Sol da Alma

TAROT READING

In-depth report

Prepared for Miguel

Celtic Cross · 17 September 2026

THE QUESTION

My life has stopped at a certain point and I don't know why. What is happening to me right now?

1	The situation	**Three of Cups**
2	The obstacle	**Two of Swords**
3	The foundation	**The Lovers**
4	What lies behind	**Temperance**
5	The crown	**The Hermit**
6	What draws near	**Four of Pentacles**
7	The querent	**The Sun**
8	The surroundings	**Six of Wands**
9	Hopes and fears	**The Star** *(reversed)*
10	The outcome	**King of Wands**

The question and what the spread answers

Your question, Miguel, brings the restlessness of someone who feels that life has stopped for no apparent reason, but the Tarot table reveals that this standstill is not an accidental void, but rather a necessary breathing space. Beneath the surface of the question about what is happening lies a much deeper and invisible issue: the conflict between the external image of success that the world applauds and the inner need to withdraw in order to re-evaluate your life choices. The spread answers very directly that the current stagnation is, in fact, a resistance to making an inevitable decision, a moment where energy has accumulated but the step forward is blocked by the fear of losing the security already gained.

The general atmosphere of the layout appears dense and of great importance, since half of the cards belong to the Major Arcana, which indicates that the matter cannot be resolved with small, everyday actions, but requires alignment with forces of destiny and deep choices. The element of Fire, visible in the creative energy and leadership, is very present and pushes for action, but it is blocked by the rigidity of Earth and Air's refusal to see what is right before your eyes. The fluidity of free Water is missing, having been replaced by a social celebration that no longer fulfils what your heart asks for. What is happening is a profound transition in which you are invited to stop keeping up appearances and assume your true personal power.

The situation



1 · Three of Cups

The Three of Cups opens the spread at the heart of the matter, showing three female figures raising their cups in a toast of celebration, in a setting of abundance, dance and sharing. As a card from the suit of Cups, which rules the element of Water and emotions, and bearing the number three, which represents the first visible expression of creation and the expansion of energy, this card describes a state of apparent contentment, socialising and harmony with others.

This card occupies the place of what is really on the table, which means that the starting point is a phase where social life, contacts and external harmony seem to be working well, which makes the feeling of a standstill even stranger and more incomprehensible.

If this card were in another position, such as the outcome, it would indicate a party or a happy union, but here, at the centre of the current situation, it reveals that your life is surrounded by pleasant stimuli and a support network that, nonetheless, may be acting as a distraction. The fact that there are reasons to celebrate and an environment of sharing hides the reality that you feel you are at a dead end. This card shows that the current situation is characterised by an attempt to maintain lightness and social celebration, while the soul asks for something deeper, connecting directly to the energy of external recognition seen further ahead in the Six of Wands.

The obstacle



2 · Two of Swords

The Two of Swords crosses the first card and presents itself as the direct obstacle, showing a seated, blindfolded figure holding two large crossed swords against their chest under the light of a waxing crescent moon. This is the suit of Swords, belonging to the element of Air, which governs thought, the mind and conflict, and the number two represents duality, the difficult choice and the need for balance. In this place of opposition, the card reveals that the stagnation is not caused by external factors, but rather by an inner armed truce, a state of deliberate indecision where you prefer to blindfold yourself so as not to have to choose between two directions that seem equally difficult.

At another point in the spread, this card could represent a necessary moment of mental rest, but here it is the very barrier preventing progress. The obstacle is the refusal to see the truth of the situation and the insistence on maintaining a defensive posture, where the crossed swords protect the heart but also prevent any real contact with the world or any concrete action. This standstill in your life is due to the fear that any decision will break the current balance, a mental deadlock that acts directly against the primordial force of choice that lies at the foundation of the spread through the card of The Lovers.

The foundation



3 · The Lovers

The Lovers appear at the base of the entire spread as the submerged root of the problem, presenting the classic image of a youth before two figures, under the protection and watchful eye of an angel hovering in the sky with its bow. This Major Arcana occupies number six in the journey of the Tarot, representing the moment when the human being leaves childhood and faces the responsibility of personal choice, love and commitment to their own path. In the place of the foundation, this card dictates that the origin of the current feeling of blockage comes from an old decision or a need for a deep choice that was postponed, or perhaps made without the heart being entirely present.

If this card were in the position of the outcome, it would point to a new love or a future union, but at the root of the problem it indicates that the structure of your current life was built upon a crossroads. The foundation of the standstill is the need to align external actions with the soul's deepest values. The deadlock experienced today is the echo of a trial of choice that was not fully resolved in the past, linking intimately to the search for truth and isolation projected in the crown position by the card of The Hermit.

What lies behind



4 · Temperance

Temperance appears in the position of the recent past, showing an angel who pours, in a serene and steady manner, liquid from one cup to another in a movement of alchemy and exact mixing, with one foot on the earth and the other in the water. This Major Arcana, under the number fourteen, represents patience, moderation, healing and the ability to harmonise opposites over time through gentle yet persistent action. In the place of what lies behind, this card shows that you come from a period where you tried to maintain peace at all costs, mixing different areas of life with great patience and tolerance, avoiding extremes and adapting to circumstances.

If this card were in what is approaching, it would advise waiting and harmonising, but in the recent past it warns that the time of merely moderating and tolerrating has ended. The weight of this outgoing influence shows that excessive patience, which was once a useful virtue to avoid conflicts, has now transformed into what is holding back movement. Temperance has already fulfilled its function of maintaining balance, and the insistence on continuing to conserve strength and postpone confrontation is what generated the current stagnation, opening space for the clearer, stronger energy of the Sun to begin emerging in your own attitude.

The crown



5 · The Hermit

The Hermit positions itself at the top of the spread, in the crown, revealing an elder walking in darkness, leaning on a staff and holding a lamp containing a six-pointed star, cloaked in a grey mantle. As the Major Arcana number nine, this card symbolises voluntary withdrawal, the search for inner truth, prudence and the time necessary for things to mature far from the world's gaze. In the position of the crown, which represents the conscious goal and the best that can be extracted from this situation, the card indicates that your deep desire is to find answers within yourself and understand the meaning of your path through silent wisdom.

In another position, such as the obstacle, this card could suggest excessive isolation or painful loneliness, but here it crowns the process, showing that the standstill in life is, in fact, a golden opportunity for self-knowledge. The Hermit legitimises this pause, indicating that the current goal should not be to run towards the external world, but rather to use this time of quiet to illuminate shadowy areas and find the correct direction. This desire for inner clarity contrasts sharply with the fear of losing direction, which manifests clearly in the card of The Star, which appears reversed further ahead.

What draws near



6 · Four of Pentacles

The Four of Pentacles appears in the position of the immediate future, showing a seated figure holding a gold coin firmly against their chest, while pressing two others with their feet and keeping a fourth upon their crown, in a gesture of clear retention and holding on. Pentacles is the suit that rules the element of Earth, associated with the body, money, material stability and slow-passing time, and the number four represents settlement, rigid structure and the consolidation of boundaries. In this place of what is approaching, the card warns that the tendency for the coming weeks is an even greater attachment to material security and the control of everything surrounding you.

If this card were in the current situation, it could signify optimal and comfortable financial stability, but in what is approaching it functions as a warning about the tendency to close off. The imminent danger is that of locking yourself in a fortress of habits and possessions out of fear of change, trying to hold on to life with too much force so that nothing moves out of place. This defensive and restrained attitude can accentuate the feeling of a standstill if you do not understand that the flow of life demands openness, establishing a strong tension with the dynamism and generous leadership revealed in the outcome through the King of Wands.

The querent



7 · The Sun

The Sun shines in the position describing the attitude and state of mind of the person asking, showing a naked child, full of vitality, riding a white horse beneath the rays of an immense golden sun, surrounded by sunflowers. This Major Arcana, with the number nineteen, is the ultimate symbol of clarity, revealed truth, pure joy and the vital energy that illuminates everything and makes it grow. In the place of you, this card reveals that, despite the feeling of blockage in practical life, there exists within you an enormous vital force, a genuine desire to live with truth and a clear awareness of your own value and potential.

If this card were in the obstacle, it could suggest arrogance or excessive exposure, but here it shows that you see yourself as someone who has much to give and who aspires to a luminous and transparent life. There is an enormous nobility of spirit in your current posture, which makes the conflict with the external standstill even more painful. The Sun indicates that the energy to move forward is all there, intact and ready to be used, but it is temporarily dammed up by the mental indecision that the Two of Swords imposes on the flow of action.

The surroundings



8 · Six of Wands

The Six of Wands appears in the place of the environment, portraying a laurel-crowned knight advancing triumphantly amidst a cheering crowd, holding a wooden staff also adorned with a victory crown. Wands is the suit of the element Fire, which rules will, action, career and dynamism, and the number six represents the successful passage through a crisis and the public recognition that comes from it. In the position of external circumstances, this card shows that the environment surrounding you, whether at work or in family life, sees you as a victorious, successful person capable of leading, with a general expectation of triumph and progress regarding you.

In another place in the spread, this card would be the celebration of a personal victory, but in the environment it describes the pressure of having to live up to that image of success that others have created. The environment around you is in constant motion and demands fast results, which enters into direct contradiction with the need for withdrawal and silence that the crown of the Hermit demands at this time. This external demand for constant advancement and social brilliance is what makes the current standstill so distressing, since the world expects a victory parade when the heart asks for a pause for reflection.

Hopes and fears



9 · The Star
(reversed)

The Star appears reversed in the position revealing secret motivations, what is desired and what is feared, showing the figure pouring water from their jars onto the earth and the lake beneath a starry sky, but now in a position where fluidity is disturbed. This Major Arcana, which in its upright position brings hope, inspiration and connection with the natural flow of destiny, appears here with its force turned inward or in excess. This means that your greatest fear is losing faith in the future, seeing your sources of inspiration dry up and following a distant promise that will never come to fruition.

If this card were in the position of the outcome, it could point to a delay in realising a project, but in this place of hopes and fears it reveals a deep crisis of confidence kept within. The fear that the current standstill is definitive and that the brightness of life has faded is what truly torments you. This blocked force of the reversed Star shows that it is urgent to clear the source of hopes, stopping looking at the future with despair in order to start acting based on the concrete reality taking shape on the horizon.

The outcome



10 · King of Wands

The King of Wands crowns the end of the spread in the position of the outcome, showing a mature, imposing man seated on a throne adorned with salamanders, firmly holding a blossoming wooden staff and looking with determination towards the horizon. As the king of the suit of Wands, this figure embodies absolute mastery of the element Fire, representing natural leadership, far-reaching vision, the courage to undertake and the ability to transform ideas into concrete action.

In the place of the final result, this card shows that the path of the current standstill tends to culminate in an extraordinary reclamation of personal power, where you will leave passivity behind to take the reins of your own destiny.

This card indicates that the natural resolution of this crisis process is not continuous stagnation, but rather the birth of a new posture of leadership and vigorous action. You have the capacity to become the sovereign of your own life, acting with the courage and moral authority that this king demands. For this outcome to be fulfilled, it will be necessary for the latent energy of the Sun, which already dwells within you, to express itself in firm, decided actions in the outside world, leaving behind indecision and the fear of losing security.

The reading as a whole

The global analysis of this spread reveals a dynamic of forces of great intensity and a very clear answer to your restlessness. The presence of half Major Arcana in the layout demonstrates that this standstill in life is neither a minor fact nor a passing stroke of bad luck, but rather a structural transition process that demands a profound raising of awareness. The dominant element is Fire, which appears in the will to achieve of the **King of Wands** and the external recognition of the **Six of Wands**, indicating that there is an enormous capacity for action and brilliance wanting to manifest. However, this Fire force is blocked by the lack of mental clarity of Air in the **Two of Swords** and the tendency for retention of Earth in the **Four of Pentacles**.

An evident contradiction exists between what the world sees and what you feel. While the external environment, mirrored in the **Six of Wands** and the **Three of Cups**, shows a scenario of success, socialising and recognised victories, your inner self, represented by the Hermit in the crown and the reversed Star in the fears, asks for isolation, truth and healing for a hidden despondency. This tension shows that the current standstill serves precisely so that the gap between the successful social persona and the internal emotional reality can be closed. The **Two of Swords** prevents action because you are afraid of making the decision that **The Lovers** demand at the

root of everything.

The movement through time shows that you come from a period of patience and constant adaptation with **Temperance**, but that phase of conciliation has come to an end. The present is one of mental deadlock, but the immediate future with the **Four of Pentacles** brings the warning that, if nothing is done, the tendency will be an even greater closing off regarding material securities, which will increase the feeling of stagnation. The turning point lies in accepting the call of the Hermit: use the standstill to gain the clarity of the Sun and, from there, make the decision that will allow the **King of Wands** to take command and initiate a new cycle of real, inspired action.

Advice

The necessary withdrawal

Do not fight the need to be alone with your thoughts at this moment. **The Hermit** in your crown shows that this pause in life is legitimate and useful, so you should set aside moments of voluntary withdrawal to listen to your own voice, far from the expectations and opinions of the people around you who always expect your success.

The decision to face

Remove the blindfold from your eyes that the **Two of Swords** reveals in the obstacle position. Identify which life choice you have been postponing out of fear of consequences or from wanting to please everyone, since energy will only flow again when you assume the responsibility of taking a clear direction, even if this implies giving up some immediate ease.

Detachment from control

Avoid closing yourself off defensively or clinging with too much rigidity to your current material securities and routines, as the **Four of Pentacles** in the immediate future suggests you will tend to do. True security does not come from trying to control all variables or keeping life static, but rather from your ability to adapt and create new

solutions.

The expression of truth

Let the luminous energy of the Sun, which defines your true current essence, show itself without filters or masks of social convenience. Do not feel the obligation to pretend that everything is great or to maintain the role of the always strong and successful person that the **Six of Wands** describes in your environment; share your doubts with those who deserve your trust.

Acceptance of leadership

Prepare to assume the role of command over your own destiny that the **King of Wands** points to in the outcome. Begin designing an action project that depends exclusively on your will and vision, focusing on what you want to build in the long term and ceasing to be merely a spectator of the circumstances that life presents to you.

The signs of the path

In the coming weeks, the sign that you are on the correct path of liberation from this standstill will be the sensation of mental relief, the decrease in anxiety regarding the future and the appearance of a new idea or project that restores your enthusiasm and willingness to act. On the contrary, if you notice that you are isolating yourself out of bitterness, that your mobile phone has become a refuge to avoid contacts, or that you are clinging to small habits obsessively, that will be the warning that you are yielding to the fear of the **Four of Pentacles** and postponing your own life. The Tarot table shows that the power to light the lamp and guide your steps is entirely yours, so it is up to you, Miguel, to take the step that will transform this standstill into a new and luminous starting point.

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: cruz_celta
baralho: tarot_casa
cartas: C3, E2, M6, M14, M9, O4, M19, P6, M17*, P14
pergunta: My life has stopped at a certain point and I don't know why. What is happening to me right now?
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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 Tarot · seventy-eight paintings made from scratch for this website, in the style of the canvas that opens the page.