

*“Happiness is not in our circumstances,
but in ourselves. It is not something we see,
like a rainbow, or feel, like the heat of a fire.
Happiness is something we are”* J.B. Sheerin

X
of
CUPS

Divinatory Meaning:

Personal contentment and happiness; peace and harmony; fellowship and family; emotional stability.

Recognition of some valuable quality in a situation that may lead to realizing hopes and dreams, or achieving your hearts desire.

May indicate powerful personal influence over other people; pay attention to behavior to prevent emotional manipulation of others. Also beware of wretched excess, or the hung-over-feeling that can result from physical or emotional bingeing.



“Happiness”

Symbolism:

Standing under ten cups displayed inside a yellow and rose rainbow, the couple is looking up in full understanding of the positive promise that life brings. The playing children symbolize innocence, displayed by taking pleasure in the natural conditions of life, while the house in the background points to comfort and contentment. Cup Ten is also symbolic of deep emotional contentment or satisfaction gained from a happy or joyful situation. *Over the rainbow* is a metaphor for dreams that can come true.

Practical Application:

Although this card is superficially about domestic tranquillity, it is also about realizing happiness and emotional contentment. The primary message of Cup Ten is that love, imagination and joy come to us all as free gifts. Which means it is our responsibility to choose wisely of those gifts. The rainbow is a sign that life brings *genuine happiness*, not just an absence of pain.

Happiness can never be found by simply rearranging exterior conditions, it must begin with how we choose to live our lives. When we work to become more self-aware and directed, willing to set aside long-held binding personal beliefs or grievances, we can live the life we want, not as it has been dictated by others.

Ultimately, your happiness depends on your ability to be receptive to inspiring insights, ideas and positive impressions. Their influence can quietly but surely transform you and your world.

“Happiness grows at our own firesides, and is not to be picked in strangers’ gardens.”

Douglas Jerrold

NOTES: _____
