

Receiving from Within: Abundance Integration Workbook

A companion to Part 3 of the Tarot for Scarcity Shadow Work Series at
fromcentowholeness.com

Includes: Tarot spread, embodiment prompts, reflection space & 7-day
practice

♦ Tarot Spread: “Abundance Integration”

1. What part of me still resists abundance?
2. What part is ready to receive?
3. What resource lives within me?
4. How can I nurture my sense of enoughness?

◆ Daily Abundance Reflection

Day 1: Today, I noticed abundance in...

Day 2: Today, I noticed abundance in...

Day 3: Today, I noticed abundance in...

Day 4: Today, I noticed abundance in...

Day 5: Today, I noticed abundance in...

Day 6: Today, I noticed abundance in...

Day 7: Today, I noticed abundance in...

◆ Body-Based Prompt

Journal Prompt: “What does abundance feel like in my body?”

Close your eyes. Is it warmth? Openness? A tingling in your chest or hands? Write what you feel.

◆ 7-Day Practice: Embodying Enoughness

1. Say no to something that drains me
2. Prepare a nourishing meal with presence
3. Let myself receive a compliment fully
4. Rest before I'm depleted
5. Offer something freely to someone else
6. Take up space—creatively or emotionally
7. Notice beauty and allow myself to pause

This free resource was created with care. If you found it helpful, you can support my work here: <https://healingthevoid.kit.com/products/help-this-grow-pay-what-you-can>