



The 2 of Swords is both a card of flow and movement in the mental narrative, but it also a card of rigidity. This is a card of both action and silence, fluidity and stone. Many of the Swords cards pay an homage to this human, sometimes messy truth, that sometimes it is all too much, and yet not enough. All of the Sword pips speak to the mental narrative. This includes ideas, generational or perhaps even genetic predispositions to coping mechanisms, thoughts, thoughts into actions, communication, and more. After we have peeled the layer open and have received the message, the 2 of Swords comes in.

When in balance, the 2 of Swords is first step in processing. There is a mental duality of both the act of processing the narrative, but also the decision of what to do with these words and instinctual perceptions. The image in the card always shows this duality well. The crossed swords are, at the same time, both a protective and attack stance. When the the swords are crossed, we defend ourselves, defend our visceral core. But we also attack, create action, and engage in this act. This crossing symbolizes both the act of receiving the message (protection or pause) and the act of deciding what to do (attack or action). One of the reasons, in my opinion, that this fluid motion comes in so early in the Sword pips, is that this is a message of warning to not take in too much, or too much. Receive, process, and act. This motion will help us keep in balance.

With this fluidity comes a need for mental preparedness. We must be able to receive, no matter the character of the message, idea, dream, or words. If we are not mentally prepared, we can get thrown into the shadow energy of this card. We attack before we can wield. We charge before we

understand strategy. There can be a range of consequences that come with the inability to be mentally prepared. This interpretation does not mean that everything about this card is doom and gloom. The message from this card is not simply that we must arm and become soldiers because threats are coming. The truth is, threats are always coming. We would do ourselves, and others service, by taking ideas, knowledge, truth, and dialog as they come, and slowly build our skin to weather the storm.

One way to slowly build this disposition is to create mental boundaries. One of the consequences of not being mentally prepared is that we do not know when or where to place boundaries. And boundaries are one of the most important and healthy ways to engage in the mental narrative, with ourselves and others. Boundaries are more than expectations. They do hold the desired red line that once breached, will flat line. Boundaries are self-love. They are the promises that we give to ourselves to hold and protect ourselves. If we do not have boundaries, we cannot move with flow. We cannot be both rigid soldiers, and fluid water. Boundaries are the circles cast that keep our magic and our minds safe. The 2 of Swords reminds us that as soon as a new mental light flips on, we must infiltrate our processing with constant boundaries to keep us true.

All of the swords are about action, principles, and perhaps even the actions we take to uphold the deeper moral compass navigating us from within. This requires actions. This requires being honest. The brain is more a service center than a full command center. That position, in my humble opinion, goes more towards the gut mind. The brain mind is the helper in initiation. The brain is a helper in coming to terms, facing the truth, or preparing for the road ahead. The more that comes in, the more it can be of service in some way if is channeled into the proper direction. The 2 of Swords is this initiation. We are initiating ourselves into action, into our environment, and into the new road. There are many decisions that will come. Do we attack or defend in this moment. Take a breath, and process.