

5.

How you can
integrate your
alter ego into
daily life

6.

How you can
embrace and
work with your
alter ego

7.

The **advice**
your alter ego
has for you
today!

1.

How your
repressed
parts are
effecting
your life

2

3

4

Cards 2,3 & 4: Personality
traits, dreams and issues
that make up your alter ego

Card #1 - How the repressed parts of yourself are effecting your life

When you repress something, it doesn't go away. It goes underground and forms a plan of attack on your clean, nice, orderly life!

If you get a really positive card here, like The Sun, keep it's positive and negative meanings in mind since repressing any part of yourself (good or bad) may have both negative and positive consequences.

Cards 2, 3 and 4 - Personality traits, dreams and issues that make up your alter ego

This is really the meat of the reading! You should get a nice sense of what your alter ego is like from these cards. These cards may represent negative traits that you are repressing, positive traits that you hide from others, wild dreams that you've dismissed as unrealistic or simply just issues that you don't want to face.

Card #5 - How you can integrate your alter ego into your daily life

There's a fun, safe way to integrate some of the spiciness and flare of your alter ego into your life and this card gives you some clues.

Again, if you get a card that confuses you, forget the book-meaning for a second and pay attention to the symbols and what's happening in the card. Here's an article that walks you through what to do when a card doesn't make sense.

Card #6 - How to embrace and work with your alter ego

This is kind of similar to position 5. If you still feel like you haven't really connected with your alter ego yet, this card can give you some ideas as to how you can.

When I first did this spread, I got The Lovers in this position. I read it to mean that I can work with my alter ego to attain a greater level of self acceptance and wholeness but also that I should go on "dates" with my alter ego - like hour long journaling sessions in coffee shops.

Card #7 - Advice your alter ego has for you today!

This card represents what your alter ego wants you to do right now. How they think you should be living your life and where your priorities need to go. Of course, you may choose to ignore it - but it will be eye opening nonetheless!