

Past Lives Tarot Spread by Amanda Goldston – www.LearnTarotOnline.com

When you came into this lifetime, you were born with a unique personality, with your own personal gifts and talents and your own challenges. These were then enhanced and expanded or contracted through your personal experiences of growing up, such as your family, your environment and the things that happened to you.

The energy of your Soul or your Core Being has remained constant over lifetimes, in whatever times, space and dimension that might be. That Core Being is Infinite. It is energy that is expressed through your physical body.

Although we talk about PAST LIVES, this may or may not be in the linear way we tend to think of time and history. Previous existences may or may not have run in a sequential order.

Lifetimes might also be parallel, so the term “alternate lifetime” might be a better expression. The Laws of Physics have shown that for our Universe to exist, alternate and parallel Universes also need to be present.

It is also possible to move between Universes and also to exist in more than one time and dimension at the same time. If you can easily access information on Challenges and Gifts that you are currently experiencing in this lifetime, but they do not seem to originate in this lifetime, then it may be that these are parallel or alternate realities that are all still happening at the same time, and you are moving from one time line to another.

This is the reason I prefer to look at the total, collective energy of your Soul and the journey of that Core Being across time, space and any dimension, rather than trying to pinpoint an energy to a particular time frame.

Your Core Being is made up of the vibrations of Love, Joy and Peace, which are the highest vibrations. In this lifetime, that translates into a life of flow, abundance and creativity.

Your Soul has come into this lifetime with CHALLENGES for you to experience and transcend to fully experience your Core BEING. Challenges can often be the easiest thing for you to understand, as much of our society is currently geared towards learning through difficulty, struggle and hardship.

Your Soul also came into this lifetime with your own unique set of GIFTS to expand and express into the world. The GIFTS can often be harder to acknowledge and express than the challenges.

This spread is designed to help you to discover the CHALLENGES and GIFTS that are part of your unique make-up, along with ways to transcend the Challenges and to fully express the Gifts.

All of these things that express themselves as challenges or gifts are energies that you took on at some point. They are beliefs and habits that came as a result of experiences and of vows that you took on board.

If these are energies of challenge, you can now bring them to the surface, so that you can clear them, release them and be energetically complete with them. This then frees up the space for you to fully express your gifts and to step into the energy and power of those gifts to live a fully actualized life in this lifetime.

Challenges

Position Two
The Biggest
Challenge

Position Four
The Gift in
the Challenge

Position Six
The Challenging
Vow

Position One
The most
important
thing to come
from Past Lives

Position Eight
Information
to overcome
Challenges

Position Nine
Information to
Enhance Gifts

Position Ten
What is my
Purpose?

Gifts

Position Three
The Greatest
Gift

Position Five
The Challenge
in the Gift

Position Seven
The Supportive
Vow

Card Layout & Positions

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Shuffle your Cards and Lay them out as shown in the diagram above. There are 10 positions. As you ask the questions, relax and allow answers to gently bubble to the surface. You may want to have a pen and paper to make a note of any insights that come to you.

Take your time and be willing to allow anything to release that needs to release. You might want to have some of your favourite clearing and releasing techniques on hand as you do this process.

You might get images flash to mind of events, situations and lifetimes and that is great. Allow them to come to the surface, observe them, acknowledge them and be willing to let them go. They are coming to the surface for releasing and for you to be complete with them, especially if they are challenging or traumatic memories.

Notice any guidance that is there for expanding and enhancing your gifts as well.

Card Meanings:

Position One

What is the most important thing to come from Past Lives?

Position Two

What is the Biggest Challenge that you have brought with you into this lifetime from Past Lives?

Position Three

What is the Greatest Gift that your Soul has brought into this lifetime?

Position Four

What is the Gift in the Challenge? Within the difficulties, the hardship, the struggle and the challenges, there is always a Gift. It might sometimes seem very hard to see anything positive in struggle and suffering, however it will be there. Often people only see the gift after they have been through suffering, however, if you can see a potential gift as you are going through difficulty, you can focus on a greater and higher good to the challenge. Every cloud really does have a silver lining.

Position Five

What is the Challenge in the Gift? Our society teaches growth and learning through struggle and suffering. It does not teach growth and learning through joy and fun, so most people are used to the idea of struggling through challenges. This means it can be very hard to express and expand gifts and talents, especially if that means sharing that gift with other people.

Within the Gifts, there can be a huge amount of challenge in expressing those gifts and being willing to share them or to make money from them.

Position Six

The Challenging Vow. What vow have you taken at some point that adds to the challenging and difficulty? This can be something that holds the challenging situations in place and makes it difficult to move through them. It might be something that keeps the status quo and prevents you from transcending the challenges.

Position Seven

The Supportive Vow. What vows have you taken at some point which would support you in expressing your gifts and talents? This might be certain actions or ways of thinking and being or habits that you have or any number of things that support you in fully expressing your gifts.

Position Eight

What information is most useful for you to know in order to overcome the Challenges? This might be action steps you need to take, energies or beliefs or memories that need to be released and completed or ways of BEING that would support transcending the challenges.

Position Nine

What information is most useful to you to enhance, expand and live from your Gifts? Again this might be action steps to take or ways of BEING to fully express the unique gifts that you have in this lifetime.

Challenges and Gifts are linked together and it is often beliefs, judgements and fears that hold the challenges in place and stop the gifts from being fully expressed.

Position Ten

What is my Purpose? This card and card one will give a great deal of insight into the reasons for you being on this Earth in this dimension at this time.

Allow the answers to come to the surface. Be prepared for some uncomfortable answers, especially when it comes to expressing your gifts in the world!

How to Read the Spread

There are several ways you can read this spread, so go with what works for you.

I would suggest that you read the cards in the following order:

- 1 (Important)
- 2, 4, 6 (Challenges)
- 3, 5, 7 (Gifts)
- 8,9 (Moving forward)
- 10 (purpose)

This is reading down the left hand column, then down the right hand column and then down the middle column.

This gives you the information on the Challenges together, the information on the Gifts together and then what to do about both of them and a summary at the end.

You can also read the cards in the order that you laid them out, where you alternate between challenges and gifts. This can work well when challenges and gifts are very bound together, which they are often are.

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Another possibility for reading the spread would be left column for challenges and then card 8 for solutions to challenges, followed by right column and card 9 for gifts and enhancing gifts and then card 10 as a summary.

Go to the places where your eyes are drawn and work from there, as that will be the places where your own Higher Guidance most wants to help you.

I hope you found this spread useful and insightful.

With abundant blessings.

Amanda Goldston

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