

Secrets of the Sands: The Human Design Tarot - The Flavor of the Tarot

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SECRETS OF THE SANDS:
THE HUMAN DESIGN TAROT
The Flavor of the Tarot

ABOUT THE AUTHOR



Larry Armstead II is a spiritual thought leader, poet, singer-songwriter, and facilitator whose work invites people to strip away illusion and meet the truth already living inside them.

A lifelong seeker, Larry's spiritual journey began in his teens, where late nights spent with a deck of tarot cards and the pages of *A Course in Miracles*

became the quiet ground beneath a rapidly expanding awareness.

For Larry, spirituality isn't a hobby or a costume. It's a lifestyle. It's learning to tell the truth, noticing what's happening inside and out, and refusing to let anything slip past the radar of awareness. His work lives at the intersection of mysticism and practicality—where ancient tools meet the pulse of the present moment.

Larry holds certifications in neurolinguistic programming, cognitive behavioral therapy, mindfulness, and life coaching through Achology. He is also a certified facilitator of Byron Katie's *The Work*, a former on-air CBS television personality, and an unapologetic believer in the transformative power of meeting reality exactly as it is. He has also shared his teachings as a featured speaker at the High Desert Human Design Conference.

He is the author of *"Where's My Pizza: How to Use the Power of Expectation to Create the Life You Want,"* and the oracle reading deck *"Discernment of the Ages"* both available at paralarry.com and thehumandesignexperiment.com.

Behind the scenes, Larry is devoted to meditation and honoring the quiet that reconnects him to what matters most: his spirituality and voice.

You can reach out to Larry by emailing larry@larry-armstead.com for any bookings or speaking engagements.

SECRETS OF THE SANDS:
THE HUMAN DESIGN TAROT
The Flavor of the Tarot

LARRY ARMSTEAD II

ILLUSTRATIONS FROM THE SECRETS OF THE SANDS BY
LARRY ARMSTEAD II



You're here because, on some level, you're curious.

Maybe you're brand new to tarot and you're trying to figure out why these cards keep showing up on your Instagram feed like they're stalking you. Maybe you already own a deck and you're tired of Googling meanings and getting twelve different interpretations that all contradict each other. Maybe you've been reading tarot for years, but you want a fresher, clearer way to actually feel what a card is saying rather than wrestling with fifty keywords, a paragraph of symbolism, and your cousin's opinion about what the Page of Swords "really means."

Maybe you saw the words, "The Human Design Tarot" and that really called to you. Or maybe you're just like me: a tarot card deck addict who loves adding to his collection. Or maybe you just want to understand why these cards feel like they're telling the truth about you even when you didn't say anything out loud. If that's you, then you and I are already on the same page.

Welcome.

Before we go any further, let me say what I often say to my clients and students (and frequently in the digital Secrets of the Sands digital course): these girls don't lie. These girls, of course, being the cards. They've no reason to lie. It isn't trying to convince you of anything or lure you into mysticism or pull you down a spiritual rabbit hole you're not ready for. Tarot isn't here to micromanage your destiny. Tarot is a mirror. A very honest and sometimes unforgiving one. It will hand you the truth with a straight face and let you work out your feelings. It won't follow you around the room or check back later to make sure you understood. It already knows you did.

This book you're holding is not meant to overwhelm you. It's not here to impress you with complexity or hit you over the head with a library's worth of symbolism. This is a sampler. An appetizer menu. A flavor guide. Something you can use with any tarot deck you already own. Trust me, you don't need my deck to use this. But you might want it after this, and that's perfectly fine. Curiosity is an excellent sign that your intuition is waking up and stretching its legs.

The whole point of this guide is simple. I want to help you feel the Major Arcana. Not memorize them. Not fear them. I want you to understand how each card speaks, how it shows up in your life, how it whispers, nudges, and shouts. Tarot is full spectrum communication if you know what you're looking at: its emotional, spiritual, somatic, psychological and even physiological communication. It's language. Every card has a personality, a vibe, and a truth it's trying to hand you. This guide is here to help you tune into that vibe and learn recognize it seamlessly.

You'll notice this isn't book of meanings. Meanings and card interpretations are found in the full Secrets of the Sands guidebook that I'll link you to. This isn't meant to replace that. This is meant to give you a head start. A flavor profile of the Major Arcana. A way to help you know what you're doing even if you're just starting out or an expert.

This is your cheat sheet. And if you're anything like me, a good cheat sheet is sometimes all you need as a confidence onramp. If you've been carrying tarot around in your mind like a college course you somehow never enrolled in, I want you to relax. Tarot is not a test. Tarot is not a religion. Tarot is a conversation between you and

your intuition and your current level of self-honesty. You don't need to have the perfect setting or a velvet altar replete with stones and crystals. Some of the best readings I've ever done were done on the fly with my travel deck that I keep in my backpack. Why do I mention that? Because reading tarot is not a performance.

Now before we walk into the flavor section, I want to talk about something that's baked into the DNA of this deck and this guide. If you're familiar with Human Design, you already know it's a system that maps how energy flows through the body. If you're not, don't panic. You don't need to be an expert. You don't need to know your Type or your Authority or your Profile. If these words mean nothing to you and are as clear as mud, that's perfectly fine. You're not required to be a Human Design expert to use this deck. All you need to understand is that Human Design is about energy expression, and tarot is about narrative expression. One tells you how you're wired. The other tells you what's happening inside of that wiring.

Secrets of the Sands: The Human Design Tarot sits at the place where those two worlds shake hands. In the full guidebook, each Major Arcana card is paired with the Human Design bodygraph (as you will see below) which add complexity, depth, and clarity. You won't need that here, but I wanted you to know where this system comes from so you don't wonder why my voice feels a little different from the tarot books you've read before. Tarot is one of my languages. Human Design is another. This guide is where they meet. You don't need to understand both to benefit. You just need to be open. If you find yourself interested in Human Design, I'll leave some QR codes for you here to sample its flavor.

Back to that conversation on openness. I don't mean open to the universe or open to fate. I mean open to yourself. Your real self. The one you keep tucked under your expectations and your habits and the noise of your day. Tarot and Human Design both work best when you stop pretending you're somebody else. The cards don't respond to masks, only to willingness. You don't have to be wise. You don't have to be spiritually advanced. You don't need any credentials except your own attention and authenticity.

Now, let's talk about vibes. If you're wondering what I mean when I say "flavor," imagine each card as a person walking into the room. What's their presence? Are they loud or quiet? Do they tap you on the shoulder or sit across from you and wait for you to notice? Do they come with joy or intensity or full of truth you didn't ask for but definitely needed?

Tarot has personalities. They are archetypes that carry emotional weight and tone. This guide is going to teach you what that feels like. When a card lands on your table, I want you to immediately sense its flavor the same way you can smell a good pot roast that's been cooking for 8 hours in the slow cooker the moment you open the door to your home after work.

So here's what I've done. I've taken the twenty-two cards of the Major Arcana and given each sentence or two that summarizes its personality. A personality flavor, if you will. These sentences aren't meanings. They aren't symbolism summaries. They aren't keywords. They're the lived-in energy of the card, the essence of what it would say to you if it could sit down and talk about how it operates in your life. Think of them as first impressions that can use these with any tarot deck you already have.

The Rider-Waite deck. The aesthetics-only deck your friend bought on Etsy. The deck that came in a thrift store box missing the guidebook. It doesn't matter. Energy is energy. A Major Arcana card is a Major Arcana card. My flavor profiles will meet you where you are, no matter what deck is in your hands.

And because I know somebody will ask: no, these are not taken from Secrets of the Sands. They're inspired by it, aligned with it, and shaped by the same understanding of tarot, but they are not duplicates. If you decide you want to go deeper after this, that's when you pick up the deck and the full guidebook. This sampler is meant to help you taste the energy, not fill you up completely.

Use these flavors to learn. Use them to teach. Use them to memorize the vibes of each card without burning yourself out. Use them to do readings for yourself or for friends. Use them to reconnect with tarot if you've been intimidated by it. Use them as a doorway into Human Design if you want to go deeper.

This guide is meant to serve you. Underline things. Skip around. Laugh at the cards that feel incredibly accurate and give the side-eye to the ones that call you out. You can approach this casually or ritualistically. You get to decide how this lives in your world.

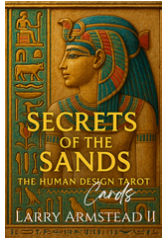
Before we step into the cards themselves, there's something I want to point out. You don't have to get this perfect. There is no perfection in tarot, only a practice in honesty and intuition. You won't always interpret a card "correctly," and that's fine. The point isn't correctness. The point is connection. Tarot reveals what's present in you. If your reading changes from morning to night, that means you changed. That's the work speaking back to you.

And one more truth before I open the door to the first

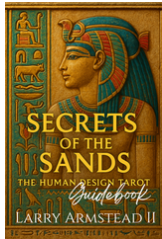
card.

You may find yourself wanting my tarot deck, *Secrets of the Sands: The Human Design Tarot*. And I thank you. It really is an amazing deck and a labor of love that took well over two years to bring into the world. There is something powerful about working with a deck that was designed to deepen your intuition instead of complicating it. But even if you never buy it, you can use this guide to read any deck you already love. The cards don't care about branding. They care about clarity.

Alright. You've waited long enough. Let's step into the Major Arcana and meet them the way I wish I had first met them over 20 years ago. You'll notice that I've included a soundtrack to each card. This is a song that I feel represents the flavor, vibe, and essence of the card. I encourage you to make a playlist on your fave music platform to get even better acquainted with the cards.



GET A COPY OF THE SECRETS OF THE SANDS: THE HUMAN DESIGN TAROT CARDS



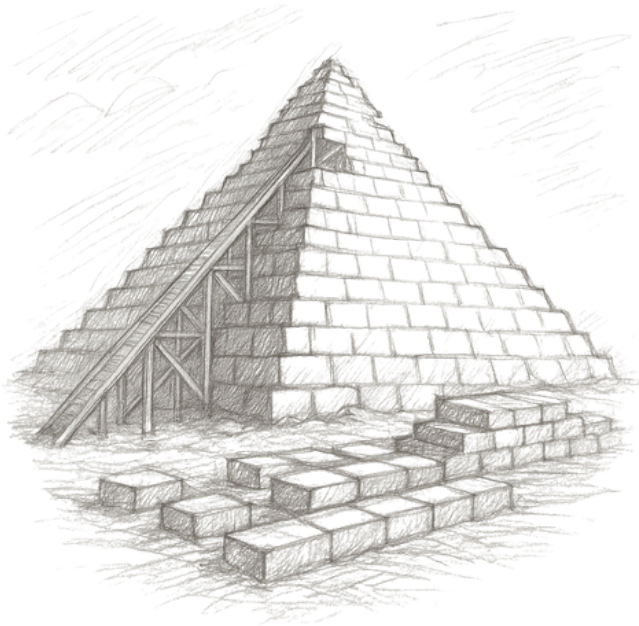
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READY TO DIVE INTO THE WORLD OF HUMAN DESIGN? START HERE!



GENERATE YOUR FREE HUMAN DESIGN BODYGRAPH CHART HERE!



THE FLAVORS OF THE
MAJOR ARCANA

The Fool



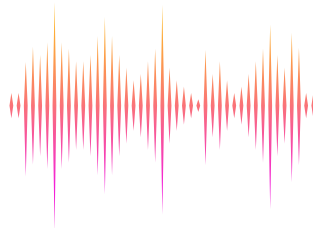
THE FLAVOR

Innocence with backbone. Curiosity steering the whole journey.

THE VIBE

Zero baggage. Zero direction. Maximum possibility.

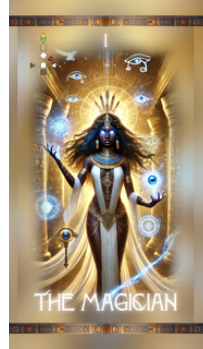
SOUNDTRACK



A Brand New Day
The Wiz (Musical)



The Magician



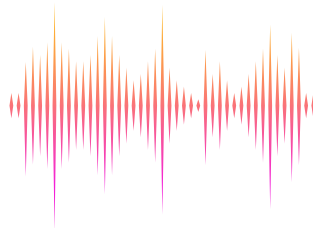
THE FLAVOR

Alignment in motion. Possibility turning into something you can touch.

THE VIBE

Big “watch this” energy. Results loading.

SOUNDTRACK



When You Believe

Whitney Houston & Mariah Carey



The High Priestess



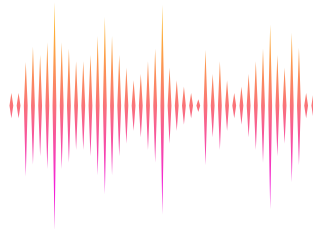
THE FLAVOR

Depth without effort. Wisdom arriving before language does.

THE VIBE

The friend who predicts the plot twist.

SOUNDTRACK



The Sign
Ace of Base



The Empress



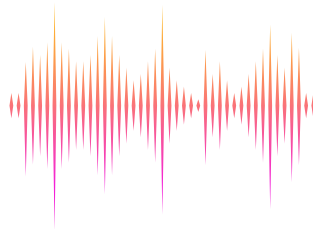
THE FLAVOR

Growth without rush. Expansion trusting its own timing.

THE VIBE

Mood: moisturized, hydrated, and minding business.

SOUNDTRACK



Golden
Jill Scott



The Emperor



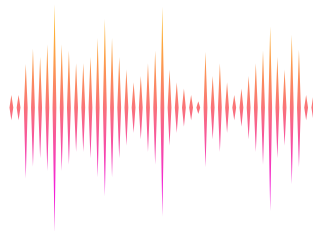
THE FLAVOR

Structure with soul. Leadership rooted in clarity instead of control.

THE VIBE

Authority with a resting “try me” face.

SOUNDTRACK



Control
Janet Jackson



The Hierophant



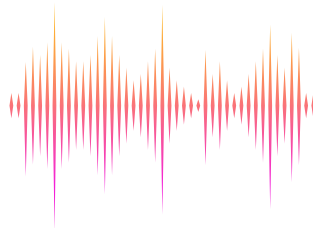
THE FLAVOR

Guidance rooted in truth. Teachings that feel like home instead of rules.

THE VIBE

Life advice but make it cute.

SOUNDTRACK



You'll Never Walk Alone
Carousel (Musical)



The Lovers



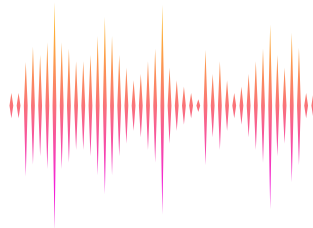
THE FLAVOR

Love showing up as choice instead of chance. Integrity holds the whole thing together.

THE VIBE

Love notes passed from the Universe. A little spark and sweetness.

SOUNDTRACK



Real Love

Mary J. Blige



The Chariot



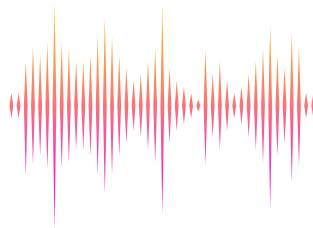
THE FLAVOR

Alignment generating speed. Resistance losing interest quickly.

THE VIBE

Big “can’t stop, won’t stop” vibes. Confidence ignoring speed limits.

SOUNDTRACK



Lose Yourself
Eminem



Strength



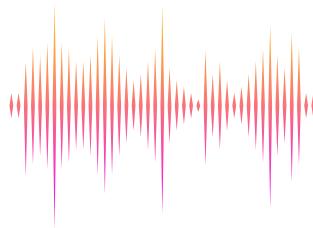
THE FLAVOR

Inner steadiness settling everything it touches. Resilience choosing peace over performance.

THE VIBE

Strong enough to lift the drama and set it outside. Calm enough to lock the door.

SOUNDTRACK



I Didn't Know My Own Strength
Whitney Houston



The Hermit



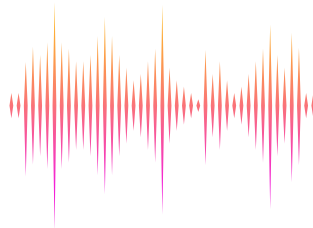
THE FLAVOR

Solitude clearing the noise so truth can breathe. Reflection becoming revelation.

THE VIBE

Spiritual introvert energy. Loud thoughts, quiet presence.

SOUNDTRACK



I Know Where I've Been
Hairspray (Musical)



Wheel of Fortune



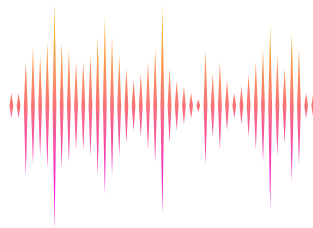
THE FLAVOR

Cycles turning with quiet precision. Timing revealing its own intelligence.

THE VIBE

Universe saying “let’s try something different.” Destiny updating its status.

SOUNDTRACK



You Learn
Alanis Morissette



Justice



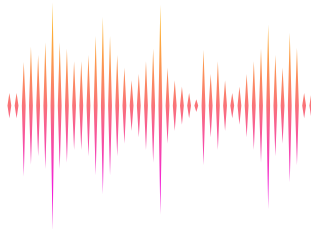
THE FLAVOR

Equilibrium returning. Harmony finding its footing again.

THE VIBE

Truth reporting for duty. Lies getting escorted out.

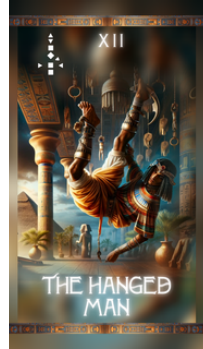
SOUNDTRACK



I Remember Me
Jennifer Hudson



The Hanged Man



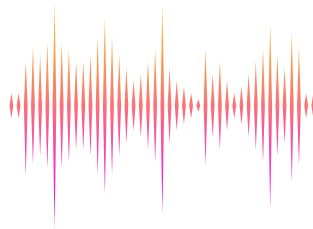
THE FLAVOR

Letting go becoming liberation. Surrender revealing what effort couldn't.

THE VIBE

Not stuck, just buffering. Plot twist: the pause is the point!

SOUNDTRACK



Let it Be
The Beatles



Death



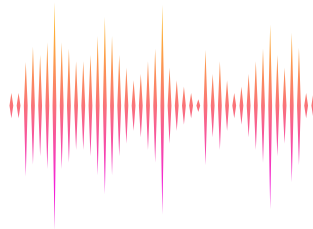
THE FLAVOR

Cycles closing with purpose. Rebirth already stretching in the wings.

THE VIBE

Something old unplugged. Something new plugged in.

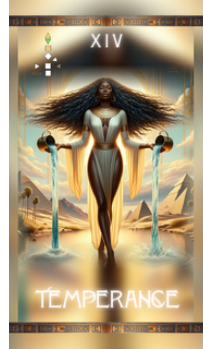
SOUNDTRACK



Requiem
Mozart



Temperance



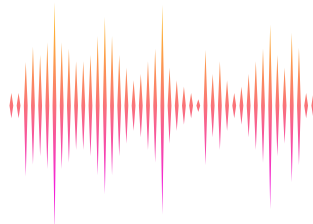
THE FLAVOR

Balance moving like water. Grace choosing the path.

THE VIBE

Centered but sassy. Balanced but unbothered.

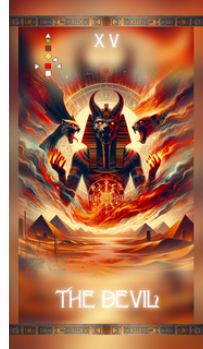
SOUNDTRACK



Put Your Records On
Corinne Bailey Rae



The Devil



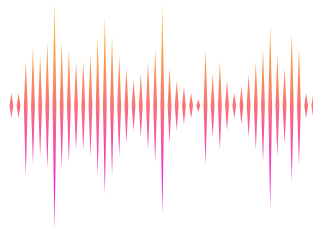
THE FLAVOR

Shadows stepping into the light for inspection. Chains falling away with a soft thud.

THE VIBE

Shadow-play moment. Transformation photobombing.

SOUNDTRACK



Anyone
Demi Lovato



The Tower



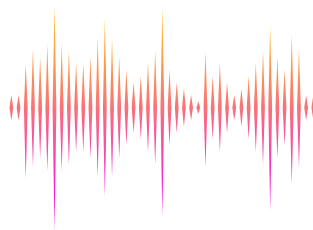
THE FLAVOR

Foundations crumbling where they couldn't support you.
Freedom rising in the space they leave behind.

THE VIBE

Universe said, "surprise renovation." You were not consulted.

SOUNDTRACK



The Will of God

Karen Clark-Sheard



The Star



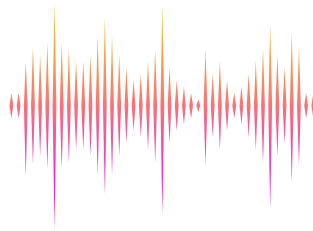
THE FLAVOR

Ease washing over the aftermath. Calm rebuilding what chaos dismantled.

THE VIBE

Post-chaos glow. A soft comeback story.

SOUNDTRACK



Rise Up
Andra Day



The Moon



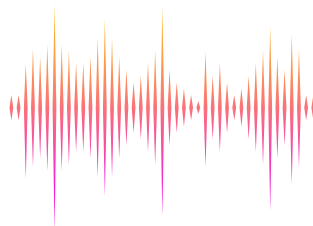
THE FLAVOR

Intuition rising where logic gets quiet. Insight simmering beneath the surface.

THE VIBE

Intuition turning psychic again. Don't fight it.

SOUNDTRACK



Moonlight Sonata
Beethoven



The Sun



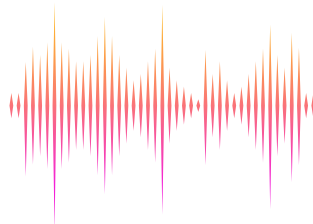
THE FLAVOR

Light breaking through clean and clear. Radiance lifting the heart.

THE VIBE

Main character glow activated. Everyone else adjusting their brightness.

SOUNDTRACK

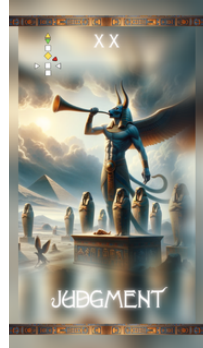


Good as Hell

Lizzo



Judgment



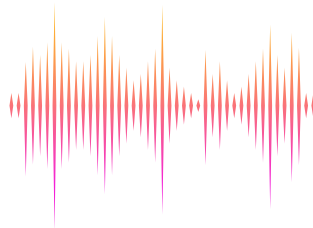
THE FLAVOR

Truth standing tall. The heart answering with conviction.

THE VIBE

Glow-up alert. Old stories escorted off the premises.

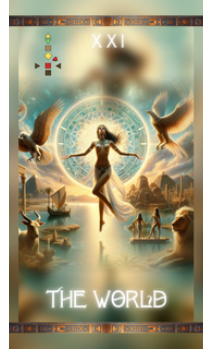
SOUNDTRACK



I Am Changing
Jennifer Holliday



The World



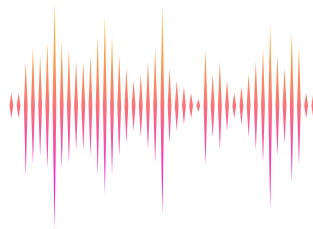
THE FLAVOR

Alignment closing the loop. Wholeness stepping forward with calm authority.

THE VIBE

Season finale energy. The plot wrapped itself beautifully.

SOUNDTRACK



Me
Tamia

