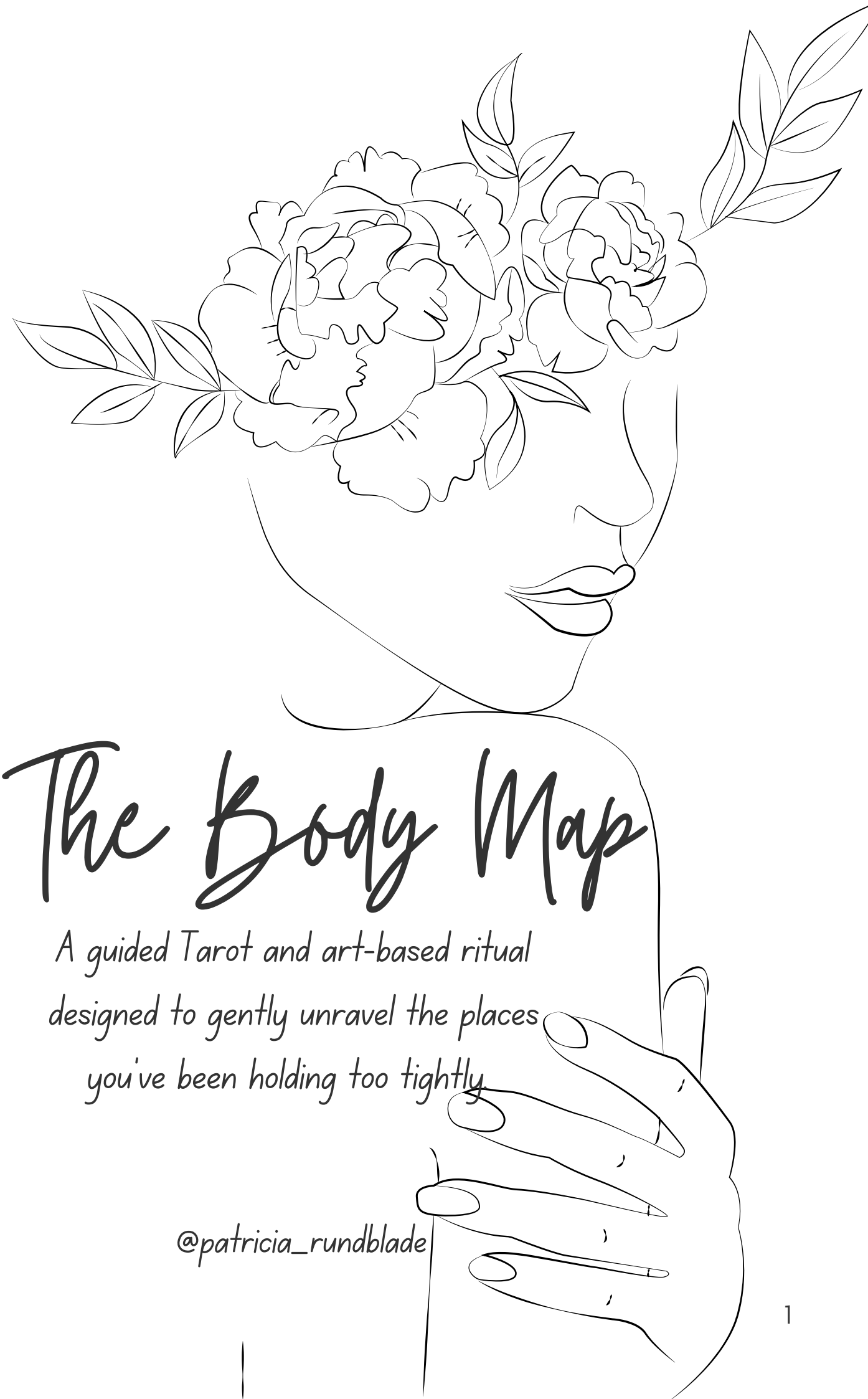


The Body Map

A guided Tarot and art-based ritual
designed to gently unravel the places
you've been holding too tightly

@patricia_rundblade

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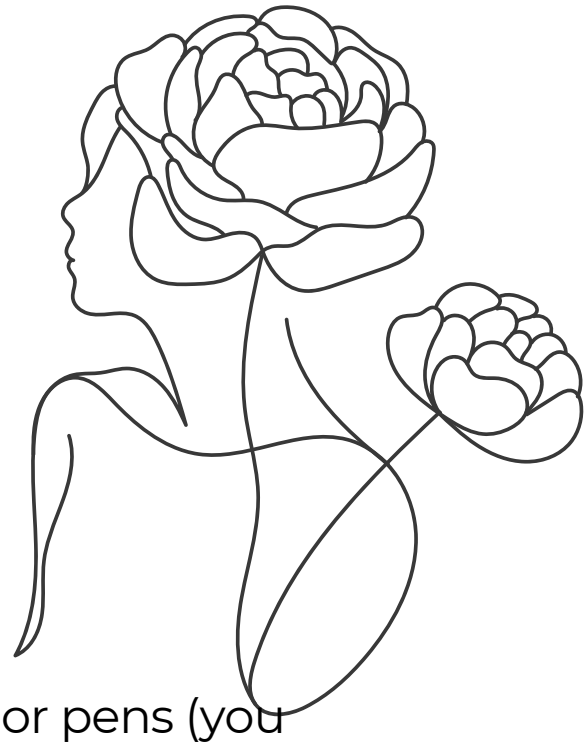


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01 welcome

Welcome to The Body Map, a guided Tarot and art-based ritual designed to gently unravel the places you've been holding too tightly. Through this practice, the intention is to bring a more conscious awareness to where the knots of stress, exhaustion, and depletion have been stored in your mind, body, and soul. This practice is designed to gently ease you into a place of greater softness and presence so that you can begin to untangle any knots that are holding you back from reclaiming your joy, vitality, and inner strength.



02 what you'll need

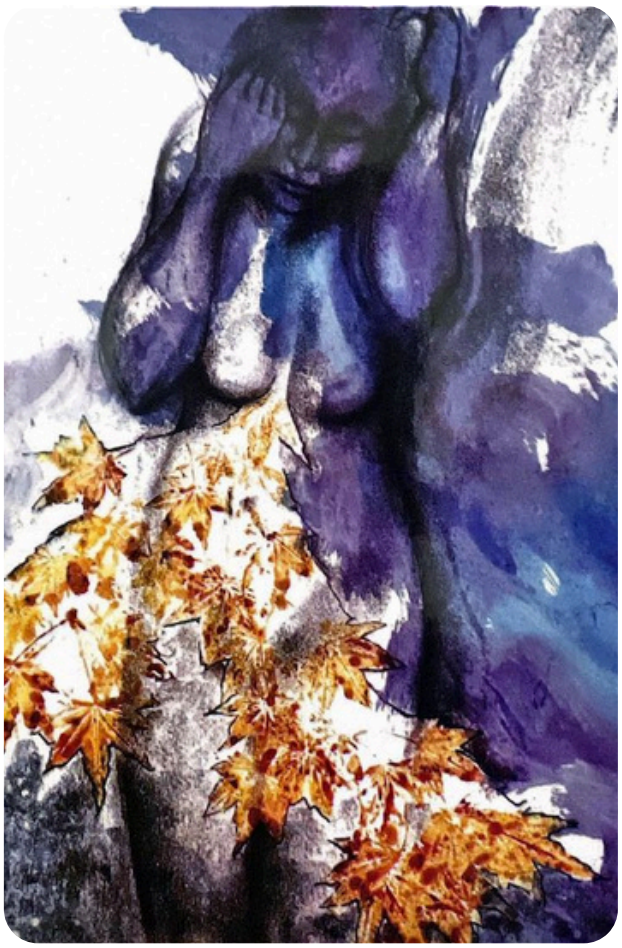
- Uninterrupted time
- this PDF (printed or on screen)
- colored pencils, markers crayons or pens (you choose)

How it works:

1. Spend time reflecting on The Body Map Tarot spread - and feel into what the cards are revealing to you
2. You can either listen to the 10 minute audio Body Scan recording and use the body outline to map where you're holding exhaustion, tension, rage, or numbness within your body - oftentimes we know where the tensions live and are hesitant to actually see it - be gentle with yourself here - complete the art practice.
3. Reflect and complete the journaling prompts.
4. Lastly, with intention witness the process you have journeyed through and what your body is telling you.

03 The Body Map Tarot

- Devote time to sit with these cards and what they are revealing for you in your life
- Prompts & questions have been provided for support - there is no right or wrong answer here



Sit with this card first. Feel into your own inner knowing to understand how this card relates to you and this time in your life.

What do you feel when you see the image?

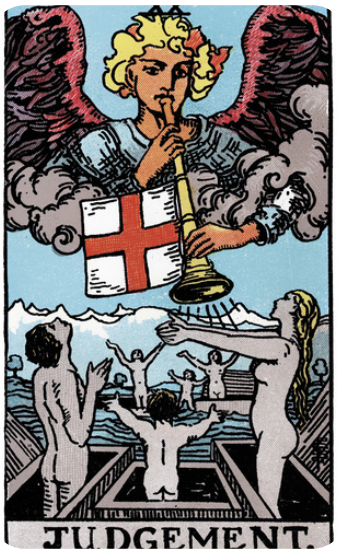
How do the colors impact you?

What emotionas are emerging as you view this image?

Feel free to write your thoughts in the empty space below.

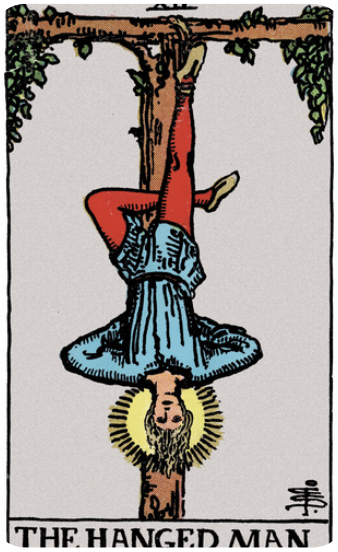
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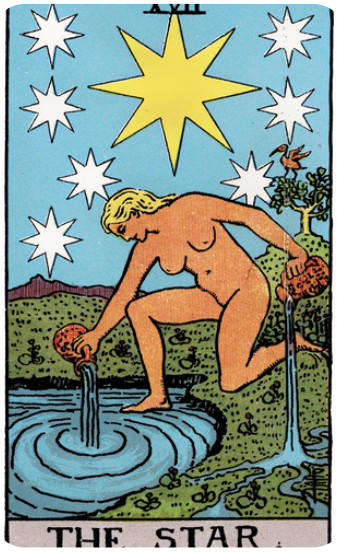


#5 - Possible outcome for how you are feeling or your situation at this time

#4 - Energies supporting you - helping you



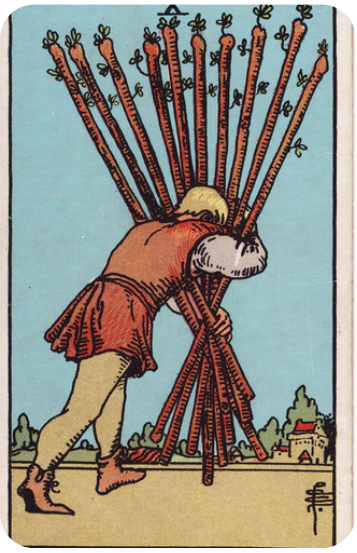
#2 - Where you desire to be in life or with a certain situation



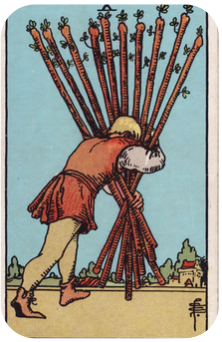


#3 - Energies opposing you, non-supportive

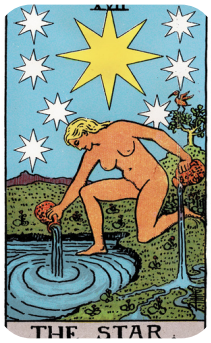
#1 - Potentially how you are feeling or experiencing life at this time.



The Body Map Tarot



10 of Wands: You may be feeling weary and overwhelmed with responsibilities, or feel overburdened and under pressure and strain. Take a step back and look beyond it. **Where in your life are you feeling overburdened?**



The Star: a card of hope; it brings a sense of optimism and tells us to have faith, safe in the knowledge that better times are ahead of us. **How can you create more hope and optimism in your life?**



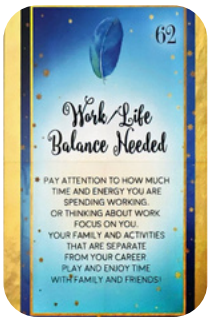
7 of Wands: Feeling as if you need to defend your situation/position. Meet opposition along your path; obstacles. **How can you step further into courage to stand up for yourself?**



The Hanged Man: look at matters from a different perspective, which may bring about a possible solution through better understanding. **Where are you self-sacrificing? What can you let go of in the short term for the benefit of the long term vision**?



Judgement: represents resurrection, it indicates renewal and revival. It is possible to make a new start, but taking stock of what is being shown in The Hanged Man is crucial. **As you sow, you shall reap - what is worth sowing so that you can create anew in your life or situation?**



Life Balance is needed. Pay attention to how much time and energy you are spending working or on things that drain your energy. Focus on what fills your cup - positive family dynamics, activities that restore you and your energy, and enjoy time with others who bring happiness to your life. **Where and how can you create more balance in your life?**

04 Body Outline for Mapping

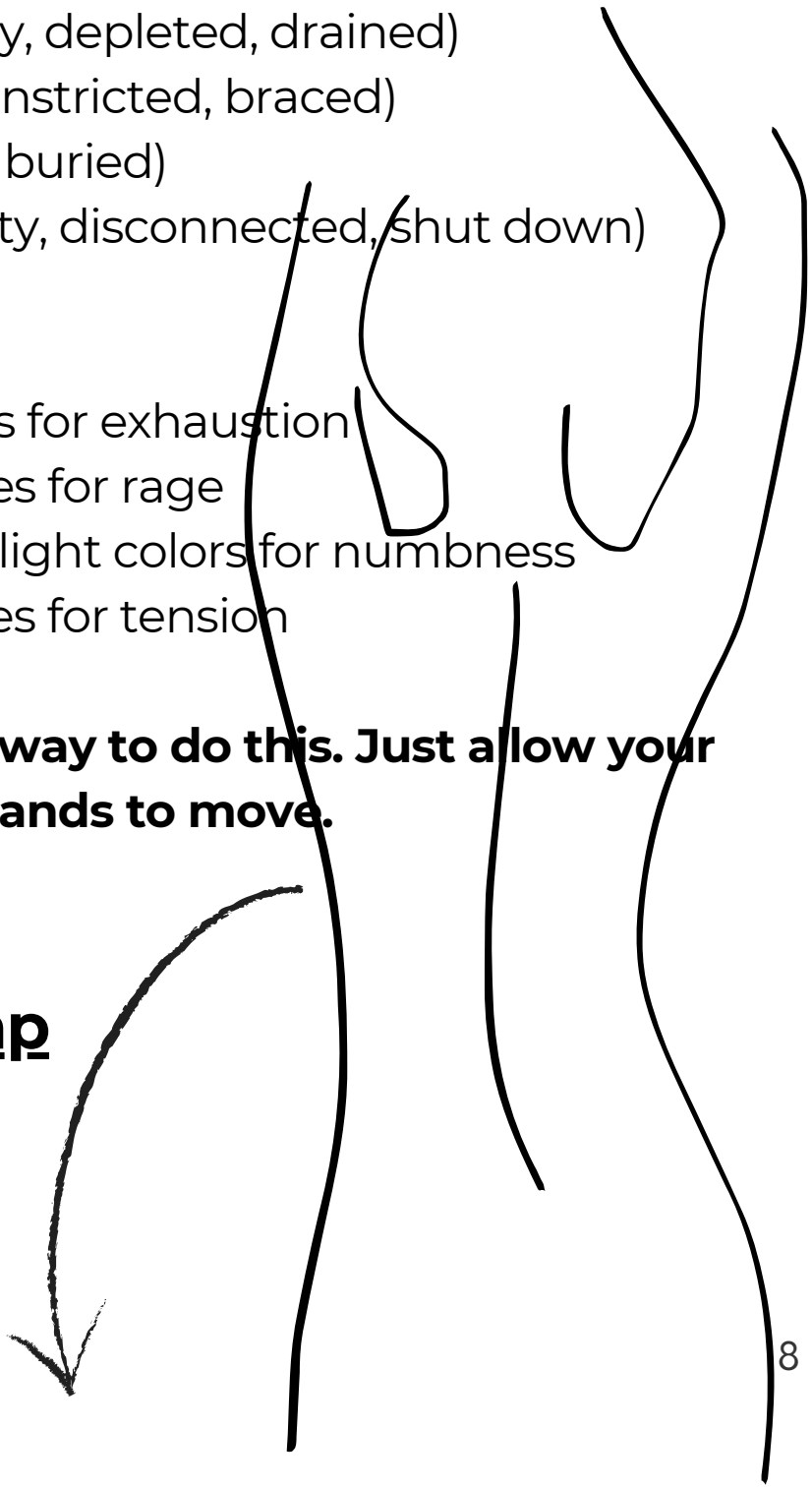
I**nstructions:**
Using colors, shapes, lines, or symbols, mark on this body outline where you're holding:

- exhaustion (heavy, depleted, drained)
- Tension (tight, constricted, braced)
- Rage (sharp, hot, buried)
- Numbness (empty, disconnected, shut down)

You might use:

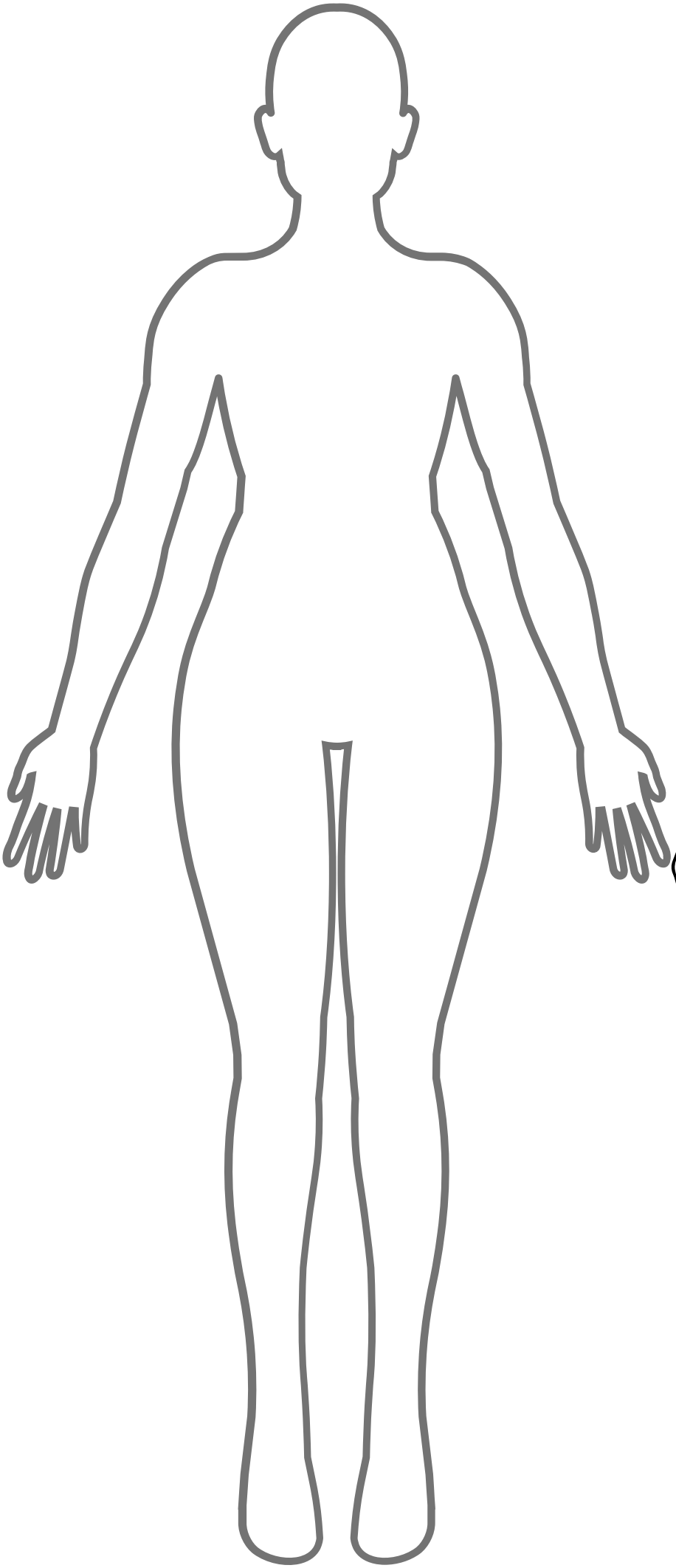
- dark, heavy colors for exhaustion
- sharp, jagged lines for rage
- empty spaces or light colors for numbness
- tight, small shapes for tension

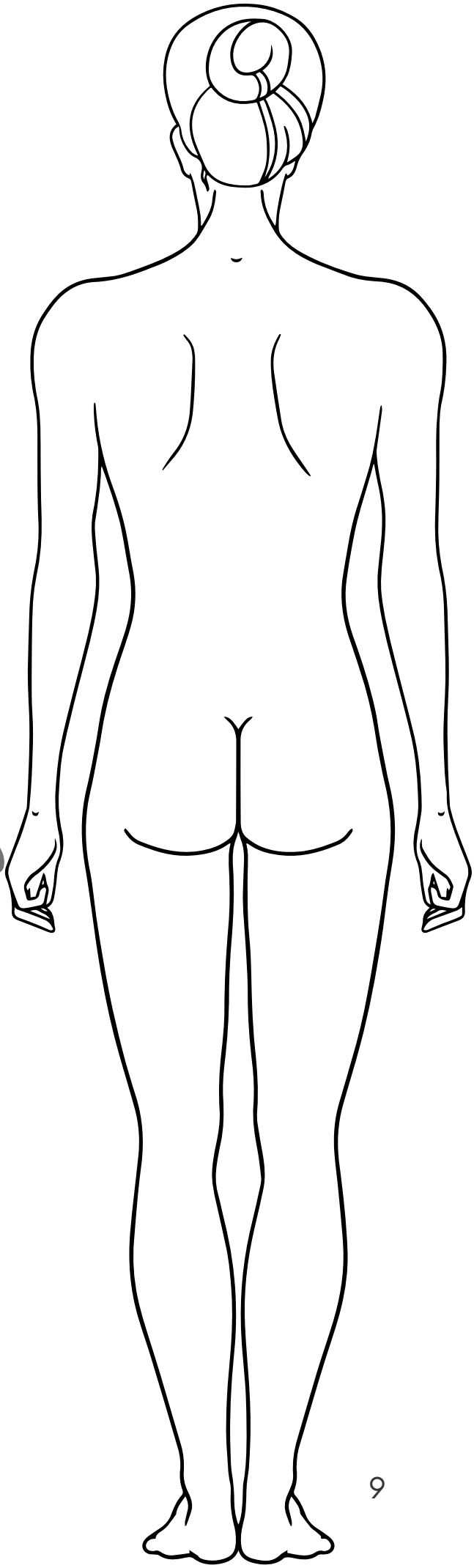
There is no right way to do this. Just allow your hands to move.



Companion audio:

The Body Map





04 Journal Prompts

Now that you have created your Body map, take a few minutes to journal on these questions. Be honest. This is just for you.

1. *What do I see in this drawing that surprises me? What am I holding that I didn't realize was there?*

2. *If this part of my body could speak, what would it say to me? What has it been trying to tell me that I've been ignoring?*

3. *Am I forcing my way through something alone - pushing, striving, white-knuckling? Or am I giving my power away - compromising, collapsing, saying yes when I mean no? Or both?*

4. *What am I afraid will happen if I stop carrying this? What am I protecting by staying exhausted?*

5. *What would it feel like in my body if I let this go? What would need to change in my life for that to be possible?*

05 What's Next?

Your body **IS** speaking. **Continue listening**.

If this practice revealed something you are ready to address - if you are done carrying everything alone and you're ready to come back to your body, reclaim your life force energy, and start living from a place that is rooted and real - I'd love to support you.

Beneath the exhaustion we see on the outside is a deeper exhaustion waiting to be revealed and restored to health.

Check out the links below for tohers ways to connect with me and my work.



06 Conclusion

Look, I've been there. In that place where life feels heavy, each day feels like a hurdle, and oblivious to actually how much I was numbing my emotions. I get it; it makes life easier when we can just roll through whatever crisis is happening in the moment. I did this for so long, that my body decided one day enough was enough. Stranded on the side of the highway, emotionally on the very edge of the cliff. That's when I knew I had to listen. One of the ways that listening happens to me is through art and breath, and other healing interventions. Being able to tap into art and breath kick started my healing process. Through this work, I want to share it with you and help you take that first step to creating sustainable balance in your life.

Let's stay connected:

Website: www.patriciarundblade.com

Podcast: Mindfully Disruptive Podcast

Instagram: @patricia_rundblade

Email: patricia@patriciarundblade.com