The Herpes Witch www.theherpeswitch.com positivesupport@theherpeswitch.com

Tarot & Tea

Finding Clarity & Calm Through Tarot and Tea

Many of us feel anxious, overwhelmed, or caught in cycles of worry and fear. Tarot can be more than a tool for insight. It can be a personal guide for grounding, release, and gentle self-care.

With this guide, you will explore the Tarot cards most commonly associated with conflict, anxiety, stress-related health issues, and fear, such as the Devil, the 5 of Coins, and the 3 and 9 of Swords, and learn how each card can be a tool for wellness. For each card, you'll find:

- Card meaning keywords
- A simple somatic exercise to release immediate tension
- A carefully selected herbal tea recipe to soothe and restore
- A crystal correspondence to support balance and courage

How to Use

For each card, try the activity, brew the suggested tea, and hold the crystal close to your body for calm, uplifting energy. Relax your shoulders and your breathing.

Major Arcana Cards

VIII Strength

- Challenge: Self-doubt, fear of confrontation, inner tension
- Tea: Chamomile tea – 1 tsp chamomile flowers, steep 5 minutes
- Crystal: Tiger's eye for courage and resilience
- Somatic Activity: Press palms together gently while breathing slowly

IX The Hermit

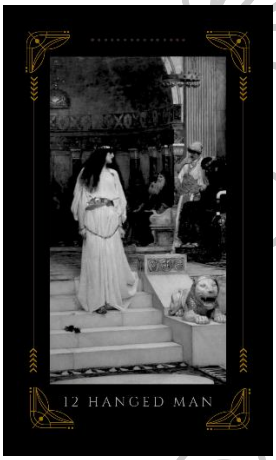
- Challenge: Isolation, anxiety, overthinking
- Tea: Sage tea – 1 tsp dried sage, steep 5 minutes
- Crystal: Amethyst to support reflection
- Somatic Activity: Light stretching while seated, focus inward

X Wheel of Fortune

- Challenge: Fear of change, feeling out of control
- Tea: Cardamom tea – 1/4 tsp crushed cardamom pods, steep 5 minutes
- Crystal: Labradorite to enhance adaptability
- Somatic Activity: Gentle torso circles while inhaling and exhaling

XI Justice

- Challenge: Guilt, moral anxiety, conflict over decisions
- Tea: Peppermint tea – 1 tsp dried peppermint leaves, steep 5 minutes
- Crystal: Sodalite for clarity and truth
- Somatic Activity: Balance on one foot to cultivate steadiness

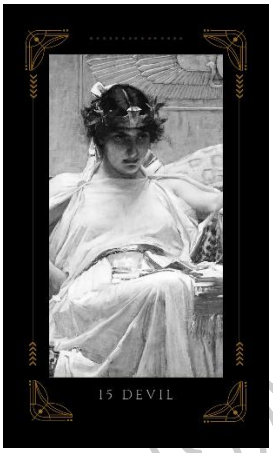


XII The Hanging Man

- Challenge: Feeling stuck, surrender anxiety
- Tea: Chamomile tea – 1 tsp chamomile flowers, steep 5 minutes
- Crystal: Fluorite for mental clarity
- Somatic Activity: Gentle forward bend, letting the head hang

XIII Death

- Challenge: Fear of endings, resistance to change
- Tea: Dandelion root tea – 1 tsp roasted dandelion root, steep 5–7 minutes
- Crystal: Obsidian for grounding through transformation
- Somatic Activity: Slowly stretch arms overhead and release tension



XV The Devil

- Challenge: Anxiety from attachments or unhealthy patterns
- Tea: Cinnamon tea – 1/2 tsp cinnamon stick or ground; steep 5 minutes
- Crystal: Smoky quartz to release fear and attachment
- Somatic Activity: Ground through feet, hands on hips, slow breathing

XVI The Tower

- Challenge: Sudden upheaval, fear of crisis or instability
- Tea: Ginger tea – 1/2 tsp fresh grated ginger, steep 5 minutes
- Crystal: Black tourmaline for protection and grounding
- Somatic Activity: Quick shoulder rolls to release tension

XVIII The Moon

- Challenge: Fear of the unknown, illusion, subconscious anxiety
- Tea: Mugwort tea – 1 tsp dried mugwort, steep 5 minutes
- Crystal: Labradorite to enhance intuition
- Somatic Activity: Seated side stretches with focus inward

Minor Arcana Cards: The Tarot Suits

Swords

Two of Swords

- Challenge: Indecision, inner conflict, mental tension
- Tea: Lemon balm tea – 1 tsp lemon balm, steep 5 minutes
- Crystal: Lapis lazuli to aid discernment
- Somatic Activity: Cross arms over chest and breathe deeply

Three of Swords

- Challenge: Heartache, grief, emotional conflict
- Tea: Rose petal tea – 1 tsp rose petals, steep 5 minutes
- Crystal: Rhodonite for compassion
- Somatic Activity: Place hand over heart, inhale slowly, exhale tension

Four of Swords

- Challenge: Mental exhaustion, burnout, worry
- Tea: Chamomile tea – 1 tsp chamomile, steep 5 minutes
- Crystal: Amethyst for mental recovery
- Somatic Activity: Lie down with hands on chest for mindful breathing

Five of Swords

- Challenge: Conflict, tension, fear of defeat
- Tea: Sage tea – 1 tsp sage, steep 5 minutes
- Crystal: Black onyx to absorb negative energy
- Somatic Activity: Stretch arms outward, release clenched fists

Seven of Swords

- Challenge: Fear of deceit, anxiety over secrets or strategy
- Tea: Peppermint tea – 1 tsp peppermint leaves, steep 5 minutes
- Crystal: Fluorite to support discernment
- Somatic Activity: Gentle torso twists to release mental tension

Eight of Swords

- Challenge: Feeling trapped, mental paralysis, worry
- Tea: Lemon balm tea – 1 tsp lemon balm, steep 5 minutes
- Crystal: Tiger's eye to foster courage
- Somatic Activity: Lift arms overhead, stretch, release shoulder tension

Nine of Swords

- Challenge: Anxiety, worry, insomnia
- Tea: Linden flower tea – 1 tsp linden flowers, steep 5 minutes
- Crystal: Amethyst for restful energy
- Somatic Activity: Place hands on chest and abdomen while taking slow breaths

Ten of Swords

- Challenge: Overwhelm, despair, hitting limits
- Tea: Dandelion root tea – 1 tsp roasted dandelion root, steep 5–7 minutes
- Crystal: Obsidian for grounding
- Somatic Activity: Gentle forward fold, releasing shoulders

Cups

Five of Cups

- Challenge: Grief, regret, dwelling on loss
- Tea: Rose petal tea – 1 tsp rose petals, steep 5 minutes
- Crystal: Rhodonite for emotional healing
- Somatic Activity: Place palms on heart and abdomen, breathe deeply

Seven of Cups

- Challenge: Overwhelm, confusion, fear of choice
- Tea: Peppermint tea – 1 tsp peppermint leaves, steep 5 minutes
- Crystal: Fluorite for clarity in decision-making
- Somatic Activity: Alternate lifting arms slowly with deep breaths

Eight of Cups

- Challenge: Anxiety about leaving situations, emotional uncertainty
- Tea: Chamomile tea – 1 tsp chamomile, steep 5 minutes
- Crystal: Aquamarine for calm transition
- Somatic Activity: Slow walking meditation, imagining moving toward safety

Wands

Five of Wands

- Challenge: Conflict, tension, competition
- Tea: Sage tea – 1 tsp sage, steep 5 minutes
- Crystal: Black tourmaline to release stress
- Somatic Activity: Shake out arms and shoulders to release tension

Seven of Wands

- Challenge: Feeling attacked, defensive anxiety
- Tea: Peppermint tea – 1 tsp peppermint leaves, steep 5 minutes
- Crystal: Carnelian to support courage
- Somatic Activity: Lightly step side to side, grounding through your feet

Nine of Wands

- Challenge: Weariness, stress, fear of ongoing challenges
- Tea: Lemon balm tea – 1 tsp lemon balm, steep 5 minutes
- Crystal: Tiger's eye to build resilience
- Somatic Activity: Stretch arms overhead and gently bend side to side

Ten of Wands

- Challenge: Feeling burdened or overwhelmed
- Tea: Chamomile tea – 1 tsp chamomile, steep 5 minutes
- Crystal: Smoky quartz for grounding
- Somatic Activity: Roll shoulders backward while inhaling deeply

Coins

Five of Coins

- Challenge: Poverty, illness, scarcity, poor health
- Tea: Dandelion root tea – 1 tsp roasted dandelion root, steep 5–7 minutes
- Crystal: Smoky quartz to ground and stabilize
- Somatic Activity: Gentle seated forward fold to release stress

Note: When these cards keep showing up in your readings, something in your life is whispering for your attention. Whatever it is, it's causing mental, emotional, or physical stress. Sometimes we know what's stressing us out, but other times we just feel like something isn't quite right and needs to change.