

Tarot divination lessons using the Rider-Waite-Smith deck and Quareia Magician's deck

Lesson 2— The Tree of Life Layout and Health Layout

*[transcribed and edited for clarity by Elsa,
with additional copyediting provided by Steen Comer]*

[00:00]

This is the second tarot lesson for Quareia Apprentice students, and in this lesson we are going to look at the Tree of Life, as a layout, and also the Health layout. And we're going to use two decks. Although the Quareia Apprentices have to use the Rider-Waite deck to start with, because it's, it's uh, it's actually a difficult deck and it's not the greatest of decks, so it will make you sharpen your teeth a little bit. But a lot of apprentices have been getting the Quareia deck, and that was designed for Adepts and Initiate magicians, so there is some misunderstandings that can come out doing mundane readings with that deck. And I thought that would be a good example of how you can use two decks together, and use different layouts, to get to a particular question. And this is a common question, and a common fear in magical students, when they're not feeling very good, and there's nothing particularly, um—no particular reason why they should feel so bad. They might feel a bit ill but no major symptoms or anything like that. So they do a reading, and the outcome says Magical Attack, so they panic, and then they e-mail me. And so, this lesson is about killing lots of birds with lots of stones at the same time, is understanding that that card, Magical Attack, doesn't always mean magical attack, and that you have to learn to look at all decks, and all layouts, and all readings, in layers, specifically around the question that you ask.

Reading 1: Tree of Life, LXXXVI Deck

[01:59]

So, this first reading, Tree of Life, we'll look at it, and the question is, "Why does this person feel so bad?" And they had done the reading themselves, and this is the reading they came out with, and they panicked. The background is, it's a magical student, male, they have fatigue, vaguely defined physical symptoms, lots of nightmares, and nothing that they were doing was making anything better. So they did this reading, "Why do I feel so bad?"

[02:35]

So, when you're looking at the Tree of Life, the first three cards more or less tell you an overview of the story. The first card is Ghost, the Ghost card, and, when you're looking you not only have to keep in mind the quest, but also what is the subject matter of the reading, and the subject matter of this reading is somebody's health. And the Ghost card is very much—in a health reading—like 'feeling like a ghost, 'or 'something is fading out. 'So we have someone

who's fatigued, the Ghost card comes down, okay, that's how they're feeling, they're feeling like a ghost, as though they're fading out.

[03:18]

The second card is Challenge of the Gods, and before everyone emails me to say 'challenge' on that card is spelled incorrectly, we know. You never do anything 100%, there always has to be a mistake in something, so—thank you. Challenge of the Gods—that's a struggle. Now, again, we're looking at health, we're looking at physical health of the person, so something is being challenged, there is struggle going on. Whether it's magical or health, at this point, we can't tell, but this card is very much of, "You are in a situation, a fate pattern has formed itself, it's very difficult, and you are plodding through it."

[04:03]

Ehm, the third card which is in a uh, uh a negative position, as in, 'it's *not*,' 'what is it *not*,' and the Wheel of Fate in the third position in this is saying, "There's no change to the situation, nothing at this precise moment in time has been decided which could change anything." Which is precisely the state this person was in, they were just plodding through it, going, "I just can't deal with this anymore but I don't know what to do," so they hadn't taken any action, other than doing a reading.

[04:40]

So moving on, into the fourth position we have the Unraveller, and this card is about slow descent, slow unravelling, slow falling apart, taking something apart slowly. It's not a fast card, it's not a dramatic card, it's the fainting very slowly and gently to the floor, rather than being shot through the head. Ehm, the fourth position, that's very much—that's showing you a fate pattern that's active, and it's doing its thing. So, when, when something comes up in that position, it's trundling along, and if something doesn't change that situation, if there isn't a change in the fate pattern, the unravelling will continue; but it can also—this position can also be, it's a mercy position, it can be a mitigating position. And so from a health point of view, this is the first time I'm looking at this and thinking, "This is not a magical attack," because this is the body trying to slow something down, it's, it's trying to do a slow unravelling, rather than fall apart. It's, it's working very hard to try and keep going.

[06:06]

In the fifth position, which is, 'what is *not*,' 'what is *withheld*,' and within that card, is the card Seclusion, which is rest, withdrawal, ceasing something, waiting, needing to stay away from things. So it's something that's not happening, in a *not*-happening position. On a first look, it, it was, it was a little bit confusing. So you've got this, some, you've got this struggle, the Fate hasn't changed it as yet, it's a slow unravelling, but seclusion is withheld. Now, Seclusion at first glance can sometimes be illness, as in, "You need to go to bed and be secluded."

[06:53]

But in the center, in the next position, we have Hidden Knowledge. Hidden Knowledge in a health and mundane reading is, 'there's something you can't see, or you don't know about.' So we've got this gentle fainting to the floor, with something unseen, not known about, and what's withheld is Seclusion—we'll come back to that Seclusion—but the, the middle bit, the Hidden Knowledge, that could be in this sort of a reading, either an illness, or it can be a magical attack, because it's hidden; you don't see it, you don't understand it, you don't know about it, but the same could be true for an illness that's a slow burn. So, we'll come back to the middle of that reading.

[07:43]

Um, so now we move on to position seven, and position seven, if you know your Tree of Life and your sephirot, you'll have an idea of some of these positions and powers, but—these reading layouts have layers to them, just as the Tree of Life pattern has many layers to it, and what you have to learn to do is plumb the layers that are appropriate for the question and for the subject matter. In a health reading, position seven can mean the grindstone, which is Netzach, which is, you know, pushing away, grinding to polish, to polish the stone, which is also, means, hard work. This position can also be about the physical heart, and/or the feelings and emotions, in a health reading. And in that position we have the Scapegoat. The Scapegoat is a card of load-sharing. So, y'know, eh, a bad scape-goating is where the burden of one person is lumped onto another, so that the initial person doesn't suffer, they basically pass the suffering on to somebody else. It can also mean load-sharing where you carry the suffering of someone else, a little bit, to lower their burden, and doing that consciously. It's also very common between very empathic people in families. Like with your kids, they get sick, you, you get some of the symptoms, and they feel better. So it's a bit, it's a bit like that, it's a, a burden that's moved around.

[09:26]

Now having this in a heart position, which is also Grindstone position, what I would read that is, is that the heart is under burden, but the heart is not diseased itself, there is, there is something that's putting a burden on the heart. So in which case, if the person that this reading is about were sat next to me I'd say, "Are you finding that you're having palpitations, or that your heart speeds up? Y'know, are you, are you having anything like that, or are you feeling very emotional?" But they're not here, so we can't do that.

[10:02]

So, position eight, which is the opposing power of the Grindstone dynamic, is, is a position of unravelling, and we have the Unraveller itself in the reading, which gives it a bit more strength. In a health reading, this position can be very much about the peripheral nervous system, the autonomic nervous system, the brain, and it can also be a position—and, and, one of the things to be aware of when you do a lot of readings over a long period of time is that positions and cards sometime take on meanings for you that only work for you as a reader, they wouldn't

necessarily work for anyone else. But that position often for me, if I'm looking for magic coming into something, I will see it in that position. But in a health reading, it tends to be brain, nervous system, it's, it's the computer side of things. Um, and we have Glamour there.

[11:06]

Now, Glamour in a health reading is imbalance. It's something you're drawn to, or, or something the body craves, but it's not good. And that's very much the basis of that card, is, being drawn to something, but it's not good for you. And the position that it's in, kabbalistically, Hod, is, if you were to sum all the knowledge of that position and that power, it would be: give someone enough rope and they will either hang themselves, or they will learn from direct experience. So that is another layer on top of the Glamour card, the, the unravelling, and also the nervous system, that there's, there's something imbalanced there.

[12:00]

And, when we then move to position nine, we're then moving into the position which is dreams, the deeper mind. It can also be the inner pattern, or the inner landscape of a person, it's a pending position, where something is moving from inner to outer manifestation, and from the mind or subconscious into the body. And we have the Oracle, and that's pretty obvious— something is trying to speak, something is trying to get the attention of this person and it's most likely their body, and their subconscious is trying to get, like, "You need to do something, something is not right," trying to speak to it.

[12:45]

The last card, Magical Attack— this reading, apart from the Hidden Knowledge in the center, gives me no reason to think that this person is magically attacked, but it does give me reason to think that they're sick, and that's because of the Scapegoat and Glamour in those positions, and the three cards at the top. There is nothing in the first three cards that indicates magical attack, and the mirror down into the three cards of Glamour, Oracle, and Scapegoat also tells me this is not a magical attack— it's something attacking the body, but again, looking at it, it's not from outside, it's something from inside the body, we'd have to look further. But it, the, the Glamour card and the Scapegoat, and the Oracle, bring me back to Seclusion.

[13:39]

Seclusion is withdrawal, and it's usually, um, uh, withdrawal that's not forced; you choose to stop something, you choose to withdraw from something, you choose to go live in the mountains away from people. And, looking at Glamour, Scapegoat, and Oracle, this would tell me that there's something that's bad for the person that they really like, and it's putting a strain on their heart, and their body's trying to tell them, "Don't do this," but they continue to do it. And that would then make sense of Seclusion being in that position, in that fifth position, is they have not withdrawn from something, and so it's causing them to unravel. However, with a situation like this, you wouldn't stop there at that reading, you would need to get deeper answers, you need clearer answers before you then give advice to somebody, because this is

still pretty wooly. It's, it doesn't give enough information that would actually help someone a lot, so we'll go on to a second reading, and we'll explore what that comes out with with a more pointed question.

Reading 2: Tree of Life, Rider-Waite-Smith deck

[14:57]

When I was thinking of a, a, how to focus this question, the first thing is, I use the same layout, I use the Rider-Waite deck, because Apprentice's use that more, so that will give you a good reflection of how this sort of thing shows up in Rider-Waite, as opposed to in the Quariaea deck.

[15:21]

And the question—same sort of question, “Why does this people—why does this person feel so bad?” And then double the question, “Are they being magically attacked?” So it's, it's a double-question, it's two questions in one, which can be done, but it's... it can get messy, so you have to be very clear about your questions, if you're doubling a question up, and very clear about what information you need. So, looking at this second reading, Rider-Waite deck, um, “Why does this person feel so bad? Are they being magically attacked?”

[16:01]

Position one is Five of Cups, which tells us that someone is not happy, they're not feeling good. It's minor, it's not an aggressive card, and although there are some major cards in the reading, the top three are not major. Straightaway that tells me that this is not as yet disaster, but it can become one if this is not dealt with. So we've got someone not feeling right, and if you think poetically, when you're working with the Rider-Waite deck, or most tarot deck, because all the different actual tarot decks, work with the same imagery, they're just presenting different ways, they can work poetically. So this person is fatigued. In the first reading, that showed as the Ghost. In this, it's showing as 'not all the cups are full, 'three of the cups are knocked over, so their resources are less. Now you see how you can use poetic imagery, not just to psychologize, but to also look at a situation in a poetic way. This person doesn't feel good, more than half of their resources are tipped over.

[17:19]

So; position two, we've got the Page of Wands, which is a weak card. The Pages are really annoying in tarot decks, because they're so wooly as to what they can mean, and there's so many different layers of how you can apply them. I always use—look at pages as, it's small, it's very young, it's minor, but like most little things it can rub away and become a major problem if it's not dealt with. So it's small, and it's fire, wands are fire, so it's fiery, something little, something fiery, bubbling away. That could indicate like a sub-acute infection in a health card, or a small amount of inflammation that's burning away quietly in the background.

[18:12]

In position three, which is a 'not' aspect of the initial situation, we've got the Seven of Wands. And, Seven of Wands is very much about defending your turf, fighting back, getting on top of things. This person isn't—or their body isn't—defending, it isn't fighting back, or the person isn't doing something to fight back. Now I found this interesting because in the first reading we have Seclusion withheld, and Seclusion withdrawing is an act, stopping something that's causing a problem is an act. So this person is suffering, but they're not, as yet, doing anything, so, same message as the first reading. So let's see where this goes.

[19:00]

In the fourth position got the Ace of Swords. This is the trajectory that the person will stay on, if they don't take action, or, you know, if something doesn't come in to shift the fate pattern. The Ace of Swords in a health can be surgery, it can be, ehm, it can be pain, it can be very sharp pain, for some reason it says surgery to me, but it can also be hostile pain, nerve pain, very deep nerve pain often shows as swords, and the Ace of Swords.

[19:44]

Position five has separation [Three of Swords], which is exactly the same meaning as Seclusion in the fifth position in the previous reading. Something is not being stepped back from, or not being stopped. So, straightaway, one of the things that tells me is, this person is doing something that is aggravating their system and that they could actually stop the whole illness by stopping what it is they're doing. Which then goes back to, they're not acting.

[20:20]

Position six, which is the axis of the whole reading revolves around, is destruction [the Tower]. So, this is, you know, where the first reading gave it a gentle warning about the situation, this reading is now shouting it very clearly. If something is not ceased and attended to, it will bring destruction. And being in the center, and not the outcome of the reading, the potential is building in the fate pattern, but it's not yet locked in place, so that can be averted still. It's not one of these situations where the damage is already done and can't be undone.

[21:00]

Position seven, which, when we talked about it in the last reading—heart, grindstone, that sort of thing—we have the Devil card. Now, in, when people in the West do tarot with a tarot deck like this— and bear in mind this deck was put together in the late 19th century-early 20th century— it's very Christianized idea of the Devil. And people come out with different interpretations of the Devil card. To me, it's self-inflicted imbalance, which can push a person into destruction. There's a lot of—I've come across a lot of people doing readings with the Devil where, where they talk about you know, *temptation*, and all this sort of thing. It's, that's all wrapped up in the dogmatic cultural religious stuff. It's literally just imbalance that's self-inflicted, and, in a health card, again, it's saying the same sort of thing that the other reading was saying, and that it's inflicting it on the heart, so whatever this person's doing, and not

stopping, it is pushing the heart, and that might be where the Tower will then manifest itself eventually.

[22:26]

In position eight we've got the Fool, which is very similar to the Glamour card that was in the first reading—foolish behavior. This is a bit more blunt, whereas the Glamour card tells us a little bit more information in that the person is glamoured about something, they can't quite help themselves. Sometimes you see that in addiction. But yes, it—foolish behavior. So now we're getting into the answer of whether this is a magical attack.

[22:59]

Position nine... If this person was being magically attacked, regardless of what else would come out in the reading, we'd expect to see at least something in the ninth position, and most likely in the eight position, and definitely in the outcome. We've got the idiot in the eighth position; in the ninth position, Four of Swords, which is rest, silence, non-action, can sometimes be illness... it's not an active card, it's stillness card. If there was an active magical attack on this person, or a curse, it would show there, so, the answer would be, "Probably no," you have to see what comes in at number ten.

[23:43]

And in position ten, the outcome, we have the Ace of Pentacles. The Ace of Pentacles is like a rock, plug of earth, and it can also be a 'no', in questions about things like this. It's, for magicians, if you've got far enough into the Apprentice section, your Foundation stone, your stone that you work with—Ace of Pentacles. So it's a shield, it's a block, so this is saying, "No, this is not a magical attack," but what it's also saying, "and this person has a little bit of protection when it comes to things like magical attack." If the Fool was in the tenth position I'd say, "No, there's no magical attack, but they're an idiot." This is saying something different, this is saying, "No, this person is not being magically attacked, and they do have a modicum of protection around them." And this is a magical student, and so of course, by nature of being a magical student, regardless of what system it is, if it's a good system it will automatically give you a certain amount of protection, to stop you killing yourself.

Reading 3: Tree of Life layout, Rider-Waite-Smith deck

[25:01]

So the answer to that is "no," so, we need to find out, okay, well, what the hell is going on? *[Sound of a cat sneezing in the background.]* Bless you, Colin, oh bless you! Sorry that's my cat—leave it in—eh, come on you, sit down... right! Right, so, reading number three, Tree of Life layout, "Is this person sick or diseased?" So let me just pull up the picture of that reading, so that I can look at it as I'm talking to you, right... so! Position one... oh, sorry, so we have Tree of Life layout, Rider-Waite deck, "Is this person sick or diseased?"

[25:44]

In position one we have the, the Knight of Pentacles, that, a Knight can be of either sex, male-female, but we know this reading is about a male, and the way I would read that is, cause this person, I wouldn't call them the Knight of, *[sound of the cat Colin purring in the background as McCarthy continues to talk]* they're not that sort of personality, but this is about their body. The Knight of Earth, Knight of Pentacles, it's earth, I would say well, this is telling me about his body, because I know who he is, and um, yes, and you can hear Colin purring 'cause he's helping me, he's helping with the readings.

[26:28]

So, this is about his body, and position two is a struggle [Five of Wands], you've got five people bashing each other with rods, so it's pretty obvious there's a fight going on. And in the third position, if you remember that this is what's *not* happening in this situation, is Justice—there is no balance. The Justice card in a health reading like this is about—you know, is something in balance, is something out of balance, is something doing what it's supposed to be doing, or is it not doing what it's supposed to be doing. The Justice card withheld in a health reading is 'something is not doing what it's supposed to be doing, there is no balance.' So the first three cards are saying, "This is about a person's body, there is a fight going on, and it's, there is no, no action of balance going into it." So straightaway, yeah, this is looking like they're ill, something's going wrong.

[27:29]

So we get to the fourth position, current fate trajectory, Ten of Swords, not good to be laid on the ground with ten swords stuck in your back, so we could take that as a bad sign that yes, if this carries on in the trajectory that it's going, this person is gonna get really sick.

[27:49]

What's withheld is the Page of Swords in position five. And like the Seclusion in the fifth position it stumped me a little bit, Pages are really bad to read. And in terms of a health reading, Page of Swords can be sort of, like if there is a nerve issue, it would be, the messages are not correct; if it was in a reading around the heart, it would be saying that the signal, the electrical signal to the heart is not consistent with something, not quite right. Swords are air, they're nerves, they're electricity, they're signals. Something is withheld, I have no idea what that means in this reading, hopefully by the end of it I will but at the moment, I just, no idea.

[28:47]

So fifth position we have the King of Wands, a fire element again. This is not the person themselves, and it's not an action reading, so it, we don't need to find out who this is or what they're doing, it's a health reading, so it's telling us about the body. *[sound of the cat Colin purring in the background as McCarthy continues to talk]* In the body, the King of Fire [Wands], especially in the center of the body, is usually the immune system overall, if you were to take every aspect of the immune system and give it a face and a personality, it would be the King of Wands. So the immune system is very busy, it's struggling with something. And that might be a

clue to the Page of Swords being withheld, is there's certain messages not getting to the immune system, but because I'm not a doctor, I don't understand that.

[29:38]

In position seven we have the Moon. And it's a trump card, so it's a strong one. This tells me that the heart is struggling, and that the struggles are not yet strong enough to cause specific symptoms. The reason I feel that is that the Moon is a card of hidden things, you don't see quite what is there, and building on the other readings, you—when you do a series of readings like this, never do them completely in isolation, the previous readings build and add in information to the current one that you do. So we already know that there is strain on the heart, and/or the emotions and feelings, and also: when I say feelings I'm talking about pain, not emotional feelings, you have emotions, and you can feel pain. So the Moon there, it's not seen So it's something going on under the surface, which would make me worry, and because I'd asked specifically, "Is this person diseased?" and this card comes up it'd be, I would have them get their heart checked, but first find out what the hell is causing it, because if you figure out what's actually wrong with the person, and they can deal with that, then it takes the pressure off the heart, and the heart probably will be fine.

[31:03]

In position eight, we've got Four of Pentacles. Now the Four of Pentacles is about clinging to something, it's not letting go, not being able to release something. Now thinking back—the Glamour card, not being able to give something up because you really like it, or it really glammers you—so adding in what appeared in positions five in the previous readings, and what the sort of cards that appeared in position eight in the previous readings, something is not being given up. So, and this is definitely to do with the health, because if it wasn't to do with the health, it wouldn't be showing in the reading, you've only got ten positions, when you ask a specific question, say for example like we've done, "Is this person diseased?" and there is only ten positions, that's only ten ways to get information to you, so it will, it will be very succinct. So you always ensure that you read it from the specific question's subject matter.

[32:11]

There's only two ways then that this could be read: either the person is choosing to not give something up that is bad for them; or there is something that is congealing or coagulating or, or gathering, you know, you would expect to see something like, for example, if there was a small tumor starting benign, malignant, whatever; it's that collection of cells, it's the collection of earth, so something to keep an eye on. It could either be that person's choice of grabbing on to something, or the body itself trying to hang on to something or is over-building something.

[32:58]

In position nine, what is manifesting from the inner to the outer, what's coming, what's gonna manifest from the subconscious, what's manifesting from the inner pattern, we've got Nine of Swords, which is suffering. Now, for me, that card can often mean self-inflicted suffering, either

consciously or unconsciously, as a result of an action taken. Now, you have to be very careful with this sort of meaning because, it can go down the road of, “Oh, everything that you suffer is your own fault!” That’s not what I mean, what I mean is, is, something as simple as, for instance, you stub your toe, you don’t notice your toe is cut, and three weeks later it becomes badly infected and you end up with sepsis and the whole world dies and everything started from you stubbing your toe. That is what I mean by self-infliction, not by any motive, guilt, crap.

[34:08]

So there is very possibly some result of self-action that, that’s causing this suffering. Again, swords can mean pain, and it can also mean the nervous system and the brain. I would read it in this position that it’s pain, and that this, this person is suffering pain and it’s gonna get worse, and the outcome of the question—remember the question, “Is this person sick or diseased?”—Ten of Fire [Wands], and burden. So, it doesn’t get more obvious than that, it’s yes, and it’s definitely not magical attack, it’s something rooted in the body. It’s something that has the element of swords, and the element of wands, so we’ve got fire, and we’ve air, which is nerves, and immune system, and/or inflammation, which is also wrapped up in the immune system.

[35:11]

So, yeah and, and looking at this, if, if this was say, a bacterial infection, and you, you saw the trajectory of the ten of swords, with that sort of trajectory in a bacterial infection, so that means it’s gonna explode and maybe become blood-borne, you would expect then to see really serious disease—sepsis, and death. We don’t see that; it’s, it’s a, even though the Ten of Wands is a heavy card, it’s also a minor card, and it’s not a death card. So, I’m sort of veering more towards sort of maybe inflammation, maybe long-term viral something, but there’s definitely an element that they’re doing something themselves which is making it worse. So we need to find out what that is so we can help this person and say, “Ah, we’ve narrowed it down for you, here are the things that could be causing or making this problem worse, why don’t you try stopping that and see what happens?”

Reading 4: Health layout, LXXXVI deck

[36:22]

So, to do that, we need to do a health reading, we need to use the Health layout, and I’m just going to get a sip of water because my throat is dying! Ah, right, so, reading four—and if you suddenly hear sneezing, it’s not me, it’s my cat, he’s got chronic cat-flu. So, reading four, using the Magician’s deck [LXXXVI] and the Health layout, and it would really help me if I pulled up the right picture... there we go! I always need, I can’t just go from text, I need to see the picture, and that’s a good one for you to think about in your own apprentice work, and your reading work and stuff, is—always go with what works for you! Is it text? Is it image? Whatever!

[37:13]

So, what I need to start, I need to think very carefully about how to approach this question, because what I need is a snapshot. I don't need to know this person's long-term health—that's for a doctor to deal with—what I need is a snapshot of what is going on in the body over a short period of time because that will tell me, em, what I, what I asked for was over fourteen days, because if there's something really minor, it's not gonna show, because it will come and go within fourteen days; but if there's something a bit more chronic going on, it will really show over the fourteen-day span. So... so!

[37:59]

“What is going on with the health of this person over a fourteen-day period?” [*sound of the cat Colin purring in the background as McCarthy continues to talk*] Now position one in the health reading— and, you know, if, if you're not sure of these layouts, pause this, go get any, you can pull it up online, it's in some of my books, 'cause it's quite complex layout, then you can go through the positions with me. And if I remember, I will actually put the position of this up on the website with the, with this video.

[38:31]

Position one, what is coming into the picture from fate pattern's that are currently forming themselves for future expression—that is a very long-winded way of saying, what is the long, what is coming in that is not physically yet here; so, it's short-term future. The Bailiff has appeared in that position. The Bailiff takes what needs taking, what is due, and what is not being voluntarily given up. In a health reading, that can be anything from having an organ taken out, in surgery; the taking away of menstruation i.e. menopause; being taken off medicine; being taken off a particular thing, like food; it's taking away a thing and it's not gonna come back. And occasionally it can actually mean death, or a death potential. So we've got something that's potentially going to be taken that should have been given.

[39:38]

Position two, in the health reading, position two, this is very similar to position nine in the Tree of Life, it basically means the same thing, so it has very Yesod qualities to it. [*sound of the cat Colin purring in the background as McCarthy continues to talk*] In the Health reading, this position means the Inner Landscape, what is—from fate—now come in, it's patterned itself from an inner point of view, it just hasn't fully, physically expressed itself. So it's a set fate pattern, it's now working, but it's not fully expressed. And that's disease. So that's, that's pretty straightforward and self-explanatory, if this person doesn't take some sort of action, they are gonna become pretty ill and it's very likely gonna be a long-term illness that causes something to be taken away from them, either by surgery or by strict diet.

[40:38]

Position three: now this position is the first position where the powers that are showing through the reading are actually physical—this is the physical body. So this is the head, it's everything from the base of the neck up; so you have the thyroid, the larynx, the airways, eyes,

ears, nose, mouth, skull, skin, lymph nodes, brain—the whole lot, everything from the base of the neck up is covered in that area. So, you have to be very careful when a bad card lands there, 'cause everyone goes, “Oh my god I'm brain-dead!” And it's like, “No, your sinuses are blocked.” So you just, you know, always with a health reading, lots of common sense when you're looking at this sort of thing.

[41:31]

Here we have the Bridge of Death, and what this card says is, “If you push past this barrier, you will die, or it will be the permanent end of something.” It's a ‘do not pass by here,’ and in a health reading like this, it's saying, “This part of the body is on its, its last barrier, if there isn't change, there's gonna be a serious problem or a closing down.” So straightaway, when I see that, especially with everything else that's around it, I now know when I finish the reading, then I would turn to the person and say, “The first thing you are gonna do regardless of anything else is come out in all these readings, is, you will go see a doctor, and you'll get some tests done.” So.

[42:24]

Position four. Position four is what you take into your body; solid foods, fluids, drugs, medicines, vitamins, smoke—literally anything that goes through your mouth into your body. And I just discovered after using this layout for many years that it can also be what's injected into your body, shows in position four as well. So when I had my Covid vaccine, it showed in that position. So there you go! So here we have the Warrior of Fire. And this is a massive indicator of what's going on. Normally in people's health readings, stuff in, when you, when you look at this position you can see—ahh their diet's not so good, or their diet's brilliant, or they don't eat enough, they eat too much—it tells you a lot about the person and how they manage their health.

[43:19]

Warrior of Fire in this position is probably the worst card you can get to go in this position. Warrior of Fire is where, for those of you who have been in the military, bloodlust, when that rage loses control. Sekhmet, for people who know the story of Sekhmet and Ra, when Ra casts Sekhmet out into the world to get the bad people, she goes mad, and she kills everything in her path. So this is a, an aggressive, out of control, cannot be reasoned with, fire power—in the food position, in what they take into their body. So maybe that's a hint where the problem is. Let's have a look.

[44:11]

Position five is the emotions and feelings, and as I said earlier, feelings include pain, fatigue, high energy, blah-de-blah-de-blah. So. Here we have the Underworld Forest. The Underworld Forest itself is, is a state, where as you're sinking down into the Underworld, you go through the memories of the land, and of the species. So it's a very shadowy place, it's also where it stores very old stuff, so it's very coagulated, And magicians, it's a place sometimes that we pass

through as we're going deeper into the Underworld, or journeying into death for death-visions, we can pass through this place. It's a place where, if you were to put into an emotive position, it would mean depression, feeling down, as in literally, going down, you would feel down. In terms of pain, it wouldn't be a severe pain card, this would be an 'I don't know if I can keep doing this' level of chronic pain, so this fate—this person does not feel good, and we know that because that's why they came to get a reading. It can also be fatigue, although Seclusion is the card in this deck that most often comes up for low energy, but the Underworld Forest is definitely there not doing well.

[45:48]

So let's have a look at what's going on in the short-term immune system, which is position six. This is short-term immune responses, so when someone first gets sick and they first start sneezing, coughing, they get a fever, position six shows that part of the immune system working; it's where the army is getting itself geared up and the body is responding, it's giving an immune response to something. And here we have the Goblin Queen. Now this is not a fast response, that you would expect to see, for example, if someone caught covid, or, if they got measles, or they got the flu, you'd expect to see a strong, fast response there. What we're seeing is a character who is unpredictable, strong but unstable, doesn't play by the rules, can be a formidable adversary, but is very fickle. And the Goblin Queen, which is basically a card that represents the, the Fairy Queen, the... one side of the quality of land-beings which is, they can be friend and foe all at the same time. If you read a lot of fairy stories you'll start to recognize how that power doesn't work quite in the same way we do. So it's like having a rampant fairy in your immune system, is the immune system doesn't quite know what to do with itself.

[47:17]

So we've got this aggressive, out of control firepower being taken into the body, and the immune system is like, "I've no idea what to do with you but I'm gonna do this, this, oh maybe I'll do that, oh, I'll try this, but you're not doing as you're told, I hate you," so, totally confused immune system. So let's have a look at what's in position seven, which is the longer-term immune system, or what I sometimes call the immune library, which is where the body stores immunity information. It's not a place, it's a, a condition, it's an action that the body does, it stores information on previous illnesses, and it can also represent—this position can also represent the thymus gland and the things that go on in the thymus gland, which is where immature immune cells are basically matured and educated and then sent out to go do their job.

[48:17]

In that position we have the Gate of the Past. The Gate of the Past is a revolving gate in that, whatever goes through the Gate of the Past can come back in the present or future, it's not a, 'it's finished and will never come back.' Having that in that position tells me that either this has gone on for a long time or it's happened to them before, the immune system has a memory of this. It could also indicate that there's a genetic disposition in the body, it's like a, an inherited

memory to be confused in a certain way. Autoimmune diseases, where they're passed down through the generations, where it's a disordered immune response, that could also be showing in Gate of the Past, it could be a genetic disordered response.

[49:15]

What's in position eight? We have the Bound Angel. Now, position eight is the vital organs; you've got the heart, liver, pancreas, stomach, spleen, et cetera, and it's also-, this position is also the energetic center of the body, and it's all bound up. Now, usually when I see that in a health reading, it can be things like constipation, or they're retaining fluid, it's like something is, is bound up, something's holding onto something. It can also be that the energy of the person, their vital force, is bound—literally bound up—and they feel blocked, it's a very blocked type of card. Now, because in the previous readings it kept showing problem cards in position seven, in Netzach, which can be the heart, that would cause me to worry a little bit, and, and just to ensure that this person does take this a little bit more seriously than they're taking, just for the long-term effects this can cause. So there's definitely not good stuff going on.

[50:31]

When we look at position nine and position ten—I usually read those together—position nine is the male hormone system and genitals and position ten is the female, and basically, those two are fine. So, at least something is working in this body and doesn't have a problem, their hormone system is fine. So you just move on.

[50:55]

Position eleven, this is where we really start to get the answer, position eleven is the intestines and bowel. It's basically everything south from the stomach, so, small intestine, large intestine. Here we have a Parasite card. Now, there's lots of different layers to this card. In a magical reading, it usually means an energetic parasite, an inner being that chomps on you or a person who parasites energy off of you. In a health reading, it can be a literal parasite like worms, tapeworm, or it can be fungal infections, and it can also show for bacterial overgrowth, especially when it's starting to have a big impact on the body. There is definitely something out of balance, and the thing to remember with the colon is that it has all sorts of things in it, it has bacteria, it has fungus in it, it has viruses; all these different things are involved in breaking down food and taking nutrition, and running the immune system, and supplying the body with everything that it needs. So it's very complicated, and there is no way that people who are not doctors, like us, could understand that, but you can do your best to try and learn a little bit about body parts if you're gonna be doing health readings.

[52:27]

And so, when I see a Parasite card like this, the very first thing I would do is look up and see what's in position four, what are they eating? If it's totally benign, totally normal, it's not what they're eating, therefore the Parasite card might be an infection, or it might be worms—but we have Warrior of Fire, worse possible card, and we have the Parasite down in the colon. Now,

when the digestive system goes out of whack, and the gut-bacteria in particular goes out of whack, if it goes out of whack big enough, it can trigger dormant autoimmune diseases, and it can trigger all sorts of things,—joint pains, fatigue, diarrhea, constipation, all these types of things—and it can do a lot of the things this person is suffering from. So I'm starting to think in terms of food, a serious food intolerance, or something like Celiac's, or, if they've had a lot of aggressive antibiotics recently, which has completely smashed their gut bacteria hard, very possible. We'll find that out through questioning the person and looking at the reading.

[53:48]

Position twelve, dreams and sleep. This is what goes on in the dreams and sleep, also, if a person has been magically attacked, by the way, and you are looking at it through a health layout, you would expect to see things in the first position, the second position, and in the sleep position. In the sleep position we have destruction, but with everything else that's going on in the body, this is more likely to be a health issue than a magical attack, or any sort of magical issue. But you always have to—when it's a magician—keep that at the back of your mind. Destruction. This person had reported having very bad nightmares and they were completely exhausted and stressed from poor quality sleep. So, either—and, and gut stuff can cause nightmares, and poor sleep, so, you can't automatically assume it's magical, it's very likely a health thing, but we will keep that in back of our minds.

[54:51]

Thirteen, position thirteen is the infrastructure of the body, as in bones and nerves, what literally holds you up, and in this card we've got Temptation. Now, in a health reading, 'cause this is... this is a card of many layers, and it can be quite difficult to read. Temptation in this position: something is in flux, something is doing something it shouldn't, it's very similar to the Glamour card. But it's, when... it's very difficult to explain, but when something is putting out something more than it should. And here we have it in, in the bones and nerves. The person does complain about joint pains, they also complain about a cold-water feeling running down the back of their leg, they've not had a back injury, and they do get back pain. So it's very likely there's inflammation or a trapped nerve going on, which would show as Temptation, the card Temptation. Something more than should be... there's a wrong message in, there's a garbled message going on there in the nerves, in the body. You also get that card coming up sometimes in health readings like when someone's taking too much calcium, a supplement, and their body can't do anything with it, is, that tends to come up.

[56:28]

Position fourteen is the skin, hair and nails. The skin is the biggest organ in the body, and it's a very good organ for sending up panic flags, and also for dumping stuff, so you get rashes, dry skin, the skin color—it's, it's a very good organ to read when something's going on in the body and here we have the Faerie King. So we have the Goblin Queen and the Faerie King both in the same reading, in a health reading, which is about as tricky as you can get. So the skin, has an

imbalance problem, they do have some issue with the skin, it's not bad yet, but it's likely to get worse, little bits of eczema, and rashing.

[57:14]

Position fifteen, what lies ahead if this path of health is not changed, and we have the Grindstone. So they're not gonna drop dead, they're not gonna be dangerously ill regardless of the Tower that we were seeing in the other cards, but it is likely gonna be a long, grinding, and difficult time. So, we look back at the reading, and it always takes me straight back to the Warrior of Fire. This person is eating something, which is kicking off their immune system, and basically making their life a misery. So, we need to hone in on that.

Reading 5: Tree of Life layout, Rider-Waite-Smith deck

[57:57]

Now we're at reading five, and we're using the Rider-Waite deck. And we're back to the Tree of Life layout. And what I did with this question, is, 'cause I suspect it's solid food, but I'm not a hundred percent sure, so the question I posed is, "With this person's health problem, is it caused by a solid food, and not a liquid or gas?" I chose the solid food to zoom in on because that's the most common culprit, and also, posing it as a double-question, I think would be helpful for people to see how you can double-question. And even though it makes the reading a little bit more difficult, it, it can actually bring things into focus a bit more as well. It's just that if you do have a double-question, like with a positive and a negative, be aware that sometimes the reading can get confused, in which case you have to separate them out and do separate readings for each, you know, is it solid food? No. Is it in liquid form? No. Is it in gas, air form, as in, smoking tobacco, weed, whatever... So you'd break that into separate units, but to save time, sometimes you can do it as a double question.

[59:15]

So. Is this caused by a solid food and not liquid, gas, and air? Position one is the Hanged Man, which is self-sacrifice. This person is doing something that sacrifices something, which in this case is their health, so it is something they're doing, and we already know that. Position two is the Knight of Swords. Whatever it is that they're doing, it's aggressive, and can cause problems that can potentially injure—again, we know that. Position three, what they're not doing, is the Two of Pentacles. And the Two of Pentacles is balance, it's the two parts of the scale. Balance is in a negative position, so, whatever there is, whatever it is that they're doing, it's unbalanced, or they're not bringing balance into it. Again, we already know this.

[01:00:14]

Now, position four, the trajectory of the fate pattern as it's moving along, it's the King of Earth, or the King of Pentacles, it's a big earth card. That would say to me, a big "Yes, this is a solid that they're taking into themselves." And that's qualified by the card in number five, in position number five, which is the Ten of Cups, in a withheld position; it is not liquid. So don't forget,

position five is, 'it is not, it is not here, it is not happening, it is withheld. 'And the Ten of Cups is liquid—it is not liquid.

[01:00:56]

The King of Air, in the center in position six, we sort of know that it's an earth position, but the King of Air could, if it was smoke, if they were smoking something, or they were breathing in heavy pollution, or heavy toxic chemicals, would show us the King of Air, or, the King of Swords, which is the King of Air, but I know that they don't smoke, they don't do drugs, and they don't live in a built-up area. So, as a guess I'm putting it more towards that it's a substance, that their physical substance they're taking into themselves. So therefore the King of Swords in the center is very likely this person's bloody-mindedness, which they do have, of, "Well, I'll do what I want," he does have that element to him. So that's very probably what this is about.

[01:01:58]

Now, position seven, we're not asking what it's doing to their body, we're asking, "What substance is it?" So the whole reading is about, what substance is it, and their relationship to this substance. In position seven, we have the World. And don't forget in position seven, in a health reading, you have the heart, you have the emotions, you have the feelings, and you have the World. This person really likes whatever it is that they're eating, that's causing a problem. And that's a massive clue. You can then narrow down the range of what the offending culprit is, 'cause you can ask, "What is it that you really like to eat, and you eat a lot of, and it really tempts you, and it's your comfort food," and that sort of thing, 'cause that helps you narrow it down.

[01:02:54]

In position eight, we've got Five of Swords. Now, remember, again, direct context of the question. For this position, you've got what unravels the person, and also the nerves, the nervous system... whatever it is their eating, either it triggers depression or disappointing-, disappointment, or it's affecting their nervous system, and it's, it's a minor card, so it's, it's like a sub-clinical level, there's something undercurrent that can unravel them, that's affecting either the mind or the nervous system in a, an unhappy way. The Five of Swords is like, "Oh, I'm takin' my bat and ball home, I'm throwing my toys out the pram, this has not worked for me, I don't like it," it's that sort of a card. So it does affect their mind, or their nervous system, or both.

[01:03:57]

In position nine we've got the Six of Pentacles. Now again, in context of the reading of the substance, this is the position of inner self, in a layer of meaning of coming to manifestation. The offending food, when eaten, appears to give a sense of worth, that they've earned it. So it's, again, comfort food, or, this card can also mean medication, as in you're being given something that you need that rebalances, that's why the scales are there, you are given your measure. So, but because it's in the position of Yesod, I would say this is less about being given

a medication that they need, and more about their mind, their sense of worth, that eating this makes them feel good, and they feel that they've deserved it. So again, it narrows your question down, for the future of, "What do you eat, to make yourself feel good?"

[01:05:10]

Okay, so we get to position ten, which is the Nine of Wands, which is very much a card of battered but surviving. It's, if it was a gentle card that landed in this position, I would say regardless of what the rest of the reading says, I would say no, it's not a solid food, 'cause we have to keep it in mind of the question, but this card says "Yes, this is definitely a solid food," the person is still standing, they've survived it so far, but it is battering them, yes it is solid food that's causing the issue. So now we need to see, you know— this is where we have to be very careful, when you're doing health readings for yourself and for other people, and, and you're not a doctor—if you're a doctor, which, I know some doctors that do use this layout and these readings—they have the knowledge to then keep and bear in mind what showed up in readings when they're deciding what to do next. For us, as ignorant people, you have to be very careful that you don't push things too far and stop a person going to a doctor.

[01:06:23]

From these readings, all of them, so far, it's shown it will cause a lot of problems, it won't kill them, and it's very likely something they're eating. So, what I advise this person is two things: let's see if we can narrow down, a little bit; what would happen if you changed your diet. And then, once we've looked at that, try that, but over a fairly short period of time, and if things get worse, still, you immediately go see a doctor. If things get better, then, I would still go see a doctor and tell them what happened, you know, obviously, don't tell them you did a load of readings, but that you changed your diet, and things got a bit better, but maybe they need some testing doing.

Reading 6: Health layout, LXXXVI deck

[01:07:15]

So the next reading, reading six, I'm gonna use the Quareia deck, and, uh, use a health layout, so we can ask a specific question. So my question is, "If they identify the food causing the issue and stop eating it, and also take probiotics for a couple of weeks to a max of four weeks, and repeat in the future when needed, show me their health over two months." Now that's a big question, it's a long question with a lot of things in there, but I thought about it very specifically, because if you pin it down to just one thing, you end up having to do ten readings to, "Yes, but what if they do this, yes, what if they do that." So, this would be an overall sensible thing to do, is to try and identify the food that's causing the issue and stop eating it, take probiotics because of the Parasite card that came up in the intestines in the previous health reading, which most likely is a bacterial overgrowth, and if it is, the probiotics may help that. And also a point of not taking probiotics constantly long-term, because a) it's not necessary and b) that's not healthy. You use them a bit like you'd use antibiotics, is, you know, a week, two weeks, when necessary.

And I looked at the two month period, because if you have an issue with, say, food intolerance, coming off that food for a couple of months, it can take six to eight weeks for the system to settle down. So, give that its border, for, for its time.

[01:09:02]

So, let's have a look. Position one, so this is, they've managed to identify what's causing the problem, which, should be relatively easy, with all the information that we've got, there's only a few things that can cause that sort of thing, gluten being a major one of them. So let's have a look, if they do this. Position one, what is coming into their fate pattern for the future. So this is over the two-month period that they're doing all these to, to help themselves. The Inner Companion—this is a very good card coming into the picture for the long-term, 'cause it, it tells me that the condition can be brought under control, it also tells me it will be an issue for the rest of their life. How I come to that is the Inner Companion, from a magical perspective, is an angelic power that walks alongside of you when it's necessary, and for magicians, can be lifelong. And it's like a guide, that keeps nudging you on the right path, and because we're talking about health, and a fate, this, this position's a fate card for the future, or a fate position for the future, having the Inner Companion there says a couple of things: a) that's it's gonna be a long-term, probably lifelong, and b) they will get help, 'cause don't forget, this is not a magical reading, it's a mundane health reading, so it's likely that doctors will get involved in the long-term and will help this person—so, help is coming.

[01:10:39]

Position two, the Priestess Magician in the position of the landscape. This is about the person taking control, the Priestess Magician is a card that means control—controlling the magic, controlling the powers, it could, in a mundane position it can mean a doctor, a boss, that type of thing, but it's in their inner landscape so it's that side of that person engages, finally, and starts taking control and doing things, which enables the Inner Companion power to flow through them into their outer life. So you'll have the magical, inner aspect of those powers flowing through and the mundane manifestations of those, as in, the person taking control, and the doctors getting involved and taking control. So that's good.

[01:11:32]

Position three, in, which is everything, remember, everything above the base of the neck. And we have the Path of Hercules, the path moving forward. So, the head, the brain, loves this new regime, and can function more normally. So that I find interesting. The reason I find that very interesting is that there are certain gluten-intolerances and diseases like Crohn's, and celiac's, that can affect—they're part of an auto-immune condition, which can also in turn trigger auto-immune problems, for instance, with the thyroid, which can then make things, where, it just becomes this snowball of problems in the body. So, the head loves this new diet, helps the brain, helps everything else.

[01:12:27]

Position four, which is what do they take into the body, they have the Limiter. That's the limitation of the diet, that's the new diet taking control. And that often comes up in that position when someone's fasting, or if someone has, if, if they're dieting out of control, sometimes, and they're becoming ill, that can come up, and that's also psychological issues, so you'd expect, if that's the case, that there would be a psychological pattern coming out in the mind and emotions in the reading, but it's not. This is about the person on a limited diet, and it's helping.

[01:13:07]

Position five, in the emotions and feelings, we have the Wise Woman. This card is very much about learning through bitter experience, it's the wisdom that comes from actually going through things and doing things, both good and bad, gives you true wisdom, as opposed to information. And it's also a, on the other side of the bad situation card; you're on the other side of it, you've learned from experiences, and you've gotten wise, and now you feel more in control. So, this person feels a lot better, a lot more in control, and they've learned a lot going through that two-month process of a limited diet, because they've been able to watch, and log what happened in their body, because they were told to keep a journal as you go through this limited diet, do a day-by-day of how things change, so that you can read back over it.

[01:14:10]

Position six, short-term immune system, now remember before we had the Goblin Queen in that position which is the immune system going "What the fuck do I do?" This is the Inner Sanctum, which is silence and stillness. The immune system has settled down, it's stopped its constant freaking out phase, it's not confused, it's nice and quiet, it's happy, that's good.

[01:14:34]

Position seven, which is a longer-term immune system and a longer-term memory of the immune system, has the Female Warrior. So, whatever it was that was causing the problem, the body remembers it, and is ready to attack again. So that says, there is an immune element to this, which would be autoimmune. That might be interesting for them to keep an eye on in the long-term, because what it's saying is, "If you go back to that, the body will have a massive response to it."

[01:15:14]

Position eight, and that's the center, that's the central organs, and it's vital force. This the Blood Ancestor in this position, and this card is very much about inherited things, especially when it's not a magical reading. In a health reading it can be, it most often says, this is something that runs in the blood, so—and it's smack bang in the middle of the reading, which says, "This is an inherited condition." Which again, will help to narrow down what the offending food is, because, while allergic states, allergies, are also an inherited thing, what that person is allergic to is not inherited, it's just the actual disordered immune responses inherited, not this specific allergy. But when you come to celiac's disease or Crohn's disease with gluten, that very much

can be inherited. It's very specific. So. And at the end of it, I'll tell you what the person found was the problem, and you'll see that it fits perfectly with this reading.

[01:16:09]

Position nine, Guardians of the Desert, and position ten is Holder of Light. Now don't forget, position nine and ten are male and female hormones, and there's nothing wrong with them, but it's also saying this person is not having sex. And it could also show for the male that the sex drive is on hold for a while, which can happen when you suddenly change diet drastically and have to fast and all this sort of thing is, you know the idea of sex goes out the window because life is just too hard, you're focusing in on something. But no problems there.

[01:17:07]

In position eleven, which was the position that showed, along with the food, a quite serious issue in the colon, we have Star Father in the position of the intestines. This is a really big score. The Star Father card means that a very very beginning of something, that's a long-term cycle that's, you know, better, something new coming in. And this is the bowels starting to heal. So it shows that it's a good change, it's gonna take a long time to heal, and in some of these conditions, you know it can cause ulceration, it can cause all sorts of things in the colon, and that does take time to heal, so they're gonna have to really look after their lower digestive system for quite a long time and be very kind to it.

[01:18:02]

Position twelve, which is the dreams, we have the Abyss. Now, in the previous health reading we had Destruction there. So, something is still causing nightmares— whether it's the residue from the issue with the food, and that it's taking a longer time, 'cause the dreams and emotions are the ones that often take the longest time to settle down... it's like the body focuses first on the vital organs, and then, you know, everything else, get all the body set, and then we can start sorting out the emotions and the dreams. The other thing though, because this is a magician, it would give me pause to thought that there might also, on top of the health situation, be a magical situation, not an attack, because these are not attack cards, but there is possibly something going on in the inner world of the magician that they might need to look at, but first they need to get their body sorted out. If in a couple of months further, this is still, sort of thing is still showing in their dreams, then we'd have to go through the same process to look at what is magically happening.

[01:19:17]

So, position thirteen, which is the bones and muscles and nerves, what literally holds the person up, we have Resources, and again, this is a big answer to the question. When you have autoimmune disease that affects the digestive system, when you have food allergies, that sort of thing, often it affects the bones, the nerves, muscles, they get muscle pains, they get joint pains, they get nerves misfiring, and sometimes it's because whatever is going on in the colon, it's not getting the vitamins and the nutrients that the person needs to where they're needed,

so their resources are very low. And a lot of people don't understand this, they think that their stomach is the place where all the nutrients are taken in and sent to where they need to go, that's not true, the whole of the eliminatory canal deals with breaking things down and taking resources and putting them where they're needed. Inflammatory bowel diseases can have a long-term devastating effect on the nervous system, on the muscles, this sort of thing, so, but now that the diet has changed, this person is resourced at that level, so that's another good score.

[01:20:43]

Position fourteen, in, which is the hair, skin, the peripheral, we have Magical Attack. Now remember what I said about the Magical Attack card in mundane readings, and in health readings, it has nothing to do with magic. It's something attacking, it's something irritated, so something is still going on, it's working its way out on the skin. Now just like the dreams, what you do is check this in another two months; if in another two months that's still showing, then it's something that's either triggered by the dietary problem, but is not resolved by changing the dietary problem, it's just kicked something off, which has gone off on its own, em, little party, or it's something completely separate. But that's easy to deal with because you can just look at them and see are there rashes, is there eczema, things like that, and it's not dangerous. So, it's likely this person will have skin issues for a little while, and that's something a doctor can deal with.

[01:21:47]

The longer-term outlook of being with this, this restricted regime, is Regeneration, which is a total score. So, after we went through this, the person narrowed down what their thing was, was bagels, doughnuts, toast, that sort of thing, it's all gluten. They went on a gluten-free diet, and also took out dairy at the same time because they were advised to by somebody else. And this was the result of a gluten-free diet; so, then they went to the doctor, and yes, there is a Crohn's issue going on, and they're now being looked after by a doctor. So you can see how you go from one simple question, how you can open it out and start to follow, and zoom in, and move things to one side, and look in detail at something, and how you use different layouts according to the question that you need to ask. You don't just do one reading and go, "Oh yeah your life sucks!" and leave it at that. You have to find out, well, why, is this something this person can change, is there something they can do, is there something they're not doing, and also— yes, this is not a magical attack, this is a physical thing, and hopefully this has also given you an idea of how the Tree of Life reading works.

[01:23:28]

The health reading, the Health layout, you probably won't, especially as apprentices, won't need to use too much, unless you, you're a healer, or you work in healing stuff, or you have a long-term condition that you can— you can keep track of your long-term condition using this layout, just don't obsessively overuse it, because one of the things that happens when you over-read and look at the same thing with the same question is, it starts to bring into focus

more and more and more, so it, it looks at smaller and smaller things that are really of no consequence. And it's akin to doing, y'know, if somebody is, is suspected for instance of having uterine fibroids and, and they do a CT scan to have a look, you, you just look at that area, you wouldn't do an all-over body CT scan. And also if you did an all-over body CT scan, you're gonna find lots of different things because there's always something going off in the body. And that's okay, the body deals with it. It's only when it's causing a problem that you then need to look, so also bear that in mind. Use your common sense when using health readings. And with the Tree of Life, think about the different layers according to what it is you're looking at, are you looking at magic? Are you looking at a building? Are you looking at a job prospect? Are you looking at a person's health? These are all very different questions that draw on very different layers of information that you need, and so the positions are going to have different layers to them and you read the layer in context to the question and the subject matter.

[01:25:11]

So I hope that was of some help to you, and we were joined briefly by Colin, and when we do these recordings, if stuff like cats and sneezing and needing to take a drink of water, we won't edit them out and make them super slick, so that it's more like being in the room with us when we're doing this. Okay! And thank you for listening.