



7-DAY INTUITIVE TAROT CHALLENGE



DAY 6

The Mirror Method

Notice the reflection. Meet the shadow. Find the support.



Reflection without judgment

A mirror shows what is present, but it does not decide what that reflection means. Day Six uses three cards - Self, Shadow, and Support - to explore a present experience with curiosity. The purpose is not to diagnose, predict, or label yourself. It is to notice what is visible and identify a grounded next step.

Today's practice

- 1 Notice the first flash of recognition or resistance.
- 2 Map the experience through Self, Shadow, and Support.
- 3 Let the cards speak to one another.
- 4 Choose one small, grounded action.



Created for [TarotStudies.blog](https://tarotstudies.blog) | Misti Hight (MLH)

The First Flash



Begin with the reaction that appeared before the explanation.

Immediate Response

What feeling, recognition, resistance, or judgment surfaced first?

Image Evidence

What detail in the card prompted that response?

A Gentler Description

How can I describe the response with curiosity rather than criticism?

The Question Beneath It

What might this reaction be asking me to notice?

Self - Shadow - Support



Use three positions to widen the reflection.

SELF - What Is Present

What part of my current experience does this card reflect?

SHADOW - What Is Harder to See

What need, fear, habit, or possibility might this card invite me to notice?

SUPPORT - What Helps

What resource, boundary, perspective, or person does this card suggest?

The Relationship

How do Self, Shadow, and Support change one another when read together?

Continue the Conversation



Turn reflection into a compassionate and practical response.

Card Dialogue

Self says:

Shadow replies:

Support adds:

A Postcard from Support

Write a brief, practical message from the Support card.

One Grounded Action

What small step respects both the challenge and the available support?

A reflection is information. You still choose what happens next.