

## 4 of Swords

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*This lovely tarot image is from The Victorian Romantic Tarot deck, by Karen Mahony and Alex Ukolov.*

Ah, the respite provided in the 4 of Swords just makes me relax. That's what this card is all about. Recharging your batteries. Taking a break from life, and letting it progress... without you. Now, more than ever, you need to simply pause and take an adult "timeout". Although clearly you see (and probably envy as I do when I see this image) this as a physical rest, the meaning here is generally an inward, mental state of rest and recuperation. Have you been burning the candles at both ends? Working against deadlines, sometimes impossible ones that you place on yourself? Take a bit of time and just rest. Smell the ocean, read a book, float in a pool – ah. You'll be amazed at what you will accomplish once clarity of mind has returned! <sigh>