

Major Arcana & Shadow Work: A Tarot Integration Guide

A step-by-step guide to uncovering and integrating your hidden self through the archetypes of the Major Arcana.



How to Use This Guide

1. **Set an Intention** – Focus on a personal challenge or shadow aspect you want to explore.
 2. **Create a Quiet Space** – Find a calm setting, breathe deeply, and ground yourself.
 3. **Shuffle & Draw** – Keep your intention in mind as you pull cards for the spread.
 4. **Reflect & Journal** – Use the prompts to explore emotions and patterns that emerge.
 5. **Take Action** – Choose one small step to integrate what you've learned into daily life.
 6. **Be Gentle with Yourself** – Shadow work can bring deep emotions. Take breaks when needed.
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Shadow Work Tarot Spreads Using the Major Arcana

1. The Archetype in My Shadow Spread (3 Cards)

Purpose: Identify which Major Arcana archetype represents a hidden or rejected part of you.

- **Card 1:** What Major Arcana archetype is most active in my unconscious?
- **Card 2:** How does this shadow aspect influence my thoughts, emotions, or relationships?
- **Card 3:** What step can I take to integrate this energy in a healthy way?

Journal Prompt: How do I resist or deny this archetype in myself?

Example: Drawing *The Emperor* in this spread might suggest difficulty with control, authority, or structure. You may either avoid responsibility or overcompensate by being rigid.

2. The Unresolved Lesson Spread (4 Cards)

Purpose: Discover which life lesson a Major Arcana archetype is trying to teach you.

- **Card 1:** What shadow lesson from the Major Arcana am I currently resisting?
- **Card 2:** How does this resistance show up in my daily life?

- **Card 3:** What would embracing this archetype look like?
 - **Card 4:** How can I start integrating this wisdom today?
- 📖 **Journal Prompt:** When has this lesson shown up in my life before?

💡 **Example:** Drawing *The Hanged Man* here might suggest resistance to surrender, feeling stuck, or avoiding a necessary shift in perspective.

3. The Light & Shadow Within Me (2 Cards)

Purpose: Recognize both your strengths and blind spots in a given situation.

- **Card 1:** Which Major Arcana archetype represents my **strengths** in this phase of life?
 - **Card 2:** Which archetype represents my **shadow challenge** right now?
- 📖 **Journal Prompt:** How do these two archetypes interact within me?

💡 **Example:** If you draw *The High Priestess* as your strength and *The Devil* as your shadow, it might indicate deep intuition (*High Priestess*) but a struggle with unhealthy attachments or addictive patterns (*Devil*).

🌀 Integration & Next Steps

- Reflect on the **archetype that appeared most often** in your readings.
- Use **affirmations, rituals, or creative expression** to work with this energy.
- Explore **Jungian psychology, Internal Family Systems (IFS), and mythological storytelling** to deepen your understanding.

Want more shadow work guidance? Look out for the next article in our Tarot & Shadow Work series!