

TRANSCRIPT

Seasonal Spreads

- Brigit: Hello there. Now, in this video, I'm going to talk you through the four seasonal spreads that are part of the Bidy Tarot Planner and how you can use them to really tune into these natural seasonal cycles that we all experience. There are four seasonal spreads obviously. Now, of course, if you're in the Northern hemisphere, your timing of those seasons are going to look a bit different to those who are in the Southern hemisphere.
- Brigit: The way that we've designed the Bidy Tarot Planner is that it is geared towards our Northern hemisphere friends. I want you to know if you are in the Southern hemisphere, we've just put a little reminder in here to do it at a different time of the year in the planner.
- Brigit: Spring Equinox is such a beautiful time. It's when everything is bursting out of the ground and you have that beautiful new energy and it's a great time to tap into potential and opportunity. Spring Equinox is March 20 in the Northern hemisphere and September 23rd in the Southern hemisphere. And what I've done is I've designed a beautiful six card spread for you to connect with this energy.
- Brigit: You'll be looking at what has emerged for me over the winter period? What lesson have I learned? What new seeds are beginning to sprout? How can I nurture these opportunities? How am I truly blossoming and how can I best embrace the spring energy? And I encourage you to pull one card for each of these.
- Brigit: But here's the thing, I also encourage you to ask the question of your higher self. Higher self, what lesson have I learned since the winter period? And what am I truly blossoming? Or how am I truly blossoming as a person? So use your tarot cards to give you guidance, but also trust yourself to give yourself that guidance as well.
- Brigit: Now, of course, there is all of the space in here so that you can add in your insights and the cards that you've drawn. Now, I'm just going to jump over to the next one.
- Brigit: It's summer solstice spread. And this is June for the Northern hemisphere in December for the Southern hemisphere. And this is really when we get to shine and be seen. We're at our absolute fullest lumination, radiation, and outward expression. And it's typically a

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very active time. And when you are really there to put yourself out into the world.

Brigit: This six cards spread really reflects that. And we're looking at what new opportunities have emerged over the spring time. How can I bring my current projects to fruition? What's expanding in my life right now? What blessings am I receiving? What truly fulfills me? And how can I shine my light in the world? So again, you're really connecting in with this summer energy that is all around every one of us.

Brigit: All right, let's now jump over to the fall or the autumn Equinox. There we go. Beautiful. This is September for our Northern hemisphere friends and March for our Southern hemisphere friends. And this is when we get to harvest. And it's about, we've gone through the full expression, the openness, the outwardness, and now we're starting to collect, collate and reap what it is that you have sown.

Brigit: Perfect time for gratitude and reflecting too on your achievements. The six card tarot spread is this, what have I achieved during the summer period? What's the bounty of my harvest? What am I truly grateful for? What resources are available to me now? What resources do I need to gather? What can I release and let go? So beautiful, beautiful spread for this season.

Brigit: Then let's jump into our final one. And it's the winter solstice spread. Now, with winter, it's really about bunkering down and resting and hibernating and staying inside, staying warm. This is December for the Northern hemisphere and June for the Southern hemisphere.

Brigit: We look at what is the essence of my inner shadow self because winter is also very much about going with Ian and understanding what is happening within ourselves. And what can I learn from my shadow self? How can I bring my shadow self into the light? What lights me up from within? What new seeds am I planting? And what do I need to release in order to create space for growth?

Brigit: I really recommend these seasonal spreads for helping you tap into the energy of those seasons, and think about it as the energy of that three month period, and what those natural cycles mean for you on a deeper level. I hope that you enjoy these seasonal spreads and get into all of that yumminess, the yummy energy of the seasonal energy. All right, bye for now.