

# TAROT SHIFTING

WORKBOOK

SOPHIE B. INDIGO

Let's stay in touch!

Instagram : @tarot.shifting

**Mail**

Feel free to message me to share your experiences  
with this protocol, or ask me your questions:

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## Website & Newsletter

You can register on my website:

[www.sophiebodson.com/tarot-shifting](http://www.sophiebodson.com/tarot-shifting)

to be kept informed of my activities: additional videos  
and audios around this protocol, workshops, special offers,  
consultations, articles, etc...

# \*\* Welcome!

This workbook is the ideal companion to the book "Tarot-Shifting": a simple intuitive protocol to release your blockages with Tarot, even without knowing the cards!

You will find space to write down 14 draws, in order to keep track of your insights and progress.

You can write the date at the top, as well as the subject of your concern (context).

Why 14? This corresponds to the "Temperance" card in Tarot, which represents, among other things: healing, inner harmony, (emotional) balance, and the connection with the subtle world and your Guidance (there is an Angel on the card).

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My name is Sophie, I am a practitioner in Mind-Shifting, Psychological Tarot, Psycho-Energetic and Art-Therapy. I share with you in my book, the fruit of my research and personal experiments.

I also offer individual consultations, to do this protocol together, or Mind-Shifting sessions, to connect more deeply with your Soul. You will find all the information on my website!

## ♥ Your opinion matters! ♥

If this book has helped or inspired you, I would appreciate it if you would take a moment to leave a review where you purchased it.

Your feedback allows me to continue to create useful and quality content to guide you in your spiritual development.

Thank you for your support!

Sophie.









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**STEP 5**

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**STEP 6**

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