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| **Card Name** | Four of Swords |
| **Yes/No** | Yes |
| **+/-** | - |
| **Soul** | Represents the soul in a state of enforced rest and introspection, trapped by overwhelming thoughts; enhanced with symbolic swords encircling from above and below indicating total immersion in negative thinking, lying prayer signifying desperation when unable to stand, reflecting spiritual plea amid self-imposed mental restrictions leading to physical breakdown. **The person is shown praying while lying down (let ke pray kar raha hai), which only occurs when health conditions don't allow standing - indicating severe deterioration.** |
| **Essence/Prediction** | A period of mental exhaustion and recovery from overthinking; characterized by negative thoughts causing health deterioration, where anxiety persists beyond 3 months manifesting physically, stemming from toxic situations like failing relationships or businesses. Indicates a need for pause and healing, with hope for escape; predicts worsening if continued, but recovery possible by withdrawing from harmful situations, emphasizing that no endeavor is worth health sacrifice. **Science confirms that maintaining anxiety about one thing for over 3 months causes physical effects on the body. The window in the card symbolizes there is still hope - you can escape this situation.** |
| **Example** | Like being bedridden from stress over a failing venture; enhanced like obsessing over a non-working relationship until negative thinking (negetive soch soch ke) leads to illness, or a business causing such anxiety that physical health fails, with the window urging to flee for better prospects. **Specifically referenced as "toxic relation" or "toxic business" - situations that poison your health to the point where you're reduced to praying in bed.** |
| **Past** | A situation where negative thinking led to physical health decline. |
| **Present** | Currently in a toxic setup where overthinking is causing illness. |
| **Future** | Will face health issues from persistent negativity; let go of non-working elements now to allow something better, avoiding self-destruction. **"Something better can come in" when you release what's not working.** |
| **Health** | Physical ailments from prolonged anxiety and negative thoughts; rest and recover, address mental restrictions to prevent further bodily impact. **The stage has come where mental stress has manifested as physical illness requiring bed rest.** |
| **Profession** | Career stalled with negative obsessions leading to sickness; drop it if health is affected, as the body will force a stop otherwise. **"Right now bilkul nahi chal raha" (not working at all). Even if you feel you cannot drop the job, "thode din mein aapka shareer drop kara dega" (in a few days your body will force you to drop it).** |
| **Relationship** | Toxic relationship causing mental and physical harm through overthinking; exit to preserve health, as no bond is worth lying bedridden in despair. **"Koi aisa rishta worth it nahi hai jiske liye tum bistar par pad jao" (No relationship is worth lying sick in bed for).** |
| **Guidance** | Prioritize rest, recovery, and mental peace by exiting toxic scenarios; additionally, suspend actions causing distress – drop unworthy relationships or jobs harming health, seek counseling or retreat if needed, remember body signals to stop before total breakdown. **"It is a time of rest and recovery." Specific options include: taking leave (chutti pe jana), going to retreat, getting counseling - "jo marzi chahe karo" (do whatever is needed). Must leave this situation; if continued, "cheezein bad se badtar hi hongi" (things will only go from bad to worse). "Suspend your action for now" - completely suspend whatever is troubling you.** |