Sol da Alma

LENORMAND READING

In-depth report

Prepared for Luísa

Lenormand Cross · 17 September 2026

THE QUESTION

There is a tension at work that I cannot explain. What is behind this?

1	The question	**Mountain**
2	What governs it	**House**
3	What sustains it	**Bear**
4	What has passed	**Key**
5	What is coming	**Book**

The question and what the spread answers

The question that Luísa brings to this table speaks of a tension at work that makes itself felt but cannot be explained, seeking to decipher what lies behind this heavy atmosphere. Beneath this formulation, the spread reveals that the true issue is not merely a passing disagreement or an overload of tasks, but rather a silent dispute for territory, security and authority in the professional space. The person asking actually wants to know if their place is secure and who is really in charge and controlling decisions behind the scenes.

The answer that the table gives, when looked at as a whole, shows a scenario where the current structure finds itself rigid and blocked, but which tilts slightly to the favourable side due to the presence of solutions that already existed and clarifications that are about to emerge. The general climate is one of resistance and containment, a game of forces where the stability of everyday work has been called into question by a figure of great weight or by a centralising management. The tension is not imaginary: it is a concrete fact played out in the realm of authority and access to confidential information.

The question



1 · Mountain

The Mountain is the card positioned at the centre of this consultation, bringing the image of an enormous mass of stone, firm, cold and insurmountable, which represents the obstacle, the delay and the absolute block. In the Lenormand deck, this card does not speak of small setbacks resolved with a quick chat, but rather of a barrier that demands effort, patience or a planned detour to be bypassed. It is the very materialisation of the tension that motivated the question, showing that the current impediment is real, heavy and difficult to move by direct action.

In this place of the spread, which defines the core of the issue stripped of flourishes, the Mountain indicates that you are faced with a wall of silence or systematic

opposition that prevents the normal flow of work. The same card, if it were in the position of what comes, would indicate a future problem that could be avoided; here, however, it shows that the block is already in place and constitutes the current reality of professional day-to-day life. It is the feeling of banging one's head against a brick wall whenever you try to advance a project or obtain a clear answer.

The neighbourhood of this card is crucial to understanding its action: by being pressed against the House, the Mountain exerts a force of pressure and blockage over your space of security. This means that external rigidity is threatening the feeling of belonging and the stability that you have built in your team or department. The Mountain halts the fluidity and harmony that the House ought to provide, transforming an environment that should be safe into a place of trial and wear and tear. This paralysis connects directly to the Bear, which rests at the base of the spread as the hidden force sustaining this impediment.

What governs it



2 · House

The House is the card that rises at the top of the spread, presenting the image of a solid dwelling, which symbolises home, family, security and everything that is one's own, intimate and stable. In the professional context, this card represents the internal structure, the department where you work, the closest team or the company's headquarters itself, acting as the safe harbour where you seek stability and protection against the storms of the external market.

By occupying the position of what governs, the House shows that the major circumstance dictating the rules of this moment is the need to defend territory and keep bases secure. This is not a matter of expansion, travel or new clients, but rather of protecting what has already been conquered indoors. This card in this position reveals that the tone of the moment is set by internal company policies, structural issues or managements more concerned with protecting their own positions

and territory than with allowing innovation or free growth.

The connection between the House and the Bear, found right below, shows a dynamic of protectionism and control that becomes asphyxiating. The House, modified by the Bear, ceases to be merely a welcoming refuge and becomes a monitored territory, where every movement is observed by those holding decision-making power. The Bear casts its claw over the House, demanding loyalty and obedience, which explains the inexplicable tension being felt: there is an invisible demand for conformity hovering over the entire department, making any attempt at autonomy seen as a threat to the established order.

What sustains it



3 · Bear

The Bear is the card that settles at the base of the spread, showing the figure of an imposing, heavy and territorial animal, which represents brute force, who is in charge, financial power in volume and protection that can become possessive. In the Lenormand deck, the Bear is not a card of half-measures: it speaks of real power, direct influence and a presence that cannot be ignored, whether an authoritarian boss, a financial director or a very old power structure within the company.

In the position of what sustains, which reveals the invisible root of the problem, the Bear indicates that workplace tension is fed by an authority figure or centralising power dynamic acting behind the scenes. While you see the Mountain of blockage ahead of you, it is the Bear that, underneath, keeps that barrier erected to protect its own interests or to demonstrate its strength. This card shows that the ancient cause of the tension is financial control or the need for a certain management to assert its sovereignty over the department, generating a climate of mistrust and protective silence.

The relationship of this Bear with the Key, found in the position of the past, reveals that the strong authority now sustaining the tension is the same one that once opened doors and facilitated processes. The Key, when touched by the Bear, shows that the decision-making power previously used to solve problems and grant you autonomy has been withdrawn and now serves only to close off access and concentrate control. What used to be a protective leadership has transformed into a blocking force, demanding that you understand the origin of the tension is not technical, but rather political and about power control.

What has passed



4 · Key

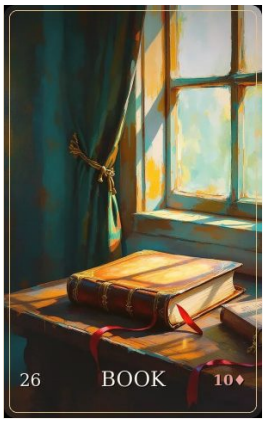
The Key is the card positioned on the left, showing a simple and precise metallic object, which symbolises the solution, certainty, direct access and the door that opens to resolve a difficulty. This card represents the time when answers were clear, decisions were made swiftly and you felt you had control over your own professional course, without needing to ask permission for every step.

By occupying the place of what has passed, the Key indicates that the phase of easy solutions, open doors and absolute certainties is moving away from your current reality. What previously functioned as a quick way out of problems or as a vote of confidence from management is no longer available in the same way. This card in this position shows you come from a period when you felt you held the key to your own success and that communication channels were open, which makes the current Mountain barrier even harder to accept and understand.

The transition from the Key to the Book, found in the opposite position, shows a clear change in how information and solutions are managed at work. The Key, representing openness and immediate resolution, gives way to the Book, which demands study, discretion and keeps secrets. The pair formed by these two forces indicates that solutions are no longer direct or evident; to find a way out now, it is no longer enough

to turn a familiar key, making it necessary to decipher what is written in the closed pages of the approaching Book, demanding a more attentive and less impulsive stance from you.

What is coming



5 · Book

The Book is the card positioned on the right, presenting the image of a bound and closed volume, which symbolises the secret, confidential information, study, intellectual work and everything yet to be revealed. In the Lenormand deck, this card represents knowledge not accessible to everyone, projects running in secret, audits, new regulations or restructuring plans that management has not yet officially communicated to the team.

In this place of what comes, the Book warns that the next chapter of this situation will bring the revelation of information kept out of your reach until now. The inexplicable tension felt at work is due to decisions being made in secret, change plans or performance evaluations not yet made public. This card indicates that current silence is not a void, but a preparation; there are data, reports or decisions locked away that, once opened, will explain why there is so much rigidity and distance in the workplace.

The Book, by closing the spread, leaves the outcome open, showing that knowledge is the tool that will allow you to deal with the Mountain of the present. This card does not promise immediate ease, but guarantees the truth of facts will come to light through documents, official statements or inevitable revelations. It is up to you to prepare to study the scenario coldly, read between the lines of events and avoid hasty decisions before accessing all the content this Book still keeps closed.

The reading as a whole

The layout of this table reveals a panorama where forces of conservation and control predominate, demanding enormous resistance and a strategic stance from you. We have a balanced scale with two favourable cards bringing structure and resolution, a heavy card imposing the block, and two neutral cards demanding strength and reserve. The absence of direct human figures, such as the Man or the Woman, shows this is not a matter of personal antipathies or personality clashes among colleagues, but rather of a structural and power dynamic surpassing individual wills.

The great line of force of this spread plays out on the vertical axis, where the **Mountain** blocks the **House** and the **Bear** sustains it from below. This vertical combination shows that the tension you feel is the direct result of a management or power structure (Bear) that has closed in on the department (House) to protect itself from external threats or to impose a new guideline without contestation (Mountain). The rigidity felt day-to-day reflects this pressure coming from above, crushing the sense of security you had in your workspace.

On the horizontal axis, we see the movement of time: the **Key** moves away to the left, taking easy certainties and bygone autonomy with it, while the **Book** enters from the right, bringing the need to investigate, keep quiet and wait for revelations on the way. The turning point in this spread lies in the transition from direct action to strategic observation. You will not manage to topple the **Mountain** by force nor confront the **Bear** head-on; the answer lies in understanding that the secret guarded by the Book gives meaning to the current block and shows the path to follow.

The answer to your question is clear: behind the inexplicable tension lies a silent restructuring, a control plan or behind-the-scenes decisions management is hiding. There is a territorial dispute and power centralisation generating this climate of mistrust and rigidity. The table's warning is for you not to try forcing immediate answers or demanding clarifications management is not willing to give now. The price of trying to break down the door right now would be useless wear and tear against a

stone wall; the correct path is containment, gathering information and waiting for the natural revelation of facts.

Advice

Strategic silence

The **Mountain** and the **Book** demand that you adopt a stance of absolute reserve over the coming weeks. Avoid sharing personal opinions about management, do not complain about the environment with work colleagues and do not try to guess aloud what is happening. The moment requires you to keep your thoughts to yourself, observing much and speaking little, as any word uttered in moments of tension can be used to fuel the mistrust of the **Bear** controlling the structure.

Defending territory

Born from the **House** governing the spread, this advice indicates you must focus your energies on performing your tasks with maximum precision, ensuring your area of responsibility is spotless and unassailable. Do not try to solve neighbouring department problems or volunteer for tasks outside your remit right now. Protect your physical and professional space, follow obligations to the letter and keep your base secure against any criticism or audit that may arise.

Preparing for the truth

The approaching **Book** shows information is your greatest asset. Use this period of apparent block to update your knowledge, organise files, document processes and study how the company operates more deeply. When secrets are finally revealed and the Book is opened, whoever is best prepared and documented will adapt most quickly to new guidelines without losing their position.

What not to do under any circumstances

The **Key** in the past warns you not to try using old methods or solutions that worked at other times to resolve current tension. Do not demand immediate clarification

meetings, do not confront management directly and do not try forcing a stance from superiors. Forcing the issue against the **Bear** when the **Mountain** is at the centre will only serve to increase resistance and put your place at risk before you have the information you need.

Signs to observe

Over the coming weeks, Luísa must pay attention to the circulation of new official documents, emails with unusual guidelines or closed-door meetings between management and external consultants, as these are signs the **Book** is beginning to open. If you notice control over timetables or financial reports tightening further, you will know the **Bear** is active and reserve remains your best defense. The moment to act and make a definitive decision about your future will only arrive when hidden information becomes public knowledge, leaving you until then to keep calm, protect your stability and observe the scenario with the coolness of someone who knows no mountain lasts forever.

About the pictures on the cards

The description of each card in this report follows the original iconography of the Tarot, which is what gives it its meaning. The decks do not always reproduce it in full: a detail described in the text may not be visible in the painting in front of you. In that case it is the text that the card is read by — it carries the traditional meaning.

The code for this spread

This block lays the table again. Copy it and paste it into «Paste a Spread», at www.soldaalma.pt: the cards return to the same places, and from there you can ask for this report again without drawing them anew.

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--- to restore this spread ---
tiragem: cig_cruz
baralho: cigano
cartas: G21, G4, G15, G33, G26
pergunta: There is a tension at work that I cannot explain. What is behind this?
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The cards show tendencies and forces at work, not guaranteed facts.

The responsibility and the decision are always the asker's.

Sol da Alma Lenormand · paintings made from scratch for this website.