

**WEBINAR HANDOUT – THE SUIT OF CUPS**  
**Recorded Live on Saturday 24<sup>th</sup> October 2020**



**The Suit of Cups.**

The four suits of the tarot are representative of different dimensions and different aspects of our lives. Each suit speaks of a different aspect or series of archetypal experiences that take place in the immediacy of our lives.

Each suit of the minor arcana has 10 cards plus four court cards. In today's webinar we will look at the 10 cards in the suit of cups.

The suit of cups corresponds to the element of water and speaks to us of relationship and matters of the heart. In some packs of the Tarot it is symbolised by the myth of Eros and Psyche and follows the evolution of their relationship, ultimately leading to a fully conscious, long-term soul mate union.



**The Ace of cups.**

The Beginning of journey in the realms of the heart.

- Aphrodite. Goddess of love
- New Love
- Raw feelings
- The power of emotion
- The urge and desire to be in relationship
- The beginning of a love not yet manifested
- The seeker of the reading is now ready for love
- The indication that seeker is ready to understand the importance of self-love
- Love of the divine and an increased spiritual connection

In reverse this card can indicate overwhelming emotions or repressed feelings. It can also indicate that the seeker may be holding back within a relationship or have a deep seated fear of intimacy.



Two of cups.

This card heralds the beginning of a relationship

- A new relationship
- Reconciliation and a re-meeting
- An old love is returning into the seekers life
- This card can also imply a connection or a contract between business partners
- Attraction
- A unified vision with another
- Coming together with purpose

In reverse, this card can imply disagreements within relationship and an inability to negotiate or compromise. It can also indicate that the seeker is in a relationship where there is an inappropriate balance of power and inequality.



Three of cups.

This is a card of celebration and implies the beginning of a new phase within relationship

- Joy
- The start of a love affair
- Taking a relationship a stage further
- The birth of a child
- Engagement
- The celebration of a marriage
- The development of a deepening emotional connection

In reverse, this card suggests that the seeker is feeling disconnected from others and disconnected from joy.



### Four of cups.

The four of cups suggests that something within a relationship will come to light, although not necessarily in a straightforward way. It also acknowledges that ultimately this is needed.

- The seeker is being pushed to see some aspect of their relationship with greater honesty.
- The seeker is being pushed out of their comfort zone either by others or by circumstances
- Dissatisfaction
- Jealousy
- Intrusion
- Spiteful underhandedness
- Insecurities
- Depression

In reverse the four of cups suggests that the seeker has overcome issues of jealousy, insecurity and dissatisfaction within relationship. It can also indicate that the seeker is desiring the resolution of problems within their relationship.



### Five of cups.

The five of cups is a card of regret, and yet through the acknowledgement of past actions, a doorway of opportunity is opened to create a new future.

- Regret
- Sadness
- A relationship needs to be worked on
- Disappointment
- Unexpected interruptions and disturbances
- Out of balance
- Taking ownership of the consequences of our actions

In reverse, this card suggests that the seeker is learning from the past and moving through and beyond previous hinderances. There is also an acceptance of who he or she is and an acceptance of responsibility for the consequences of one's own actions



### Six of cups.

The six of cups is a card of nostalgia. The seeker is called to look back, review and if necessary grieve, in order to move forwards. Rather like an abscess that needed to break open in order to heal, although this card can suggest sadness, it is much needed in order to release the past and move forwards into the future.

- Nostalgia
- Grieving
- Looking back
- Time to let go of the past
- Celebrate where you are right now
- Celebrate the learning from previous situations

In reverse, this card suggests that the seeker is clinging to past beliefs and can indicate an inability to let go of someone or something to which they have had a strong emotional connection.



### Seven of cups.

The seven of cups is a card that suggests choices in matters of the heart.

- More than one option
- It is time to make a decision
- Take your time there is more than one choice available to you
- not sure what to do
- Weigh things up realistically

In reverse this card can suggest that the seeker is feeling overloaded and is unable to see their choices clearly. It can also indicate a resistance to making an inevitable choice.



Eight of cups.

The eight of cups suggest that the seeker is leaving something behind.

- A clear decision and a personal choice to let something go
- Choices
- Conscious personal choice
- There is nothing more that we can do and so we continue
- Stepping into the unknown
- Inevitability

In reverse this card questions, have you invested time in people who do not give back! Learn to say no.

In reverse this card can also indicate a fear of loss and a fear of letting go.

The seeker is stuck in old patterns of thinking and behaving.



Nine of cups.

The nine old cups is a card of deep rooted joy and happiness that has been built on a solid foundation of genuine effort through psychological and emotional hard work!

- True happiness and much deserved!
- Validation
- Fulfilment of a deeply desired wish
- Rewards for efforts made
- Fulfilment in love
- Reunited with a soul mate

In reverse, this card indicates someone who is expecting to get what they want without having to work for it or make any effort.



## Ten of cups.

The ten of cups is a card of ongoing happiness, marriage and an indication of the utmost joy within relationship.

- Ongoing happiness
- Marriage
- A romantic relationship is flourishing
- A relationship is going to develop into a long term and lasting love
- Permanence in matters of the heart
- Making a commitment
- A soul mate union

In reverse this card can indicate that the seeker or someone in the seeker's life, is unable to be with those that they love, or indeed someone that they love.

It can also indicate someone who is blocking their ability to receive love and is displaying self-sabotaging behaviours within their relationships blocking their ability to have that which they truly desire.