

TRANSCRIPT

Card of the Year

Brigit: Hi there. Now in this video I'm going to be walking you through the tarot card of the year that's included in the Biddy Tarot Planner and to give you a little insight into what it means and how you can make the most of this in your year ahead. The card of the year is The Emperor and the way that we get The Emperor is this. So we add up two plus zero plus two plus zero equals four and that is The Emperor card in the tarot deck. Now, I love The Emperor because of his ability to take very focused action, to be very disciplined in his approach, to use structure in a way that is highly supportive for success, and to be an authority as well. Now, I know sometimes we have some aversions to this card. It might feel like it's a little bit too aggressive and demanding, but I really do encourage you to find the aspects of The Emperor card that can really support you throughout 2020.

Brigit: The intention of the card of the year is to really set the scene for the year ahead. And it taps into this collective energy of 2020. And so throughout the year, you can be exploring, well what does The Emperor mean for me this year? And maybe it's about asking yourself, how can I apply more structure to my life? How can I have more self-discipline and so on? Inside of the planner, you're going to see a little bit of extra information about what The Emperor really means for you as you enter this year. And I've also included a ritual to support you with aligned action because that is the theme of this year, aligned action. And it's all about really tuning into the energy of The Emperor and then starting to think through what are your goals, your dreams for 2020? And then how can you take aligned action in order to see those goals through to fruition?

Brigit: Now, I've also included some journaling prompts as well, and you can use these throughout the year to support you in harnessing The Emperor energy and bringing more of it into your life. Things like what foundations do I need to support my growth and success? What actions do I need to take to achieve my goals? What does the divine masculine look like for me? And how can I apply structure and discipline to my life for greater success? These are great questions to start off your year, but I'd also encourage you to keep coming back to this. And if you need that little bit of extra focus or throughout the year, again, tune into the energy of The Emperor card.

Brigit: Now, you might also like to go on a meditation journey with The

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Emperor where you bring up his image in your mind and you actually become The Emperor in your mind and you experience what does that really feel like? Perhaps even The Emperor has some advice for you or a lesson for you. I really do encourage you to explore The Emperor on many different levels through journaling, meditation, through planning, through pulling out the card and just looking at it and seeing what it gives you as well. That's it for the tarot card of the year. Remember to use it as your theme of the year and a way to connect with that 12 month energy that is present for all of us. All right. I hope that's helpful.