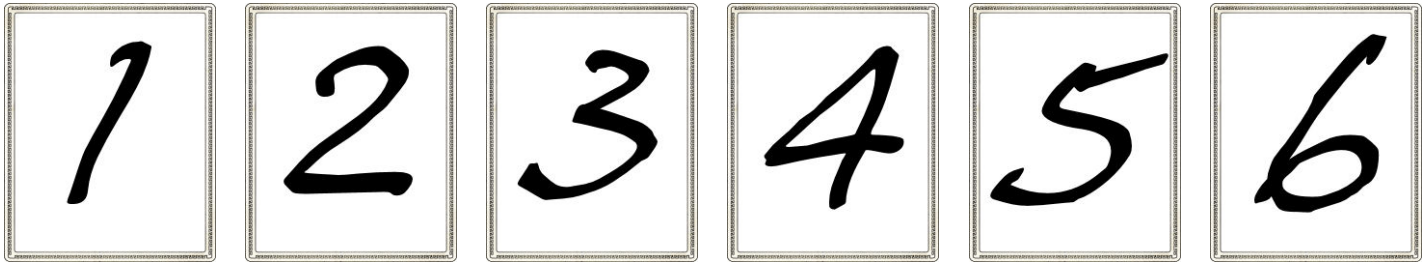


Stages of Change 1

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Position 1 – This is over and done with.

Position 2 – This is over but the effects linger on.

Position 3 – This is where I am heading.

Position 4 – This is what I expect.

Position 5 – This is what I am supposed to learn right now.

Position 6 (optional) * - This is the outcome or what will happen

Presented May 16, 2010

I find this an excellent spread to read for oneself OR to read for someone else. You can just let the cards tell you what you need to know (I have found I always know what they are talking about), or you can be specific with a subject line such as "What are the stages of change regarding.....?"

* I took the liberty of adding an optional, additional card (#6). This card is titled "This is the outcome or what will happen".

I also find it very nice to double your information by drawing a second set of cards which I lay on top of the first 5 or 6 cards. It doesn't matter how you draw the cards for the first row or the second row. You can shuffle, scramble, decide on a number and count down to that card, WHATEVER!, it works. Just decide what you are going to do prior to laying out the reading,

When it comes to the second row, I generally lay them in the same order from 1 - 6 as I did the first row. HOWEVER, I am a free spirit and do whatever I feel spirit is guiding me to do, so if one decides to change the order it will still work. As we know, there are no mistakes, only opportunities. ENJOY.

Sherryl Turner