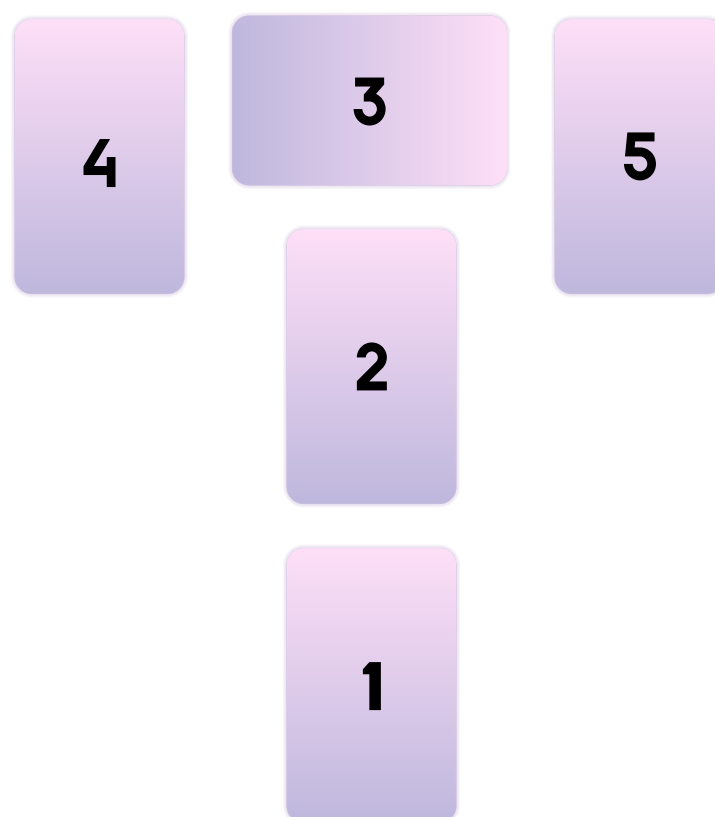


The Stonebark Tree

For when you feel ungrounded or shaken. This spread helps you name the trigger, come back to center, and take a step toward long-term stability.



Positions:

1. **The Wind** - what is triggering my anxiety or shaking me right now
2. **The Branches** - what movement or outward expression can help me release stress
3. **The Roots** - an inner or outer resource that grounds me when I feel destabilized
4. **The Trunk** - how I can stay connected to my body and practice presence
5. **The Soil** - a nurturing practice or habit that will help me foster a lasting sense of stability

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Journal/Reflection Prompts:

1. How does stress or anxiety tend to move through me? Where do I feel it in my body? What patterns do I notice in how I tend to react?
2. What resources (inner or outer) actually help me return to stability, and which ones only numb or distract me?
3. What habits might help me create steadier ground for myself long-term, so that grounding isn't just a response but a way of living?