Matthew 19:14 reminds me to embrace life with a heart open to new adventures. Lord, may I walk in faith, excitement, and expectancy, trusting that what You have ahead is greater than what I have left behind.

I seal this prayer in the name of Jesus, believing that all things are working together for my good. Amen

Affirmation

I am healed, whole, and divinely guided. I release the past and step into my power with faith and confidence.

Journal Prompts for Your Healing

- What lessons have my past relationships taught me about myself?
- How can I create a love that is rooted in mutual respect and reciprocity?
- What fears about love and stability am I ready to surrender to God?
- What does it mean to step fully into my Empress energy?

Divine Signs & Messages for You

- **Stability & Security:** Remember your roots, focus less on material things. Stay humble & grounded. You are building a foundation that will last.

Do not rush.

- **Broken Branch (Heartache & Release):** Let go of what no longer serves you, even if it once felt necessary.

- **Hunter (Patience & Precision):** You are being asked to wait for what is right, not settle for what is available.

- **Red Balloon (You Are Loved):** The love you seek will not require you to prove your worth.

- **Butterfly (Metamorphosis & A New You):** This is a rebirth season. Let transformation happen.

EMS, 13, medical staff, healing, red, yellow, cowrie shells, 25, abundance, new offers, harvest season, heart, 8, love, red balloons, relationship bliss, lotus flower, enlightenment, 27, three dogs, anchor, stability, 16, financial stability, 22, skull, 29, ending, March 11, November, sunflower, action, 34.

Accept what you cannot control!!

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Help me to release what is not mine to carry and trust that You are making all things right. I surrender my fears, embrace my healing, and walk forward in faith, knowing Your plan is greater than my own.

The wait is over.

A New Adventure Awaits

There is joy waiting for you. You are not meant to remain in sorrow. Healing does not mean the absence of pain: it means the presence of hope.

I am holding space for you and believing that everything you need is already being aligned in your favor.

You are worthy.

You are loved.

You are being guided into something greater.

Believe It To See It

Tikisha

I would love to hear your thoughts on our session, if you feel called to share, a review would mean so much and help others find the guidance they need.

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