

PSYCHIC DEVELOPMENT

Reading the Tarot Intuitively



Leanne, The Barefoot Medium®

PSYCHIC DEVELOPMENT: READING THE TAROT INTUITIVELY

LEANNE THE BAREFOOT MEDIUM®

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INTRODUCTION

We are all placed on this earth in a physical body and many of you may choose to do the work of Spirit whether through healings, tarot, psychic or mediumship readings for others or simply for your own personal development and growth, therefore, you would be aware that there is much more to life than just your physical body. As you start developing your intuition and spiritual awareness and become in tune with yourself and those around you, you will realise that everything and anything is made up of energy. Everyone has and is able to connect to their intuition, that inner voice, deep sense of knowing or 'gut feeling', hunch or pull that moves you in a particular direction which comes from what is referred to as your Higher Self. It is also possible to develop your psychic abilities, which allows you to access more detailed, specific and clear intuitive information and guidance usually by working with a divination tools, such as the Tarot so that information is delivered through the various senses (sight, sound, touch, smell, taste).

This Reading the Tarot Intuitively book is intended to help you connect with and learn to read the Tarot intuitively and work with your psychic abilities to gain a strong understanding and awareness of how your intuition works, how you can use the Tarot as a tool to gather guidance, insight and clarity for yourself and others as well as to be able to rely on and trust the information you are receiving. As you begin this book, please think of it as if you are embracing a practical and interactive journey to connect you to a language that Spirit uses to communicate with you through imagery, symbology, colours, numbers and much more to pass on information to

support you or others in their everyday life as well as personal and spiritual development.

As you work with the Tarot cards, you may become aware of fears, doubts and blockages to move through, gain certainty about your purpose and direction in life as well as learn to develop and trust your intuition. You will also get to know yourself more, understand where you are at physically, mentally, emotionally and spiritually as well as gain a better understanding of how you can build and strengthen your intuition and connection in a way that works best for you. This is your journey with the Tarot, so take the time to connect with each of the cards through the various activities included in this book, as they have been designed to support you in learning, expanding and growing as well as to support you in being able to gain insights and guidance for yourself and others in readings.

CHAPTER 1: SACRED SPACE

It is important that before you get started learning and working with your intuition and psychic abilities for divination through the Tarot, that you create and set up a private and comfortable sacred space where you can connect and receive guidance through the cards. A sacred space can be any place that you set aside and put careful effort into making pleasant for you to do readings in - or any other spiritual work - whether for yourself or others. There are two main environments to consider when thinking about sacred space: physical sacred space and internal sacred space.

PHYSICAL SPACE

It is important when learning and working with Tarot cards that you focus on creating a private and comfortable physical sacred space to connect and read in. When referring to physical sacred space, it essentially means any space or environment that you set aside and put conscious and consistent effort into making pleasant when conducting tarot card readings or any other spiritual work, whether for yourself or others. It is whatever environment you choose that can be used over and over again, where there is privacy and you will not be interrupted and a space that elicits feelings of quiet and peace. If you will be using a space within your home to read the cards, it is important that you are able to find and set up a sacred space where there is a table or other flat surface to lay the cards out on that is separate from your normal everyday flow of events in which you can build up an energy that reinforces your practice. If you have a regular practice of meditation or prayer, you can do these activities

here as well as they harmonise with the tarot in spirit and intent. Wherever this space is, try to make sure it has an atmosphere of beauty and meaning by placing some items nearby that are special to you. If you are not sure what to include in your sacred space, listen to your heart. Some examples of possible items you could include in your sacred space include:

- Candles & Incense
- Fresh flowers & Plants
- Crystal or semi-precious stones, shells
- Pictures or artwork
- Tissues
- Table and chair
- Tarot box to hold cards
- Small ornaments or statues
- Meditation music
- Journal or a notepad
- Pen or pencil

Remember, wherever you decide to set up your sacred space, make sure it reinforces your practice, brings you a sense of comfort, peace and inspiration, as that will help you to excel at connecting with the Tarot intuitively and conduct effective and accurate readings for others.

INTERNAL SPACE

Once your physical space is set-up, you can now turn your attention to your inner sacred space, where you are aware of your mental, emotional and spiritual environment before you begin connecting with the Tarot cards for guidance and insight. In considering your inner sacred space, there are

essentially five (5) inner qualities that are important when you are connecting, learning and reading the cards, whether for yourself or others, for being able to receive and provide accurate intuitive information and guidance:

1. Be open and receptive with an attitude of allowing or being willing to take in what is being offered to you through your intuition and the cards, without denial, rejection or judgement. It is important to be open and receptive when working and connecting with the cards as it gives you the best possible chance of receiving the answers to the questions you or the other person is seeking guidance on.
2. Stay calm as it can be difficult to hear your intuition or those in the Spirit realms when you are in turmoil mentally or emotionally. It is essential that you are in a calm state before connecting with the cards because Tarot messages often arrive as gentle hints and realisations that can be easily overwhelmed by a restless mind whereas, if you are calm, every ripple of insight can be perceived.
3. Remain focused when working with the Tarot as in whenever you feel a question strongly, you receive a direct and powerful message in return. However, if you are scattered and confused, the cards tend to bring out the same type of messages, scattered and confusing ones. Often, the most insightful and powerful readings you do will be those done when you are focused and the desire is very strong.
4. Be alert and make sure all of your senses and faculties are alive and awake so that you can tune into the imagery, symbology and colours of the cards easily. If you are tired or bored you may find it difficult to connect into the cards and be alert to the information that is coming through.

5. Have respect for the Tarot by treating the cards as you would any other valued tool or item that you own. It is also important to acknowledge the role the cards play in helping you understand yourself better as well as to honour the choice you have made in deciding to learn to read the cards intuitively and handle them accordingly.

It is essential that you spend some time prior to starting any work with the Tarot getting into your sacred space and preparing yourself to connect with your intuition so that you can receive the guidance and information that is there to be shared with you clearly and easily.

No matter where you decide to set up your sacred space, it is essential that you spend time getting into the right internal space where you can connect to your intuition and Spirit to seek clear and accurate guidance and insights, whether for yourself or others in their everyday lives.

ACTIVITIES

Now that you understand the importance of setting up a physical sacred space as well as getting yourself in an internal space where you are ready to be able to easily and clearly receive the intuitive information and guidance from the Tarot, complete the following activities so that you your environments are prepared and ready to commence your journey with the Tarot.

ACTIVITY 1

Creating a physical sacred space is personal. It is up to you to know where you will feel comfortable, peaceful and inspired to conduct your readings using the Tarot. Take some time

now thinking about, connect in with your heart and your intuition, your inner knowing, to ask where the best location is for you to connect with the cards and your intuition. Once you have the location, ask your Higher Self, your intuition, what it is that you would like to include in your space and trust what comes in. Then write down, where you will setup your sacred space and what special items you have included within it, so that you are ready to take on your journey with learning to read the Tarot intuitively.

ACTIVITY 2

To support you in connecting to your inner sacred space, become more present in the moment as well as more aware of your inner wisdom and intuition, listen to my [Sacred Self Meditation](#). Once you have completed the meditation, write down how you felt, any thoughts or emotions that came to the surface as well as any other inner qualities you would like to bring into your internal sacred space as you begin your journey with reading the Tarot intuitively.

CHAPTER 2: HISTORY OF THE TAROT

You may know that the Tarot has a complex set of imagery and occult symbols depicted on each of the cards within the deck and have a colourful history as agents of fortune and a tool for divination, that is seeking knowledge about situations, events, circumstances and future possibilities through what is considered paranormal means. The Tarot has been used throughout the centuries by many psychics and mediums to receive intuitive information with many theories as to the origins of the Tarot, ranging from Egypt and Greece to China and India. The first written evidence of their existence is attributed to a 14th century monk named Johannes of Brefeld who, evidently irritated by the great popularity of the Tarot, infamously referred to it as “the Devil’s picture book”. He was the first of a long line of churchmen to publicly denounce the cards, yet this condemnation did little to diminish their appeal. Around the middle of the 15th century an artist named Bonifacio Bembo painted a set of unnamed and unnumbered cards for the Visconti family of Milan. The pictures make up the classic deck for the Italian game called ‘Tarocchi’ which included 4 suits of 14 cards each, plus 22 cards showing different scenes and later called ‘trionti’ (in English ‘triumphs’ or ‘trumps’). For years, ‘Tarocchi’ was seen as a game for gambling and to a lesser extent as a device for fortune-telling. Most modern tarot decks differ very little from the 15th century cards. Throughout the years, Tarot cards have lived on and have been in continuous use for the purpose of gaming and divination.

One of the most popular decks, originally published in 1910 by Arthur Edward Waite a celebrated writer on occult topics, is the Rider-Waite tarot deck or the Tarot de Marseille in Latin

countries, which is still used today. Waite's deck was designed by Pamela Colman according to his instructions and while the images are simple, the details and backgrounds hold a wealth of symbolism and information. The Rider-Waite deck will be the deck that is referred to throughout this book to support you in learning how to read the Tarot intuitively as it is still very much in use today and forms the basis of many other tarot decks which have been developed since. Waite's tarot deck consists of 78 cards which have essentially been divided into two main sections:

1. **Major Arcana:** Considered to be the heart of the tarot, consists of 22 cards signifying a range of aspects of human life and experiences as well as being symbolic of Universal themes in areas related to physical, intellectual, emotional and spiritual aspects of the person. The cards in this part of the deck are also suggested to illustrate the strengths, hopes, dreams, fears, weaknesses, the most godly, lightest and darkest parts of an individual. These cards are special because they draw out deep and complex reactions.
2. **Minor Arcana:** Consists of 56 cards made up of four suits (Wands, Cups, Swords, Pentacles) with each suit in turn consisting of 14 cards each and represent a particular approach to life. While the Major Arcana expresses universal themes, this part of the deck brings the Universal themes down into the practical world to indicate how people operate in daily activities and represents the concerns, activities, problems, opportunities and emotions that make up everyday life.

While the Tarot is generally divided into two sections, you will also find sixteen (16) Court Cards in the deck, with each suit (Wands, Cups, Swords, Pentacles) containing four (4) of these

special cards, Page, Knight, Queen and King. These cards represent people with personalities that generally reflect the qualities of their suit and rank and can show us certain ways of being in the world so that we can use (or avoid) those styles when appropriate.

ACTIVITIES

Now that you have a basic understanding of the history of Tarot, how it has been used as a tool for divination as well as the main sections within the Rider Waite tarot deck, take some time now to complete the following activities to get to know more about the origins and separate parts of the deck.

ACTIVITY 1

Now that you have learnt a little about the history of the Tarot, take some time now to research more about the history and the mystery of the cards including details about where they started and their background, the evolution of the cards, how the symbology and imagery has changed over the years and how the Tarot has been used throughout the years as a tool for divination and fortune telling. Write this information down so you have a record of any insights and learnings you gain for yourself during the process, what was most interesting and any beliefs, thoughts or emotions that surfaced in the process.

ACTIVITY 2

Now that you have a basic understanding of the main sections within the Rider Waite tarot deck, take out your deck containing the 78 cards and 'split the deck' by dividing it into five separate piles, the Major Arcana and then a separate pile for each of the suits within the Minor Arcana, Wands,

Pentacles, Swords and Cups. Once you have 'split the deck', simple spend some time looking at the cards within each section, noticing and writing down:

1. if there is a particular card or suit that you love and feel drawn to and
2. if there is a particular card or suit that you do not like and feel repelled by and
3. if there is a particular court card you are drawn to that represents your personality and that of other people in your life.

Now that you have taken a look at the different sections of the Tarot deck, you are ready to step into the next part of your journey where you will start working with the individual cards in the Major and Minor Arcana. This will help you to connect to your intuition, higher guidance and those in the Spirit realms and gain wisdom about yourself, details about situations and experiences in your everyday life, support your decision making and to be aware of potential obstacles or opportunities that may be coming up within your daily life as well as to conduct readings for other people in similar ways.

CHAPTER 3: INTUITION & READING TAROT

There are two ways in which people suggest that you can begin to read the tarot. Firstly, there are those who suggest there is only one correct and absolute meaning for each card and its symbolic components. If you were to use this approach, it would be seen as important to learn the correct meanings from books or teachers and to then apply these in each reading that is given and with each sitter. Alternatively, others suggest that there are no set meanings or special knowledge required to read the cards and the symbolic information within them. Using this approach, a reader would simply look at a card, its imagery, symbolism, colours, words, numbers whilst tapping into your intuition and psychic abilities to communicate whatever comes to mind as relevant for that card in that moment and for the person they are reading for (the sitter). Throughout this book you will be guided in how you can connect with and read the cards within the Rider Waite Deck using your intuition and psychic abilities, whether for yourself or other people, to receive guidance, insight and clarity relating to various areas of everyday life.

INTUITION (LOVE)

To start connecting with and reading the Tarot you must first have a strong understanding and awareness of your intuition as well as be able to rely on and trust the information you are receiving. Everyone has, and can connect to their intuition, that inner voice, deep sense of knowing or 'gut feeling' which comes from your Higher Self or your Soul. However, it is

extremely important to recognise the difference between guidance received intuitively (love) versus from the ego (fear). Intuition essentially means instinctive and unconscious knowing without deduction or reasoning, it will rarely make logical sense, feels light, motivating, encouraging, positive and appear quickly, like a lightning bolt, often in response to a question or a request for support and help. Your intuition plays a really significant role in helping to guide you along your path in life, to point you in the direction of the right people, opportunities and circumstances that are aligned with your highest and greatest good and that you will find joyful, loving and fulfilling. Messages or guidance received intuitively will consistently and repetitively appear over and over again, almost always be motivated by a desire to improve a situation and will urge you to continue forwards with a 'you can do it' feeling. The intuitive information you receive will fit with your natural talents, skills, abilities, passions and interests, always come from a high vibrational space of love, joy, happiness and will move you forwards on your journey. When you are in your heart-space, the meeting point or bridge between you and those in the Spirit realms, you are able to sit in the vibration of love and will be able to access and connect to your intuition easily, life will simply flow and come together for you, you may experience synchronicities, feel balanced, be able to make decisions and choices and to overcome any perceived obstacles and challenges while remaining firmly anchored into love and your heart. When you can do this on a daily basis, you will not only be able to remain in balance and in touch with your intuition, you will also be able to receive crystal clear communication and guidance, allow it to support you in all that you see, do and feel. Make sure that you tune into your intuition on a daily basis and especially before you start working with and connecting to the Tarot so that you are

able to receive clear guidance and wisdom to support you or others in their everyday lives.

EGO (FEAR)

On the other hand, ego or fear-based guidance comes in very slowly in response to worry and/or fear (false evidence appearing real), is inconsistent, disorganised, shreds your confidence, is hard to understand, confusing, scattered and disconnected. It also contains advice or actions to take which hold no interest or desire for you to follow, keep you stuck in situations which do not serve your highest good and comes from a negative vibrational space. You may also experience this as feelings of uncertainty, indecisiveness, being stuck or lost, doubtful and negativity as well as discouraging, negative, muffled, clouded or simply blocked. When you receive guidance and information in this way, you are not in your heart-space, rather in your head-space, the place where you recognise, think, plan, analyse, remember, where you are able to use judgement, logic and explore ideas, make decisions and gain knowledge, wisdom and understanding from your experiences. If you are in your head-space it will make connecting with the Tarot and your intuition more difficult, so it is important to be able to recognise if your ego (fear) jumps in and hijacks your intuition, taking you out of flow by having you try to connect the dots, figure things out, making up stories, misinterpreting, elaborating, making mental leaps, making assumptions, jumping to conclusions and making mistakes. The ego may also cause interference in the form of fears, doubts, strong emotions (overwhelm), limiting beliefs, memories, experiences and sabotage patterns such as analysing (overthinking) which can cloud your ability to connect or recognise when you receive intuitive information.

If you are experiencing this, it is important not to judge yourself as doing something wrong, not good enough or unworthy of receiving guidance, it is simply providing you with an opportunity to learn the difference between your intuition and your ego so that you can choose something different next time, a new road, hopefully your heart-space and love.

CONNECTING HEAD & HEART

Now, the head and heart have both been given to you for a purpose, they are not separate and can both serve you in positive or negative ways. It is important to connect your head and heart so they begin to work together, in unison, they are fully connected and both are aware of what it is that you are asking, seeking help with or wanting to achieve. One of the best ways to connect the head and heart, so that it is easier and clearer to hear your inner guidance, is through a practice of meditation, where you use the breath to still and calm the mind, experience feelings of relaxation and peace as experience the connection to your Higher Self. My [Connecting the Intuition Meditation](#) is a really simple meditation that can be used either on a daily basis or before you sit down to connect with and work with the Tarot to help you come into the present moment, connect the head, heart and intuition so they work together and support you to be able to easily receive intuitive guidance through the cards.

RECEIVING INTUITIVE AND PSYCHIC GUIDANCE

Once you are connected to your heart-space, your intuition, and have silenced your mind for long enough, you will be ready to receive intuitive and psychic guidance for yourself and others through the Tarot cards about a variety of aspects of everyday life. While intuitive information comes through from your Higher Self, your inner knowing, tapping into your psychic abilities allows you to gather and access more detailed and specific information than what you receive through your intuition about people, events and situations whether related to the home, family, relationships, health and well-being, finances, business, creativity or personal and spiritual development. There is no right or wrong way to receive intuitive and psychic information, generally speaking while working with the Tarot you may receive intuitive communication in the following ways:

1. **Mentally:** Information is received through your inner voice, thoughts, ideas, recognition
2. **Emotional:** Guidance is received as a feeling such as nervousness, anxiety, emotional turmoil, depression, excitement, joy, a sense of being comfortable or uncomfortable, instinctively liking or disliking something or someone or a vibe about a person, situation or experience
3. **Visual:** Information is received as an image, vision, symbol, daydream, imagination, which can be literal or symbolic
4. **Physical:** Guidance comes in through bodily sensations such as a headache, stomach ache, muscle tension, relaxation, slow or fast heartbeat, chills, goose bumps, shivers, warm sensation, lightness or heaviness, tingling in the ears, distortion of the senses, sympathy pains and that 'gut instinct'

When you receive information through the Tarot cards using your psychic abilities, this will be delivered through your heightened physical senses, known as the 'Clairs'. It is through these senses that your Spirit Guides, Angels and those in the Spirit realms communicate with you and allow you to receive information, guidance and insight, whether you see, hear, feel, smell, taste or know.

CLAIRVOYANCE

'Clear seeing' refers to the ability to 'see' or 'perceive' beyond the physical world and into the spiritual realms, whether from the past, present or future through seeing visions, objects, colours, symbols, places, people, Guides, Angels and even loved ones who have passed over. This sense allows you to use inner 'sight' and wisdom to understand experiences, 'see' the divine plan and the potentials for the future. It is often experiences like an image being projected in your minds-eye, flashed into your awareness or a movie being played on a screen in your mind where you may see a simple image, picture, word, symbol or an entire event playing out related to the past, present or may occur in the future.

CLAIRAUDIENCE

'Clear hearing', which means that you are able to hear sounds or words, with and without the physical ears, that are from the Divine and those in the Spirit realms, whether that is your own Spirit Guide or someone's loved one who has passed over. This often comes to you quickly, happens spontaneously, as a quiet whisper, the voice that sounds like it comes from your own thoughts or even a loud noise which gets your attention. You may experience this as either a sound or words being heard with your physical ears that other people can also hear

or hear it as an internal sound or words that no one else but you can hear and floats into your awareness like thoughts with a different tone and sound than your own voice. Voices from Spirit and your Higher Self may sometimes be bossy and pushy, however, they will always be loving, nurturing, supportive and positive.

CLAIRSENTIENCE

'Clear feeling' or 'clear sensing', is the ability to feel things whether physically or emotionally, and to sense and feel intuitive information, energies and beings including Spirit Guides, Angels, loved ones who have passed. Highly sensitive clairsentients, known as empaths, can sense another person's thoughts and beliefs, tune-in and actually feel their emotions as if they were their own as well as pick-up and feel other people's physical pains and illnesses. It is usually experienced as a 'gut feeling', 'empathy', picking up on other people's feelings or experiencing physical confirmations through some of the other five senses such as warmth or a butterfly sensation in the stomach area, feeling shivers go through your body or the hairs on your arms or the back of your neck stand on end unexpectedly.

CLAIRCONGIZANCE

'Clear knowing' is the ability to clearly know information or about experiences that have happened in the past, present or will happen in the future, often without knowing how you know. This allows you to be able to experience a thought, message or gain information about a person, object, place or event through intrinsic knowledge, which just "comes to" your mind, like it's just a simple fact you can't deny and you have no idea where it came from. You may experience this as a

knowing you are 100% certain about something, lightbulb or 'A-ha' moments, receiving sudden ideas or solutions to problems, stoke of insight, information coming in as a flash and then it is gone, knowing the best decision, nagging and persistent thoughts about someone, knowing when someone is genuine and trustworthy or if they are lying and being manipulative or that 'gut' feeling not to go somewhere or do something without knowing why.

CLAIRGUSTANCE

'Clear tasting' allows you to use your sense of taste to receiving information whether it is the taste of a chemical, drugs, alcohol, blood, bile, rubber, charcoal, cigarettes, foods etc. that you have not eaten or even been near. You may also experience this as a dry mouth, burping, hiccups, salivating or sudden food cravings as part of your sense of taste.

CLAIRSCENT OR CLAIROFACTION

'Clear smelling' involves the ability to be able to smell energy and interpret different vibrations through the odor detecting receptors of nervous system located in the nose. It is often experiences as physically, distinctive smells which are being brought to you intuitively or through those in the Spirit realms to provide insight into events in the past, present and future. You may experience smells such as food, animals, flowers, leather, smoke, perfumes, chemicals etc.

The Tarot is a beautiful divination tool to help you learn about the different ways your Higher Self, intuition and Spirit can communicate with you through images, symbols, colours, numbers, thoughts, emotions, physical sensations, 'gut feelings', sounds, smells and even tastes. It is important that

you let go of any expectations you may have about how or what information will come through, simply allow your intuition and those in Spirit to guide you in what it is you need to hear, see, feel and say so the answers are provided in the easiest way possible.

CONNECTING INTUITIVELY WITH THE TAROT

The communication you receive through the Tarot is like having a telephone line to your Higher Self and Spirit who use the cards to speak to you in a different language based on images, symbols, colours, numbers, thoughts, emotions, physical sensations etc. that you need to attune to recognizing and understanding so you can translate it into a language that you understand moving forward. When you connect with the Tarot for yourself or others, you can do so for a variety of reasons, including to gain insights about opportunities or experiences, obtain answers to questions, guidance for solving problems, help with decisions or to seek understanding and wisdom about relationships or situations you may be moving through in your everyday life. An intuitive Tarot practice is always based on the understanding that wisdom from your Higher Self and Spirit will come to you through the cards and that the connection an intuitive reader develops is unique and individualised. What works for someone else may not work for you, so as you move through each section of this book you will be learning how your intuition and psychic abilities communicate with you through the images, symbols, colours, numbers, thoughts, emotions, physical sensations etc. that come up when you connect to the cards. Remember, it is a new language that you are learning, be patient in learning what they mean for you, open your heart, mind and awareness ready to connect to and learn

about the language of the Tarot. The following is a simple process for you to keep in mind as you work through this book and connect to the cards using your intuition and psychic abilities:

1. Set a direct clear intention to notice your intuition and receive psychic insights through your heightened senses
2. Connect to your heart-space, shutting off the logical mind that needs to rationalise everything
3. Get into your inner sacred space where your mind is clear, open and ready to receive
4. Pick up your deck of Tarot cards ready to begin connecting and receiving guidance
5. State directly, clearly and specifically what you would like to receive intuitive and psychic guidance and information about (e.g. an answer to a question, a solution to a problem, greater clarity, wisdom, understanding, support, help with decision making or information about particular areas in life)
6. Shuffle the Tarot deck and simply allow yourself to draw the card or cards that you are intuitively guided to select, trusting that they will provide exactly what it is you need to know or the best possible answer
7. Focus on your breath, be present, open to receive and just listen – without judgment – connect with the card and allow it to show you the information and for it to flow in naturally
8. Write down all the information and guidance you receive - what do you see, hear, feel and know?

As you begin learning to connect with the Tarot and receive information and guidance, it is important that you start learning the language and how it applies to your own life. If

you are seeking guidance and answers for yourself, it is important to quieten the mind, be still and let go of expectations about the answers you will receive as well as how the information will come in. It is also important to be aware that if you are feeling a lot of negative emotions, in a state of stress, distress, overwhelm or confusion it can hinder your ability to hear and receive the intuitive guidance that Spirit is providing you with through the Tarot. Also check in with your intuition to see if any of these feelings are in fact providing you with feedback, guidance and answers to the questions you have asked about something in your life or letting you know that it is important to honour you, focus on your own needs and desires or that it is time to create changes in areas where you are feeling challenged or blocked. Remember, emotions and feelings can be intuitive and psychic messages from those in the Spirit realms as well. Once you feel more comfortable with how the information from your Higher Self and Spirit is being communicated to you through the cards, you can then begin providing guidance and insights for friends and family members. However, be aware that you may find it difficult to disconnect from your logical mind as you already know information about their lives and where they are at with different situations and experiences that are taking place, making it more difficult to set that knowledge aside and simply allow the intuitive and psychic information to flow in. Reading for friends and family members will generally help boost your confidence in working with the cards, however, if you are interested in conducting Tarot readings it is important to connect to the cards for people you do not know, as this will help you to step the logical mind out of the way, fine tune your awareness and abilities and trust the insights and guidance that are being communicated to you

as well as receive more objective feedback and confirmation about the accuracy of the information you are providing.

ACTIVITIES

Now that you have an understanding of the difference between your intuition and the ego, how it is you can work with your psychic abilities as well as the various ways in which you can receive guidance and information when you connect with the Tarot, it is time to pick up your deck of cards and start working with them in some practical activities to help you learn your new language.

ACTIVITY 1

As you know there are two ways people can read the Tarot, using the meanings provided in books or from teachers where there is one correct and absolute meaning for each card and its symbolic components for each reading and each person. Alternatively, you can connect with and read the Tarot cards by tapping into your intuition and psychic abilities to communicate whatever comes to mind as relevant for that card and the person you are offering insights or guidance to. For this activity, first shuffle the Tarot deck and draw three (3) cards, then using the intuitive approach look at each of the cards, its imagery, symbolism, colours, words, numbers, etc. and simply write down whatever comes to mind as relevant. Once you have written down the intuitive meanings for each card, look at either the book that came with your Tarot deck or research online the meanings provided for the same cards from different teachers and write this information down.

ACTIVITY 2

You know that to start connecting with and reading the Tarot, you must first have a strong understanding and awareness of your intuition, that inner voice, deep sense of knowing or 'gut feeling' which comes from your Higher Self or your Soul so that you can rely on and trust the information you are receiving. For the following activity, take your Tarot deck in your hands, shuffle it until you feel drawn to stop and select one (1) card that best represents where you are currently at with understanding and your awareness of your intuition. Once you have selected the card, write down which card it is as well as the images, symbols, colours, thoughts, feelings, physical sensations you intuitively receive as you look at or connect with the card.

Everyone has and can connect to their intuition, however, it is extremely important to recognise the difference between guidance received intuitively (love) versus from the ego (fear). So, using the same process, select one (1) card that best represents where you are currently at with understanding and your awareness of your ego. Once again, write down which card it is and the images, symbols, colours, thoughts, feelings, physical sensations you receive as you look at or connect with the card.

Because the head and heart can both serve you in positive or negative ways, it is important to understand how well your head and heart are connected and working together so that you are aware of what it is that you are asking, seeking help with or wanting to achieve when connecting with the Tarot. So, let's draw one (1) final card that best describes your head and heart connection at this time so that you can be aware of where your strengths and areas for improvement are and get them working together and in unison more. Simply write

down which card you selected as well as the images, symbols, colours, thoughts, feelings, physical sensations you receive as you look at or connect with the card.

ACTIVITY 3

As you know you can also receive information and guidance through the Tarot using your intuition where the information comes through mentally, emotionally, visually or physically from your Higher Self or by tapping into your psychic abilities where the information comes through from your Guides, Angels in the Spirit realms using your heightened physical senses, known as the 'Clairs'.

Take some time to work with the Tarot and ask for some guidance about how you experience and receive information through your intuition as well as each of your 'clairs'. Once again take your Tarot deck in your hands, shuffle it until you feel drawn to stop and select one (1) card that best represents where you are currently at with receiving information through your intuition and then one (1) card to represent your ability to receive information through each of the 'Clairs'. Once you have selected the card, write down which card it is as well as the images, symbols, colours, thoughts, feelings, physical sensations you intuitively receive as you look at or connect with the card.

CONCLUSION

Remember, the information you receive through the Tarot may be quite subtle, so you must be present, connected with your heart-space so that you can perceive those subtleties and begin receiving the information and guidance that is coming through the cards. Once you receive the guidance and

information, whether images, words, feelings, sounds, etc., you must be willing to trust the insights that you have been given, follow your hunches, gut feelings and guidance as well as take any actions you are being asked to take, because when you do you will be amazed where they will lead you. Please make sure you keep a record of your readings and the guidance you are receiving through the Tarot, especially while you are learning, so that you can make note of the synchronicities, coincidences, confirmations and validations you receive about the accuracy of the information whether they come through events, situations, experiences, people or resources that appear out of nowhere at the right time. This will help you to begin understanding and learning about the different ways in which intuitive and psychic information is being delivered to you through the Tarot. While, there are a variety of techniques you can use to help you connect with the cards and to heighten your awareness, one of the most important parts in doing intuitive readings using the Tarot is that you approach the cards with trust, when you do this your tarot practice will take off.

CHAPTER 4: JOURNAL, GOALS & INTENTIONS

Writing is a very powerful and personal way to not only support you in the process of learning and connecting with the Tarot cards, it is also has enormous benefits for your health and well-being as well as your personal and spiritual development. Using the process of writing to connect with the Tarot is fantastic for your spiritual development, but the Tarot also provides you with a fantastic opportunity to develop, learn and grow personally, to gain a better understanding of who you are, to get clear about what it is that you want to achieve in life as well as help you stay focused on your goals and desires.

TAROT JOURNAL

A Tarot Journal provides you with a safe space to regularly write down your goals and intentions in different areas of your life, your thoughts, release any fears, emotions or situations from your daily life, record intuitive messages or guidance you receive as well as a beautiful way to keep your creative and intuitive juices flowing. It is recommended that you keep a Tarot Journal, as it is a fantastic space to begin connecting with the cards as it will help you to establish a personal relationship with each of them, allows you to keep a record of the various meanings you intuit, you can keep an account of any messages and insights you receive as well as any feedback, validations and confirmations around the accuracy of the information and guidance you received and/or provided to others. You can set your journal up in a variety of ways, feel free to go with the flow and use your intuition to

choose a method and to know what will work for you long term, for example, you may want to create sections such as:

- About Me
- Goals and Intentions
- Major & Minor arcana + Court Cards,
- A section for each Tarot card
- The four suits and elements
- The numbers
- Symbols
- Personal readings
- Readings for others
- Rituals and meditations

Do whatever feels right for your learning process and getting to know the cards so that it supports you in your personal and spiritual development and can be used as a reference guide about what each of the cards intuitively mean for you. Adopting a practice of journaling and recording any insights and guidance you receive through the Tarot as well as any confirmations and feedback about how accurate they were will help you to be able to reflect on what you are learning as well as build your confidence in trusting what you are being given through the cards.

Make your journal your sanctuary, do what feels right for you!

ABOUT YOU

The Tarot is a fantastic tool to support you in your personal development as you can connect and work with the cards to gain a better understanding of who you are, align with your

authentic self, what you value most in life, your beliefs as well as your strengths and areas where there may be a need for improvement of growth. Your authentic self, is essentially a perfectly whole individual of love to the absolute core, who was given all the skills, talents and wisdom that are uniquely yours and that need to be expressed in this lifetime. Your authentic self is built around what you value and find important in life and what you decide you are going to believe, which then shapes what you think, how you feel and express yourself as well as your needs, goals, behaviours, actions and choices you make. So, your authentic self is essentially who you were born to be in this world, who you are, what makes you tick, your personality, what motivates you, drives you forward and what you believe, not the part defined by your job or role in life or what you think you are supposed to be and do. When you know who you are at the absolute core, that is your authentic self, you are able to be completely open, honest and accepting of yourself and others, appreciate all of who you are (positives and negatives) and understand the importance of creating and maintaining self-love boundaries (physical, mental, emotional and spiritual). You also feel seen, heard, loved and valued and trust your connection to yourself, others, your intuition and Spirit (Source, Universe, God or whatever it is you refer to it as). When you are being your authentic self you are able to fully accept all parts of yourself, build healthy and stable relationships with yourself and others, identify and understand your beliefs, what you do on a daily basis and define your core values or what is most important to you in life as well as stay aligned and in integrity with your needs, desires and goals.

As you grow and begin to experience the world, whether within your family, through school, teachers, society or

religious community, you may begin to fill the different roles your family, friends, colleagues or society expect of you, rather than becoming who you really want to be. Through your early experiences you may also pick up various thoughts, patterns and beliefs from those around you about how things and people are in the world, which can influence your perception and create limitations or possibilities, that may or may not be true or authentic for you. This is what is referred to as the Fictional Self, that is the person the world has told you to be, the person who fills the roles your family and friends expect of you, ignoring your true gifts and talents and simply playing the roles or parts assigned to or inherited by you, is birthed and starts being created. When you are living life from your fictional self your ego (fear) sends you false information about who you are and what you should be doing, which can leave you feeling incomplete, as if there is something missing and blocked from opportunities and experiences that you know your soul is pushing you to allow in. Living this way drains you of your critical life force energy, the energy you need to thrive, to pursue your needs, wants and desires and the things of value to you in life. By living as your fictional self you are essentially placing your trust and faith in a broken compass, that is your ego or fear, to guide you along the journey which blocks loving, positive intuitive information coming in and disconnects you from who you are at the very core of your being, your authentic self. At some level, when you are living from your fictional self, whether consciously or unconsciously, you are being inauthentic and dishonest with yourself, often resulting in you being hard or tough on yourself and others as a result valuing others opinions, beliefs and expectations around what and how your life is meant to look, sound and feel.

Because your authentic self is shaped and built around your core values, what you hold to be most important in life, it impacts what you decide to believe, which in turn shapes what you think and feel about yourself and others as well as your actions, choices and the experiences that allow or disallow in life. To become who you really want and are meant to be and begin living your life the way that feels loving and right for you as well as to pursue the things that you truly value, you must be able to identify, understand and align with your authentic self. So how do you do that? Well, the Tarot provides an ideal way of connecting to your authentic self as well as being able to identify the parts of you which may be out of alignment or unbalanced, where you may need to be more open, honest and accepting of yourself and others, where it is necessary to create and maintain self-love boundaries, honour and trust your intuition and connection to Spirit. Build healthy and stable relationships with yourself and others as well as define what is most important to you in life and stay aligned with your needs, desires and goals.

INTENTIONS

In your everyday life and especially when undertaking any kind of work with your intuition and those in the Spirit realms, it is essential that you set clear, direct and purposeful intentions, which are for the highest good of all, around everything you do, what it is you want to 'connect' with and the type of information or guidance you wish to provide, whether for yourself or someone else. What are intentions? Intentions are much more powerful than your hopes, wishes and wants, they are essentially powerful messages that you send out through your thoughts, emotions and actions to set the Universal laws into motion and thus asking for support in

making them happen and having become a part of your reality. You can set an intention each and every day, to let The Universe know what it is you want to experience, how you want to feel, what opportunities you want to have appear as well as the people you wish to include and interact with, or you can set larger intentions around what you want to have manifest in your life. For example, you might set an intention to focus on self-love for the day, to get physically fit and healthy, to get married and have children, to spend more time connecting with your partner, to do more things that allow you to feel joy, to spend quality time with your children, to bring more peace and balance into your personal and work life, or to move into a new career or job that you are passionate about, to write a book or even to live in a foreign country.

When you work with Spirit and your intuitive abilities by giving a reading using the Tarot it is important to ask yourself what your intention or purpose is. Generally speaking, each Tarot reading is intended to provide insight into you or the other person's current path and offer objective and unbiased suggestions to manifest positive solutions to any concerns or challenges so that clarity and choices can be made about what is desired in the future. It is important to look at each reading as a blessing that aims to leave you and/or the other person with a sense of renewed strength, hope and empowerment to make practical, life-affirming decisions to manifest positive and successful outcomes. The cards are simply a tool to help you to become aware of and describe certain energies or influences which may be present for you, or the person you are reading for, whether personally or spiritually, the cards are neither good nor bad in themselves. It is important to understand that it is each individual's responsibility to use the information provided through the cards to make conscious

choices about their life as they see fit and to make their own decisions and choices once they have received intuitive guidance and information. The future is not fixed and each person has the power to shape events and change circumstances through their personal decisions and choices. In setting intentions around connecting with and doing readings using the Tarot, it is important to ensure that you include information about how it is that you intend to work with Spirit, the type of information or guidance you want to bring through, how you want to bring it through as well as how it is that you intend for your sitters, the people you are reading for, to feel when they receive the guidance from you. An example of an intention statement for Tarot readings might be:

I intend to provide people with Tarot readings about circumstances they are currently experiencing in their life, offer them objective and unbiased suggestions on actions they can take to manifest positive solutions to any concerns or problems they may be experiencing as well as provide guidance about possibilities for the future that leave them feeling light, loved and with a sense of renewed strength and hope.

Another example of an intention statement for conducting readings for other people might be:

It is my intention to connect in with my intention and psychic abilities to receive clear, accurate and loving guidance and information through the Tarot to support people in moving forward and towards successfully achieving their goals and desires in all areas of their lives.

In all of my years working and connecting with Spirit, I know and trust that everything begins with an intention, so it is essential that you become consciously aware of what intentions you are sending out and what it is you are asking the Universe to support you to make happen and create in your life as well as when your reading and connecting with the Tarot. Once you set your intentions, your only job is to gather your energies, keep yourself aligned and 'in integrity' with them and honour them by taking positive steps towards making them happen. It is also important to then create some goals you wish to achieve in moving forward around your intentions in various areas of your everyday life as well as in your personal and spiritual development.

SETTING GOALS

Once your intentions are set it is important to then create goals, which identify more specifically what you wish to achieve in moving forward in various areas of your life as well as with your personal and spiritual development and essentially help you to begin gathering the time, energy and resources you need to close the gap between your current and future experiences. Goal setting is a powerful process to help you think about your ideal future, to motivate you to turn your vision into a reality, help you be able to choose where you want to go in life and know precisely what you want to achieve. Once you have set your goals you will know where you have to concentrate your efforts and you will also be able to quickly spot the distractions that can, so easily, lead you astray. In setting your goals, it is important that you ensure they are specific, achievable and that you are able to measure your achievement against them at the end of your given timeframe. Therefore, it is important that you take some time

a total of five (5) people by the end of next month. You also need to ensure that your goal(s) are achievable and realistic, by making sure that you are capable of achieving them, that they are big enough to allow you to grow and stay motivated, not too large that you lose confidence and feel overwhelmed otherwise you will be wasting your time, energy and resources and may end up feeling that you failed. Finally, all of your goals must be timed or have a deadline so that you can remain focused, clear and directed in your thoughts, emotions and actions to ensure they are achieved. It is also important to celebrate your achievements along the way and once you have successfully achieved your goals as this helps to build your confidence and motivates you to keep setting new goals and intentions to move towards.

ACTIVITIES

Now that you have an understanding of the importance of creating and using a Tarot Journal to support your learning and development, take some time to complete the following practical activities to help you get ready for the next step in your Tarot practice.

ACTIVITY 1

Take some time now to set-up your own Tarot Journal in the way that you choose and will work for you long term, whether you create sections such as Major and Minor arcana + Court Cards, a section for each card, numbers, personal readings as well as readings for others.

ACTIVITY 2

Now that you know the difference between your Authentic Self and Fictional Self, let's take some time to connect and work with the Tarot to gain some guidance and insight around where it is that you are aligned with your true self and areas where you may need to make changes. Firstly, take your Tarot deck in your hands, shuffle it until you feel drawn to stop and select eight (8) cards that best represent:

- Who you are when you are being your Authentic self, when you are fully aligned with what is important to you in life and your needs, desires and goals
- Who you are in the physically in this world, including the natural skills and abilities that you possess
- Who you are mentally, including your thought patterns, beliefs as well as the intuitive knowledge and wisdom you possess
- Who you are as a personality, including what makes you uniquely you in the world, behaviour patterns and ways of acting and being in the world with yourself and others
- Who you are emotionally, including how you express, move through and deal with your own emotions or the feelings of others
- Who and how you are in relationships, including aspects of acceptance, self-love, boundaries, trust, communication and intimacy with self and others
- Who you are spiritually, including your beliefs, values and your ability to trust your intuition and connection to Spirit
- Who you are when you are being your False self, when you are out of alignment with what is important to you in life and your needs, desires and goals

Once you have drawn these cards, connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical

sensations, etc. for each card and write down in the spaces below the information and guidance you intuitively receive about your authentic versus false self as well as who you are physically, mentally, emotionally and spiritually:

ACTIVITY 3

Now that you understand the importance of setting clear direct and purposeful intentions, both in your personal life and in working with the Tarot, whether for yourself or others, take some time to put together your Intention Statements. Remember, your Intention Statement is essentially about you placing your order in writing (and verbally if you like) with the Universe so they know and feel what you want help and support within your life and in your personal and spiritual development. Imagine that you are talking to a waiter or waitress and write down your 'Personal Intention Statement' which clearly, directly and purposefully describes your intention for your everyday life.

Then take some time to write down your 'Spiritual Intention Statement' that clearly, directly and purposefully describes how it is that you intend to work with Spirit, the type of information or guidance you want to bring through, how you want to bring it through as well as how it is that you intend the people you are reading for to feel when they receive the guidance from you.

ACTIVITY 4

To ensure you remain positive, clear and directed towards your intentions, it is important that you now take some time to set some SMART goals which can be easily achieved in various areas of your life as well as in your personal and

spiritual development. Write down all of your goals and desires around the experiences you feel you would like to create and have appear in your life, making sure they are specific, realistic and achievable and include the 'who', 'what', 'where' and 'when'.

Now that you have identified your goals, realistic timeframes in which to achieve them as well as how you will know that you have been successful, let's take some time to connect to the Tarot and ask for some guidance and insights around your Goals and Intentions moving forward. For this activity, take your Tarot deck in your hands, shuffle it until you feel drawn to stop and select four (4) cards that best represent:

1. What it is that you are best to focus on to achieve your goals
2. What is it that you need to let go of to successfully achieve your goals
3. What situations, experiences, relationships or energy is it best for you to embrace as you move forward
4. What actions are important for you to take at this moment to support you in successfully achieving your goals and intentions

Once you have selected the cards, connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc. for each card and write down the information and guidance you intuitively receive about your goals and intentions.

CHAPTER 5: CONNECTING & READING THE CARDS

The most important step in learning to read the Tarot intuitively is to take the cards out of the box regularly and to connect with them either individually or for your own personal and spiritual development. The connection an intuitive reader develops with each of the cards is unique and individualized based on your own experiences, knowledge bank, wisdom and awareness of the world around you. Tarot cards are packed full of meaningful images, symbols, colours, scenes, people, numbers plus much more with each card depicting it's very own story, so it is important to spend time focusing on and connecting with each card to understand the meanings, information and impressions coming to you during a reading. Let's take a look now at the variety of techniques you can use to help you connect, become more attune and to heighten your awareness of the Tarot.

CONNECTING WITH THE CARDS

The most essential part of learning to read the Tarot intuitively, given that there are no set meanings, is to begin connecting with each of the cards within the deck in order to read the cards and the information within them. Using this approach, you will simply be looking at a card, its imagery, symbolism, colours, words, numbers, etc., whilst tapping into your intuition, psychic abilities and those in Spirit to communicate whatever comes to mind as relevant for that card. Remember, that this type of practice with the cards is based on the understanding that wisdom from Spirit comes to you through the cards and that the connection you have as an

intuitive reader is unique and individualised. While there are a variety of techniques you can use to help you connect with the cards and to heighten your awareness, one of the most important parts in doing intuitive readings is that you approach the cards with trust.

SYMBOLGY

Symbology involves signs and symbols that represent and express ideas and emotions and is very important to understand in learning the Tarot. Each card within the deck includes a vast array of images and artwork which can be used to bring through information and guidance from Spirit, whether for yourself or someone else, by connecting with it's symbology. It is through the interpretation of these images and symbols that you begin to learn and understand another language, the language of Tarot, that your higher self and Spirit can use to communicate and bring through messages, like spiritual 'shorthand', making it an effective tool for divination. The meaning for each of the symbols within the cards really is open to interpretation and developed through your own perceptions, intuition, knowledge base and awareness – there is no one right or wrong meaning for a symbol and the meaning may change depending on the person you are reading for and their circumstances. For example, the butterfly in the Queen and King of Sword Cards often represents transformation, change or metamorphosis however you may see the butterfly stretching it's wings, struggling out of it's cocoon and get a feeling of being ready for a new beginning, all of which will be perfect for the person you are reading the cards for. Where a symbol means something specific to you, this is your individual interpretation that you are assigning to that symbol, if the

meaning varies from the obvious picture simply allow it to be that way, you are developing your own symbolic language with Spirit. Also, when interpreting individual cards or symbols, you must keep in mind the question being asked during the reading, the position the card is placed in as well as the context and the other cards appearing around it in order to provide a full picture of the insights and guidance to be delivered during the reading. For example, there is a rose in The Fool, The Magician, Strength and Death cards which can all represent different information or messages depending on whether a person is asking about love and relationships, business and career or health and well-being and indicate that there is romance in the air, love is blossoming, growth and success are on the way, an opportunity will be presented to them or letting someone know to look after their health or that of a family member. When you are working with the symbology in the Tarot, you will simply have your awareness drawn to specific features or image in a card, this is your intuition highlighting what it is that is important for you to see so you can connect in with your Higher Self and Spirit to bring through the meaning and deliver this in the form of a message or guidance, whether to yourself or for someone else.

NUMBERS

Numbers play an important role in and we use numbers in our everyday lives, whether in phone numbers, postcodes, weight, anniversaries, birthday, money, etc. Numerology, the ancient art of studying and understanding the significance of numbers in our lives also plays an important role in the tarot. The numbered cards within the Tarot can reflect significant dates, everyday life situations, events happening in the past, present and/or future, obstacles being faced, fears coming to the

surface, possible options available, decisions to be made or advice that will help. The Tarot is packed with symbolism and it's numbers do much more than simply catalogue the actual cards, they open up a whole new realm of information and possibilities. To understand the cards within both the Major and Minor Arcana of the Tarot, we must take into account all of its aspects, including the numerology, which can be used to interpret a single card or an entire reading.

ENERGY OF THE CARDS

As you start developing your intuition and psychic abilities and become in tune with yourself, those around you and the Tarot, you will realise that everything and anything is made up of energy. Our world, our universe and your daily life operates like a big energy-exchange machine. Many of you will be aware that you have a spiritual energy field which surrounds your body, known as your 'aura' or 'subtle bodies', which makes you feel uncomfortable if someone intrudes mentally or physically on your 'personal space'. Like your own 'aura' each of the cards within the Tarot have their own special energy and feel to them (positive and negative), which you can learn to connect to, interpret and bring through guidance and clarity to support yourself and others in their everyday life. You can connect to the energy of the Tarot by simply holding each card, one at a time, in your hand and placing the other hand directly over top of the card. Allow yourself to feel the energy of the card and you may notice a warm, tingling sensation, sometimes it may feel like a cool swirling sensation, it will be different with each of the cards. You may also experience sensations in your physical body as you connect to the energy of a particular card or for a particular person, which could indicate that there are areas of

the physical body that are out of balance or specific health condition. As you connect with the energy you may feel different emotions and feelings come to the surface, these can give you information about how the person the person you are reading for feels about themselves, where they are at emotionally, feelings about other people, situations or events in their life. It is important that you are present to this information, as it is important to deliver emotions and feelings during readings as they add to the story and allow you to bring clarity and support to the person having the reading so that they can make some choices to shift and transform their experiences and circumstances so they feel more loving, joyful and fulfilled in their lives. The energy of a card may also allow you to become consciously aware of different ideas, thoughts, beliefs and wisdom that needs to be passed on from those in Spirit, where it be Guides, Guardian Angels or passed over loved ones. As you hold each card in your hand, you are exchanging energy with the card, you are putting your energy into them and as a result, you are also receiving energy from each card. This helps your subconscious to pick up on the energy associated with each individual card, which will also help it to depict the story that wants to be told through for each card.

Note: Tarot readings are NOT a substitute for proper medical or psychological care. You do not treat, diagnose, or prescribe anything for physical or psychological illnesses or disorders. It is recommended that you advise any person you are reading for to seek a medical professional for any physical ailments or a mental health professional for any mental health issues they might have.

MEDITATE ON THE CARDS

Meditation is a fantastic way to connect with the Tarot. In its simplest form, meditation is simply the practice of using the

breath to still and calm the mind and experience feelings of peace, connection and the limitless potential of being present with yourself, Spirit, the Universe and all that is. It is about just being in your own space, taking time for self-care, love and nurturing, quietening the 'monkey chatter' of the mind, gaining clarity in your daily life, being more present with self and others, raising your spiritual vibration to help with connecting to Spirit, Guides, Angels and loved ones as well as to your authentic self. When you participate in a meditation practice you are essentially taking a journey into your own truth, connecting your head and heart, getting in touch with your inner knowing and intuition, sitting with your authentic self and opening your energy bodies physically, mentally, emotionally and spiritually to receiving all that is good and loving for you. A practice of meditating on each individual Tarot card is a very effective way to be able to tap into the energy of the cards and can be done by simply spending a few moments with the card feeling it's energy and focusing upon it's associated symbols.

DAILY READING PRACTICE

To become more familiar with the cards within the Tarot deck you can establish a Daily Reading Practice for yourself where you deliberately choose and concentrate on a different card each day. This exercise as a way of learning about each card takes a minimum of seventy-eight days (78), so it requires your commitment, dedication and patience important that you do this as a regular basis to build the energy and your connection with each of the cards. To do this, choose a time that works best for you. Generally, mornings work best as you can select a card during your wake-up routine and gain insight for the day ahead. Alternatively, you can select one card at

night or allow for a bit more flexibility by choosing times that fit best with your schedule. The best way to decide if the time is right for a reading is to look inside you and if something feels wrong, postpone the effort, but if your intuition says go ahead, then all is well. In sitting and selecting a card to connect with on a daily basis, you can choose your card in a variety of ways, systematically where you look at The Fool, then The Magician moving through each card in the Major Arcana then looking at the Swords suit, followed by Wands, then the Cups, etc. or you can work with the entire deck and allow a card to be drawn intuitively, whichever catches your eye or one that seems fitting for the day's events. There is no right or wrong way to undertake a daily reading practice, do what feels right for you and draw a single card on each day so that you really get a feel for what the story is of that particular card. The following is one method you can use for your Daily Reading Practice where you deliberately choose and concentrate on a different card each day as a way to learn about the theme, build the energy and your connection with the cards.

1. Start by getting yourself into your physical sacred space with your deck of cards, a pen and notepad or journal in front of you
2. Relax and take a few deep breaths and get into your internal sacred space, open and ready to receive
3. Consciously set aside your own thoughts aside ready to clearly and easily allow your intuition to guide you in drawing and connecting with your daily card
4. Invite your Higher Self or Guides to step forward to connect with you
5. Set a clear and direct intention to connect with the one (1) card to be your theme for the day

6. Then shuffle the cards, still focusing on your intent, until you feel ready to stop and select your daily card
7. Ask yourself intuitively what story or theme the images, symbols, colours, numbers or feel is telling you for the day and then write down the keywords, thoughts feelings associated with the card in your journal
8. Then, return your card to the deck and cleanse and clear the cards

Remember, when you have drawn your card for the day, study the details of the card's picture, connect with it and write down what you see, the keywords, thoughts, feelings and the theme for the day associated with the card. At the end of the day it is a good idea to go back to your journal and reflect on any signs, events, feelings which surfaced throughout the day which related to the card's energy. This will help you to further connect with the energy and meaning of the cards and to be able to relate each of the themes to situations or people you come across in daily life. After about a month, look back through your journal as you will find it interesting to trace the themes, patterns and the outcomes of any choices and decisions you made which were associated with the card. Then ask yourself if certain cards or suits were more prominent? Were there any patterns that reflected your situations? Did certain card(s) show up frequently? Ask yourself why this might be so? The goal with this practice is to get you connecting on a deeper level with the Tarot and to make it a part of your everyday life so you expand your understanding and awareness of the possible guidance and messages that can come through with each card. If you can commit the time and energy to a daily reading practice and approach the cards with trust, your tarot practice will take off.

INTERPRETING THE CARDS

The cards in themselves are neither good or bad, they simply describe or provide a picture of certain energies, patterns or influences that are present in and around you or the person you are reading for at that particular moment in time, so they can be worked with in a way that feels right and loving. In interpreting the cards drawn during a Tarot reading, you are essentially identifying those forces, circumstances, situations and relationships that are present at that moment so you or the person you are reading for can make conscious choices about the future – Remember, the future is never fixed. The outcome of the story is not a certainty, but a possibility – the one projected from that moment in time with all the influences of the present moment. Each person has the power to mould, shape and transform events, situations, relationships and experiences along the lines of their choosing – each person has ‘free-will’ to choose to take action or to stay where they are currently. At the deepest level, the soul always knows what situation the guidance is being sort is about. It is often through the story being told in the cards that what is already known by you, or the person you are reading for can be acknowledged, recognised and consciously actioned. Remember that a change in direction can always be embraced if there is the desire and courage to take the necessary steps to transform, shift and alter the experiences, situations and events being presented in particular areas of life. . It is up to you, or the person you are reading for, to use the information and guidance provided through the Tarot cards to make conscious choices about everyday life.

The process of interpreting the Tarot cards is based on the understanding that wisdom from your Higher Self and those

is the Spirit realms, will come to you through the cards. At first, you may have to accept this on faith, but after continued practice you will receive 'proof', 'evidence' or 'confirmation' whether through situations, experiences or from people in your life to show you that what come through the cards was accurate. It is important to know that as you are reading the cards, you cannot interpret them falsely, however, you may not perceive all that is there, so it is important to continue asking questions and allowing your intuition to guide you in what images, symbols, numbers, colours, etc. are in the highest good to be aware of at the time. Simply remain open, trust the information given and do not to judge whether it is right or wrong, as this makes conducting the reading more difficult. Spirit will work with you to support you in gaining and delivering the necessary information, whether in response to a question or generally. The Tarot can sometimes act like a mirror that reflects your own consciousness back to you, so as you learn, that mirror becomes clearer and the perceptions and information you are able to obtain from the cards will become ever deeper.

CONDUCTING READINGS

One of the most common ways that people begin developing their intuition and psychic abilities is through using Tarot cards as they are a fantastic tool to provide other people with information about people, events, situations and experiences in their everyday life. It is important to begin learning to read the Tarot intuitively by conducting readings for yourself as this is the foundation for your connection to the cards and Spirit. As you work your way through this book and learn to connect in with each of the cards within the Tarot, you will be

conducting readings for yourself using the following simply process as outlined below:

1. Get yourself into your physical sacred space with your deck of cards placed in front of you
2. Take a few deep breaths and get into your internal sacred space, open and ready to receive
3. Consciously set aside your own thoughts ready to clearly and easily allow your intuition to guide you to receive guidance and insight through the cards
4. Invite your Higher Self or Guides to step forward to connect with you
5. When you are ready, set a clear and direct intention to connect with the cards and gain guidance and insight, whether around a general topic area or a specific question you may have
6. Now simply take the deck of cards in your hand and either draw the top card or shuffle them and intuitively choose a card to work with
7. Place the card on the table in front of you, either using a standard spread or allow your intuition to guide you in where place the cards using an intuitive spread (Note: See chapter on spreads for more details on this)
8. Connect in with the images, symbols, colours and emotions of the card to get general sense of what information is coming through and take note of this information in your journal
9. You can then go deeper with the card and identify any obstacles, challenges, opportunities or possible actions that are relevant in your life – again take note of this information

10. Once you have finished delivering the information for the first card, simply shuffle the deck again and intuitively choose the next card to work with
11. Again, place the card you have drawn on the table in front of you in whatever position you feel drawn or using the relevant spread
12. Connect in with the card again providing a sense of what the card is about, how it relates to everyday life as well as any information and guidance coming through and take note of this information
13. Continue the process of drawing cards until you intuitively feel like you have gained all the guidance and information requested
14. Once you have finished, simply disconnect from the cards by placing them back in the deck and cleansing and clearing the energy

Remember, that tarot cards only describe certain energies or influences as they are being presented at the time that the reading is being conducted and that it is up to you to use the information to make conscious choices about your life. The future is never fixed, so you can use the information from the cards to help you embrace or change direction provided you have the desire and courage to take the necessary steps.

As you begin receiving 'evidence' or 'confirmation' and seeing the results and benefits in conducting readings for yourself, you will also begin to see this in your everyday life as well as your spiritual development and will begin trusting what you are receiving. Once you have a solid foundation in place for reading the Tarot for yourself, you may then wish to take the next step and begin reading the cards for others so you are able to support and help them to gain insight, clarity and

guidance in their own lives should you choose to do so. To conduct readings for other people, you can work with a similar process with a few additional steps as outlined below:

1. Get yourself into your physical sacred space with your deck of cards placed in front of you
2. Take a few deep breaths and get into your internal sacred space, open and ready to receive
3. Consciously set aside your own thoughts aside ready to clearly and easily allow your intuition to guide you to provide guidance and insight through the cards
4. Invite your Higher Self or Guide to step forward to connect with you
5. When you are ready, set a clear and direct intention to connect with the cards and provide guidance and insight for the person you are reading for, whether around a general topic area or a specific question they may have
6. 'Envelope' the other person's energy field, by extending your aura up and over theirs so you can start perceiving and gathering information, guidance and insights through the cards
7. Now simply take the deck of cards in your hand and either draw the top card or shuffle them and intuitively choose a card to work with
8. Place the card on the table in front of you, either using a standard spread or allow your intuition to guide you in where place the cards using an intuitive spread (Note: See chapter on spreads for more details on this)
9. Connect in with the images, symbols, colours and emotions of the card to get general sense of what information is coming through and share this information with the other person

10. You can then go deeper with the card and identify any obstacles, challenges, opportunities or possible actions that are relevant to the person's life - share this information with them
11. Once you have finished delivering the information for the first card, simply shuffle the deck again and intuitively choose the next card to work with
12. Again, place the card you have drawn on the table in front of you in whatever position you feel drawn or using the relevant spread
13. Connect in with the card again providing a sense of what the card is about, how it relates to their life as well as any information and guidance coming through and share this information with the other person
14. Continue the process of drawing cards until you intuitively feel like you have provided the person with the information they requested
15. Once you have finished, again disconnect from the other person's energy field by pulling your aura back in
16. Then, detach from the information given and cleanse and clear your deck

Remember that once you provide insights and guidance to the person you are reading for, it is up to them to work with the information provided in whatever way fits and feels right and to take responsibility for making conscious choices to move towards their goals and desires. Also, while this book provides you with a basic understanding and awareness of how to read the Tarot using your intuition, this alone does not qualify you to conduct readings on others or in a professional capacity. If you wish to read the Tarot for others and provide them with clarity, guidance and direction in their life, it is recommended that you also take steps to continue with

appropriate further professional development on a regular basis through courses or mentoring programs. Please make sure you develop through a professional reader who has been recommended and has practical experience in supporting others on their journey. Remember, this journey is one of personal growth and learning first and foremost.

CARING FOR YOUR TAROT DECK

When you are not using your cards, it is customary to wrap them in a cloth, preferably silk, and/or store them in a wooden box or place that has special meaning to you. It is important to do this to contain their energies and protect them from outside forces. While, silk has a luxurious feel that will remind you of the value you place on your cards, you can use natural substance, such as wood, stone, shell, or a natural cloth, do what feels right for you. As Tarot cards hold a unique place in your consciousness, it is best to keep them safely in a place that is special to you. Also, because the Tarot cards pick up energy and the character of those who use them, it is important to set aside a tarot deck that is just for you, as these cards are going to be your personal tool of communication with your Guides and those in the Spirit realms ensuring that you create a strong bond to them. Most readers do not allow anyone else to touch their cards without their permission. In particular, ensure that only you read with your deck – unless they have your blessing of course. Remember, they are your cards, so always remember that they are special. It is also important that you cleanse and clear your deck of the energies brought through with each reading otherwise you may find it difficult to connect with them and bring through clear guidance for yourself or the person you are reading for. You can do this in a variety of ways, including the following:

- **Intention:** Hold the deck in your hands and simply set the intention that they be cleansed and cleared of all previous energy
- **Visualisation:** Hold the deck in your hands and visualise a white or golden light flowing into the cards that cleanses and clears the energy
- **Smudging:** Holding a lit smudge stick (bundle of sage) in one hand and your deck of cards in the other, simply move the cards through the smoke that rises up and allow it to cleanse and clear your deck (Note: Please use appropriate caution here)
- **Sun or Moonlight:** Take your deck and place in out in the sunlight or under the moon, in an area where it will receive the light and allow positive and clear energy to be brought into the cards thus clearing any stuck or negative energies
- **Crystal:** Place your deck down on your table with a clear quartz crystal on top as this will not only absorb any negative energy it will also infuse the cards with clarity, love and positive energy

ACTIVITIES

As you will be working your way through each of the cards within the Tarot deck throughout this book, it is important at this point to simply gain an understanding of how you can connect with the cards, perhaps through your daily reading practice, as outlined in the previous chapter.

ACTIVITY 1

For this activity, take three (3) cards from the deck (choose the cards however you feel drawn to do so) and then follow the steps below to begin connecting with the cards intuitively:

1. Get yourself into your physical sacred space with your deck of cards, a pen and notepad or journal in front of you
2. Take a few deep breaths and get into your internal sacred space, open and ready to receive
3. Consciously set aside your own thoughts aside ready to clearly and easily allow your intuition to guide you to connect with the card
4. Invite your Higher Self or Guides to step forward to connect with you
5. Set a clear and direct intention to connect with the three (3) cards you have selected from the deck
6. To begin, simply take the first card in your hand and allow your eyes to be drawn to the images and symbols on the card
7. Ask yourself intuitively 'What does this image or symbol mean for me?' and then write down the information that comes into your thoughts
8. Now, intuitively look at the colours within the card and ask, 'What does this colour mean for me?' and 'What emotion does this colour bring up for me?', again writing down your responses
9. Allow yourself to connect with the card on a deeper level and ask 'What overall feelings/emotions does this card bring up for me?', writing down what comes up or what you feel
10. Overall, with the images, symbols, colours, emotions and feelings, ask 'What does this card mean overall for you?' and 'What story is it telling me?', again writing down the overall meaning

11. You can then connect with the second card and continue the same process for the final card

ACTIVITY 2

For this next activity, you are simply going to connect in with the numbers, 1 through to 10, used in the Tarot and identify 5-6 key words that you associate or that intuitively come to mind when you see, hear or feel that particular number. Write the words, thoughts and feelings that come to mind for each number.

CONCLUSION

Throughout this book you will be working on connecting with the symbology, images, themes and energy of each card within the deck by selecting specific cards, connecting to the details of the card's picture and then writing down the images, symbols, keywords, thoughts feelings and meanings associated with the card and its various symbols. By doing this with each individual card, it allows you to develop a practical and detailed dictionary of meanings together with your Guides and those in Spirit that they can use at any point to draw your attention to particular symbols as you read the cards and pass on any thoughts, information, feelings or messages that come in. Remember, meanings are subject to your own perception and intuition – there are no right or wrong answers. As you learn to connect with the cards it is important to practice listening to and trusting the intuitive information you receive, write the information about any readings you do in your journal as this will help you to be able to reflect back on what you receive and how in order to improve the accuracy of your readings in the future.

CHAPTER 6: MAJOR ARCANA

Within the seventy eight (78) card Tarot deck, there are twenty two (22) numbered cards that form the foundation or what is considered the heart of the deck called the Major Arcana. The cards within this part of the deck are in many ways considered the most important part of the Tarot as they represent situations, experiences, events and lessons all of us face in our personal and spiritual journey throughout life, with each card holding messages, perspectives, insights and guidance to support you in your everyday life and spiritually. It is essential when you start learning to connect with the Tarot that you get to know the Major Arcana first, because they depict universal characters and situations, provide deeper information about more meaningful and significant life events people experience, insights into the common ways people move through the ups and downs of life as well as wisdom about the 'spiritual' aspects of life. As our entire lifetime is really just about the soul's journey of learning, growth and development, the Major Arcana provides you with a tool to help recognise the different Universal stages or phases of your inner growth and development - this is what is referred to as The Fool's Journey. Each of the twenty two (22) Major Arcana cards represents a certain stage on the journey through life, from the beginning with The Fool (0) who is all about beginnings, birth, innocence and adventure through to The World (21) card which depicts completions, closing of loops, endings and death - an experience each person must incorporate to realise their full potential and wholeness. While, the cards depict common signposts and stages with smooth movement through each Universal milestone from one experience to the next, each person's path and life

experiences are unique, with life not always being so smooth and tidy. As you move through life you make decisions and choices, grab hold of opportunities, make mistakes, encounter challenges, face adversity, skip lessons, come up against resistance or opposing forces and sometimes experience things in a different order, which brings you to a certain point within The Fool's Journey. For example, some of you may never feel the need to work and connect with the Hermit (9) by looking within or succeed in learning the lesson of the Hanged Man to let go and surrender to the experiences and events in your life. The cards within the Major Arcana provide a fantastic opportunity to determine where you are at in your journey and are a great way to gain insight, clarity and guidance around particular stages, lessons, opportunities and choices in order to move forward to complete, integrate and fulfil the soul's purpose in this lifetime.

The Major Arcana cards essentially act as sign posts and tell a story about situations, events, experiences, opportunities, accomplishments, challenges, relationships, learnings, areas for growth that are significant and important along the journey of life. For example, The Fool (0) tells the story of new beginnings, innocence, spontaneity, faith and trust to take the step on such a journey with all its opportunities, adventures, challenges and lessons. While the Lovers (6) card is about reaching out to become part of a loving partnership, the urge for sexual union with another, relationships and identifying values and beliefs around love and partnerships. The Tarot in this way can provide you with greater meaning and understanding about what may be impacting or influencing what you are experiencing in your life, help you focus on actions and decisions you must take as well as provide much deeper wisdom and understanding about the bigger picture of

your life, your path and long-term direction. Because each card within this part of the Tarot deck tells a story through its symbology, imagery, colours, numbers and characters you are drawn to, so it is essential that you take the time to connect to the cards and allow your intuition and those in the Spirit realms to support you in learning the messages, perspectives, insights and guidance contained in each of the cards. Remember, when you read intuitively each card can have a different meaning depending on which way the card falls (upright or reversed), its imagery, symbology, colours, who you are reading for, whether yourself or others, and can represent both positive and negative forces so simply allow yourself to be guided in what is important for you to see, hear, know and feel when you connect with them.

ACTIVITIES

Now that you understand a little more about how the Major Arcana depicts the Universal stages we all move through, significant life events, situations, relationships, experiences, opportunities, accomplishments, challenges and learnings we face as well as areas for growth as you move through the ups and downs of life, let's connect in with this part of the deck and see what story the symbology, imagery, colours, numbers and characters are intuitively telling you.

ACTIVITY 1

Because each card within the Major Arcana has its own story to tell through the symbology, imagery, colours, numbers, characters, feelings, physical sensations and much more contain in them, it is essential that you take the time to connect to the individual cards so that you can begin

understanding the language of the part of the deck. For this activity, you will first need to take only the Major Arcana part of the Tarot deck in your hands and place them in numeric order from zero (0), The Fool through to twenty one (21) The World. Once you have the cards in order, take some time to connect with each of the 22 cards individually, allowing your intuition, inner knowing, Higher Self and those in the Spirit realms to draw your awareness to certain aspects of the card that is important. Write down what each card evokes for you in the following ways:

- Key words that come to mind
- Feelings, emotions or physical sensations that are brought to your awareness
- Symbols or images that you notice and what they represent for you
- What the overall intuitive meaning is for the card

Remember, there is not one absolute correct meaning for each card, allow yourself to be guided in what is important for you to see, hear, know and feel as you connect with each of the individual cards within the Major Arcana so that you can receive their individual messages, perspectives, insights and guidance for your everyday life and spiritually.

Once you have connected with each of the cards within the Major Arcana individually, take some time to reflect on whether there were any patterns or themes that you noticed around the meanings you intuited for the cards as this may provide you with some insights into what you are currently experiencing, learning and moving through personally and spiritually. Then write down what you learned about the Major Arcana overall, any individual cards that captured your attention as well as any information and guidance you

received about your everyday life or spiritually through the cards.

ACTIVITY 2

Now that you have an understanding of how the Major Arcana represents the Universal stages, signposts and milestones of inner growth and development you move through in your lifetime, for this activity you are going to 'Take a Journey with The Fool'. For this activity, you will first need to take only the Major Arcana part of the Tarot deck in your hands and place them in numeric order from zero (0), The Fool through to twenty one (21) The World. Once you have the cards in order, take some time to connect with each of the 22 cards individually, allowing your intuition and those in the Spirit realms to draw your awareness to certain symbols, images, colours, numbers, characters, feelings or physical sensations that are important. Look at the journey you have taken with the Fool by identifying and write down the following:

- The stage or event in your life the card represents
- The learnings or lessons you received that relate to the card
- Any particular life experiences or situations you have had that are signified by the card
- The overall meaning attributed to the card

This is not one absolute correct meaning for each card, allow yourself to be guided in what is important for you to see, hear, know and feel as you connect with each of the individual cards as you take this journey with The Fool.

Now that you have connected with each of the cards individually, take some time to reflect on how you have

experienced and moved through “The Fools Journey” of inner growth and development in your own life. Has it been smooth and easy? Has it been bumpy with many challenges and obstacles? Were there particular stages which you flowed through and learnt quickly? Were there others that you repeated, failed at or feel stuck with learning? Identify if there have been any patterns or themes that you noticed around the meanings you intuited for the cards as this may provide you with some insights into what stage you are currently experiencing, learning and moving through personally and spiritually. Write down what you learnt about “The Fools Journey” overall, any individual cards that captured your attention as well as any information and guidance you received about your everyday life or spiritually through the cards.

ACTIVITY 3

Now that you know about each of the individual cards in the Major Arcana and their intuitive meanings for you, let’s take some time to connect to this part of the deck to conduct a ‘Major Arcana Reading’ to gain some guidance and insights around a particular area of your life, whether it be home, family, relationships, career, business, finances, health and well-being or spiritually, by conducting a mini reading. For this activity, take your Major Arcana in your hands, making sure that the cards are all right side up, then shuffle the deck thoroughly until you feel drawn to stop and select four (4) cards that best represent:

1. What Universal stage you are currently experiencing
2. What significant life events, situations or relationships you need to be aware of right now

3. What opportunities, challenges or learnings you may be currently experiencing
4. What actions and choices are important for you to make right now

Once you have selected the cards, connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc. for each card and write down the information and guidance you intuitively receive for each individual card as well as the overall story that is being told from the four (4) cards about this particular area of your life: Remember, don't think, don't analyse, simply allow the information to flow through.

CHAPTER 7: MINOR ARCANA

The largest part of the tarot deck is known as the Minor Arcana containing a total of 56 cards divided into four suits 1) Wands, 2) Cups, 3) Swords and 4) Pentacles each numbered Ace (1) through Ten (10) and followed by the four Court Cards (Page, Knight, Queen & King). While the Major Arcana expresses universal themes, the Minor Arcana brings those themes down into the practical world to represent the smaller cycles of life, everyday concerns, activities, emotions and events which take place in daily life. Each suit corresponds with a different element, signifies certain astrological signs, has distinct characteristics, represents different aspects of, and approaches to, day-to-day life. As the Minor Arcana cards reflect the more practical aspects of life they often depict current issues or situations being experienced which may be temporary or have a minor influence on daily experiences as well as all the ups and downs in life. It is the Minor Arcana cards that provide additional insight, clarity and guidance to help with daily decision making on a smaller scale and add to information received through the Major Arcana, thus completing the story. Each of the suits within the Minor Arcana have distinct qualities all of their own, represent different elements, star signs, and have both positive and negative characteristics related to aspects of everyday life. They can provide you with information about what issues are present or needing to be dealt with on a day-to-day basis and do not necessarily have a lasting influence on your life, they are simply there to provide you with an opportunity to learn and grow through your experiences.

SWORDS

The first suit within the Minor Arcana is Swords which is generally considered to have a masculine yang energy, depicts the element of Air, associated with the astrological signs of Gemini, Libra, Aquarius and generally represents aspects of a person's mental and spiritual development. While the swords suit can represent many aspects of, and approaches to, daily life, generally speaking you can think of this suit as characterizing the positive qualities of courage, strength, power, authority, clarity, intellect, logic, reasoning, wisdom, truth and communication. On the other hand, swords can characterize the negative qualities of confrontation, conflict, aggression, disharmony, challenge, suffering, pain, sacrifice, loss, defeat, overthinking, illusions and limiting beliefs.

CUPS

The second suit, is that of Cups, which is considered to have feminine yin energy, depicts the element of Water, associated with the astrological signs of Pisces, Cancer and Scorpio and generally represents aspects of a person's emotional development, relationship patterns and spiritual experience. Again, Cups can represent many aspects of and approaches to daily life, generally think of positive inner qualities and emotions such as love, happiness, fulfilment, joy, creativity, dreams, imagination, sexuality, fertility, grace, serenity, changeability, instincts, intuition, nurturing, receptive, as well as the ability to flow with life, be empathic, spirituality, visualise and practice clairvoyance. The negative qualities generally represented by Cups may include moodiness, susceptibility to addictions, self-pity, sadness, melancholia, anger, rage, jealousy, envy, callousness as well as someone or something draining psychic energy.

WANDS

The next suit within the Minor Arcana is Wands, which has a masculine yang energy, depicts the element of Fire, associated with the astrological signs of Aries, Leo, Sagittarius and generally represents aspects of a person's inner development, values and career. With this suit, while there are many different qualities which can be intuited, it generally represents the career, business enterprises and work, the outward flow of energy, action, movement, change, stability, creativity, passion, desire, goals, ambitions, enthusiasm, adventure, risk-taking, confidence, vitality, renewal, growth, strength, courage, integrity, expansion and radiance. On the other hand, the negative qualities that are often represent by Wands include restlessness, anger, violence, aggression, pride, mischief, disruption, ignorance, laziness and jealousy.

PENTACLES

The final suit in the Minor Arcana is Pentacles, which has a feminine yin energy, depicts the element of Earth, associated with the astrological signs of Taurus, Virgo and Capricorn and generally represents aspects of a person's physical world including resources and material possessions, health and experience with wealth. Pentacles can represent many aspects of and approaches to daily life, generally think of positive qualities such as a person's sense of being grounded and connected to the Earth, safety, shelter, land, home, clothing, security, finances, sense of value and worth, status, nourishment, achievements, accomplishments, talents, manifestations, rewards, practical, dependable, sensuous, beauty, prosperity, wealth, generosity and social and family

support. The negative qualities generally represented by Pentacles may include stubbornness, inflexibility, cautious, material loss, low self-esteem, pessimism, materialism, compromised values and practical concerns causing worry.

While our everyday experiences are a blend of the characteristics, aspects and approaches represented by the four (4) suits within the Minor Arcana on a day-to-day basis

ACTIVITIES

Now that you have an understanding of how the Minor Arcana cards can add information and completing the story received through the Major Arcana by reflecting the practical aspects, current issues or situations being experienced, decision making as well as approaches to daily life, it is important to start connecting with each of the suits overall as well as the individual cards.

ACTIVITY 1

Now that you have a better understanding of the qualities, characteristics and aspects of everyday life each of the individual suits within the Minor Arcana might represent, whether positive or negative, it is important to take some time to intuitively connect with each of the suits overall to gain insights and guidance about what they might mean for you. For this activity, simply take the Ace (1) from each suit out of your deck and then spend time connecting with each, allowing your intuition and those in the Spirit realms to draw your awareness to certain aspects of the suit that is important. Then for each card, identify and write down the following:

- What each suit represents in terms of day to day activities for you
- What qualities and characteristics does each suit bring in for you
- What positive aspects do you see, feel and know about each suit as they relate to daily life
- What negative aspects do you see, feel and know about each suit as they relate to daily life

Remember, there is no one correct meaning for each suit, those offered above are suggestions only, allow yourself to be guided in what is important for you to see, hear, know and feel as you connect and work with the Minor Arcana.

ACTIVITY 2

Because you can work with the individual cards within each suit in the Minor Arcana to add to the story told with the Major Arcana's Universal stages, it is essential to start connecting with the overall theme for the suit together with the symbology, imagery, colours, numbers, characters, feelings, physical sensations and much more contain in each of the individual cards. For this activity, you will first need to separate the deck into each of the Minor Arcana suits and place them in numeric order from ace (1) to ten (10) – removing the Court Cards (Page, Knight, Queen & King) as you will not be working with these at this stage. Once you have each suit in order, take some time to connect with each of the 10 cards individually, allowing your intuition and Spirit to draw your awareness to certain aspects of the card that are important. Then identify and write down what each card evokes for you in the following ways:

- Influences and characteristics of everyday life that come to mind
- Events or situations you may have experienced or that come to your awareness
- Choices or decisions taken on a daily basis that are represent in the card
- What the overall intuitive meaning is for the card

Remember, simply allow yourself to be guided in what is important for you to see, hear, know and feel as you connect with each of the individual cards within the Minor Arcana so that you can receive their individual messages, perspectives, insights and guidance.

Now that you have connected with each of the cards individually within the Swords suit, take some time to reflect and identify if there were any patterns or themes you noticed around the meanings you intuited for the cards. Write down what you learnt about Swords overall, where you are at with your mental and spiritual development, any individual cards that captured your attention as well as any information and guidance you received about your everyday life through the cards.

Next take a look at each of the individual cards within the Cups suit of the Minor Arcana and write down the influences and characteristics, events or situations, choices and decisions as well as the overall meaning for experiences within everyday life. Once you have connected with each of the Cups cards individually, take some time to reflect and identify if there were any patterns or themes you noticed around the meanings you intuited for the cards. Write down what you learnt about Cups overall, where you are at with your emotional development, relationship patterns and spiritual

experience, any individual cards that captured your attention as well as any information and guidance you received about your everyday life through the cards.

Spend some time connecting with each of the individual cards within the Wands suit and write down the influences and characteristics, events or situations, choices and decisions as well as the overall meaning for experiences within everyday life. Once you have connected with each of the Wands cards, take some time to reflect and identify if there were any patterns or themes you noticed around the meanings you intuited for the cards. Write down what you learnt about Wands overall, where you are at with your emotional development, relationship patterns and spiritual experience, any individual cards that captured your attention as well as any information and guidance you received about your everyday life through the cards.

Spend some time now connecting with each of the individual cards within the final suit of the Minor Arcana, Pentacles, and write down the influences and characteristics, events or situations, choices and decisions as well as the overall meaning for experiences within everyday life. Once you have connected with the Pentacle cards, take some time to reflect and identify any patterns or themes you noticed around the meanings you intuited for the cards. Write down what you learnt about Pentacles overall, where you are at in your physical world, including your finances, resources and material possessions as well as your health and home environment. Also identify if there were any individual cards that captured your attention as well as any information and guidance you received about your everyday life through the cards.

ACTIVITY 3

Now that you know about each of the individual cards in the Minor Arcana and their intuitive meanings for you, let's take some time to conduct a 'Minor Arcana Reading' to gain some guidance and insights around the following four (4) areas of your inner growth and development represented by each of the individual suits:

1. **Swords:** Mental and spiritual development
2. **Cups:** Emotional development, relationship patterns and spiritual experience
3. **Wands:** Inner development, values and career
4. **Pentacles:** Physical world including resources and material possessions, health and experience with wealth

For this activity, you will first need to separate the deck into each of the Minor Arcana suits and place them in numeric order from ace (1) to ten (10) – removing the Court Cards (Page, Knight, Queen & King) as you will not be working with these at this stage. Once you have each suit in order, you are going to work with each suit individually, starting with Swords, Cups, Wands and then Pentacles. Take the first suit, Swords, in your hands, making sure that the cards are all right side up, then shuffle the deck thoroughly until you feel drawn to stop and select three (3) cards that best represent the following:

- **Card 1:** To represent the issues and influences that are present or needing to be dealt with in your everyday life
- **Card 2:** To reflect the events and situations that are present or needing to be aware of on a day-to-day basis

- **Card 3:** To provide insight into the opportunities and/or challenges that are present for you to learn and grow through in your daily life

Once you have drawn the three cards, write down the individual messages, perspectives, insights and guidance you intuitively receive as well as the overall story that is being told from the cards as they relate to your inner growth and development. Then connect the information and guidance received from the three (3) individual cards for the Swords part of the Minor Arcana together to gain the overall intuitive reading about where you are in your mental and spiritual development.

Remember to simply allow your intuition and those in the Spirit realms to draw your awareness to certain aspects of the card that is important for you to see, hear, know and feel.

Now, take the next suit, Cups in your hands, making sure that the cards are all right side up, shuffling the deck thoroughly until you feel drawn to stop and select the three (3) cards that best represent this area of your inner growth and development. Write down the individual messages, perspectives, insights and guidance you intuitively receive as well as the overall story that is being told from the cards as they relate to the Cups suit. Then, connect the information and guidance received from the three (3) individual cards for Cups together to gain the overall intuitive reading about where you are in your emotional development, relationship patterns and spiritual experience:

Taking the Wands suit in your hands, making sure that the cards are all right side up, shuffling the deck thoroughly until you feel drawn to stop and select the three (3) cards that best

represent this area of your inner growth and development. Write down the individual messages, perspectives, insights and guidance you intuitively receive as well as the overall story that is being told from the cards as they relate to the Wands suit. Then, connect the information and guidance received from the three (3) individual cards for Wands together to gain the overall intuitive reading about where you are in your inner development, values and career.

Now take the final suit, Pentacles in your hands, again making sure that the cards are all right side up, shuffling the deck thoroughly until you feel drawn to stop and select the three (3) cards that best represent this area of your inner growth and development. Write down the individual messages, perspectives, insights and guidance you intuitively receive as well as the overall story that is being told from the cards as they relate to this suit. Finally, connect the information and guidance received from the three (3) individual cards for Pentacles together to gain the overall intuitive reading about where you are in your physical world including resources and material possessions, health and experience with wealth.

CHAPTER 8: COURT CARDS

Within the Minor Arcana you will also find each of the 16 Court Cards, the King, Queen, Knight and Page, which can have external or internal meaning, often symbolising actual events, situations, people or relationships in life, whether yourself or someone else, or people in your past, present and/or future, living or passed over. Most often these cards help to describe a person, whether yourself or others, their different personalities traits and characteristics, reflecting the qualities of their suit and rank and can provide information about their way of being in the world so that we can use (or avoid) those characteristics when appropriate. They not only provide information about how a person thinks, feels and acts, but also about what truly motivates and is of value to them which can help you understand various people and relationships in your life whether in the past, present or future. The Court Card may indicate a part of yourself or another person, rather than the complete personality that is being expressed or an aspect that is wanting to be expressed as well as parts that are drawn upon regularly or that need to be nurtured and developed further. However, there are times when it just does not make sense for the Court Card to represent a person or part of their personality and may be looked at as representing a situation or event that takes on has taken on a personality of its own. Because, the Court Cards can provide you with additional information about people, relationships, events and situations, it is important to take them into consideration when you are reading the Tarot together with the different aspects of each suit help to put the story together better.

PAGE

The first of the personalities within the Court Cards are the Pages, the young, childlike, apprentices, messengers and dreamers of the deck. You can think of the Pages as characters who are curious, playful, open, innocent, creative, tentative, immature and sensitive. Pages are also often described as individuals who are devoted, introspective, tender, feel things deeply, inspirational, attention seekers as well as those who are good at conceiving ideas. In terms of how they act and behave in the world, they often act out of pleasure and abandon, easy going, spontaneous, enjoy adventure, look at possibility, like new experiences, often take leaps of faith, go after what they want, are risk takers who will reach out and grab opportunities and love to be of service to others.

KNIGHT

The next personality are the Knights, who are considered the immature teenagers, princes, warriors, seekers and knowers of the Tarot deck. The Knights are generally characterized as being goal-focused, action takers, eager, sincere, admirable, energetic, adventurous, spirited individuals who often are unable to express themselves with balance, swing wildly from one extreme to another trying to relate successfully to the world around them and are prone to excess. They will often be the ones who push the boundaries, are extremists, seek new experiences, test abilities, act upon ideas as well as enjoy moving and developing.

QUEEN

The Queens within the Court Cards are considered the Mothers, matriarchs, women, guides, priestesses of the deck who embrace all of the characteristics of mature feminine

energy including nurturing, supportive, loving, sympathetic, understanding, whole-hearted, energetic, cheerful and intuitive. They are authoritative, managers who are inward focused, relaxed, natural in style, nurture ideas and are less concerned with results than with enjoying just being in the world. The Queens are also associated with feelings and emotions, relationships and self-expression as well as embrace that sensual, beautiful, attractive and self-assured energy of the Divine Feminine.

KING

Finally, there are the Kings, who are considered the most mature Fathers, patriarchs, men, shaman, speakers of the Court Cards, as they have travelled through life successfully and are now at the pinnacle of experience and understanding. They are often characterized by their masculine energy, sense of authority, strength, assertiveness, directness, boldness, charisma, creativity and ability to inspire and step into leadership positions as well as generally being more focused on the outside events of life, concerned with doing, results and practical how-to-matters and develop ideas to completion.

ACTIVITIES

Now that you have an understanding of the King, Queen, Knight and Page cards within the Minor Arcana and how they can represent people or relationships in life as well as symbolise actual events and situations, it is important to take a look at how these personalities can add information and guidance to complete the story through the Tarot.

ACTIVITY 1

Now that you have a better understanding of the personalities, characteristics and aspects of the Court Cards, it is important to take some time to intuitively connect with each of these individuals overall to gain insights and guidance about what they might mean for you. For this activity, you will first need to gather the Court Cards (Page, Knight, Queen & King) together and place them in their relevant suit (Swords, Cups, Wands & Pentacles). Once you have the cards together, take the first set of Court Cards, Swords, in your hands, making sure that the cards are all right side up, simply spend time connecting with the Page, Knight, Queen and King allowing your intuition and those in the Spirit realms to draw your awareness to the following aspects of these cards that may be important:

- The personality traits and characteristics each of the characters represent
- The behaviours you see, feel and know about each of the characters
- The events or situations each of the characters represent
- The overall intuitive meaning for each card

Again, write down the information you receive for each card, remembering that there are no correct meanings, allow yourself to be guided in what is important for you to see, hear, know and feel as you connect and work with the Court Cards.

Once you have connected with each of the Court Cards individually, take some time to reflect and identify if there were any patterns or themes you noticed around the meanings you intuited for the cards. Write down what you learnt about the different personalities, behaviours and events. Did any of the individual cards capture aspects of your personality or characterize someone else that you know, from

the past, present or future, living or passed? Are there particular cards that you may need to work with in order to learn and grow further?

ACTIVITY 2

Now that you know about each of the individual Court Cards within the Minor Arcana and their intuitive meanings for you, let's take some time to conduct a 'Court Card Reading' to gain some guidance and insights for you around the people, relationships, situations and events in your life. For this activity, you will only be using the Court Cards (Page, Knight, Queen and King), so take these out of the deck, making sure that the cards are all right side up, take them in your hands, shuffle them thoroughly until you feel drawn to stop and select three (3) cards that best represent the following:

- **Card 1:** A person from your past that you have healing around or someone present in your life or a person coming into your life in the future
- **Card 2:** A relationship from the past that needs healing or one in the present that you would like guidance about or where you need to learn and grow in the future
- **Card 3:** An event or situation in the past, present or coming that you would like information and insight around

Once you have selected the cards, connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc. for each card and write down the information and guidance you intuitively receive for each individual card as well as the overall story that is being told from the three (3) cards. Remember, don't think, don't analyse, simply allow the information to flow through. Then connect the information

and guidance received from the three (3) individual cards above together to gain the overall intuitive reading about the people, relationships, situations and events in your life.

CHAPTER 9: TAROT SPREADS

Over the centuries, there have been many, many different Tarot Spreads, which are essentially different ways for laying out or placing the cards in a pattern on the table in a reading, whether for yourself or others, where each card position has a meaning. The variety of spreads that are available can be used for all occasions and situations from love and relationships, to family and friends, career and finances, personal growth, the home as well as health and well-being, some of which use a single card and others that may include all seventy-eight (78) cards within the deck. There is literally a different spread for ANY situation or question that suits your needs, whether they are a general spread, where overall insights and guidance are requested or specific, where there is more direct information and answers being sort. Which spread is used is up to you as the reader and can depend on the type of information, question or reading being requested. General spreads vary in the number of cards used, are usually quite large and can be complex, however, they are great to use when you or the person you are reading for is looking for an overall impression of situations, circumstances or events in life as well as an idea of what opportunities or experiences may shape the future. For example, you may want to gain some general insight and awareness about the situations, opportunities or experiences that might be presented in your everyday world over a period of time, whether a week, month or year. Alternatively, you can use a more specific spread, which usually involves less cards and will generally allow you to ask more direct and precise questions around certain areas of life, whether, love, relationships, finances, career, business, family, home, etc., in order to elicit more succinct information

than would be gained from a general spread. For example, you might want to ask a specific such as “Is it right for me to change my job and start a home business doing _____” and work with three (3) card spread with the cards representing 1) No, stay 2) Yes, change or 3) Best possible outcome. To help you learn to read the Tarot, a variety of specific and general spreads have been included below as they are fantastic foundations that you can use to build your confidence with working with the cards.

Note: If you draw a card that is reversed, use your intuition as to whether you wish to leave it in reverse and receive guidance based on the placement of the card in this way or if you wish to turn it right side up and connect with it as per normal. For example, if you intuitively feel you want to leave a card reversed it may indicate that something is not being seen or given attention, that the person is seeing things negatively, that things in a particular area of life have been turned upside down – there is no right or wrong with how you do this, trust what feels right.

SPECIFIC SPREADS

SINGLE CARD SPREAD

The Single Card Spread is just that, uses one card to provide you with an answer to your questions, give you guidance, clarity or insight for a particular area in your life. There are a variety of ways you can use this spread, use your imagination, for example you can ask:

- What message do you have for me today?
- What question do I need to ask right now?
- What is it that I need to know right now?
- What do I need to learn about....?
- What do I need to understand about?
- What tools do I need to move forward?

- What actions do I need to take right now?
- What is my next step?

Question/Issue



YES, NO SPREAD

The Yes, No Spread is very simple to use if you want guidance and support with making a particular decision in a specific area of your life. Traditionally, this spread uses three cards with the cards in this spread representing 1) What happens if...Yes, 2) Your question or the issue you want to make a decision about and 3) What happens if ...No.

Yes



Issue/Question

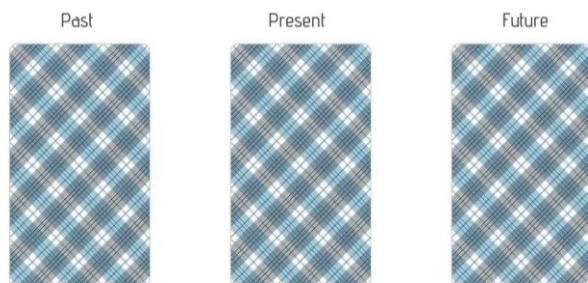


No



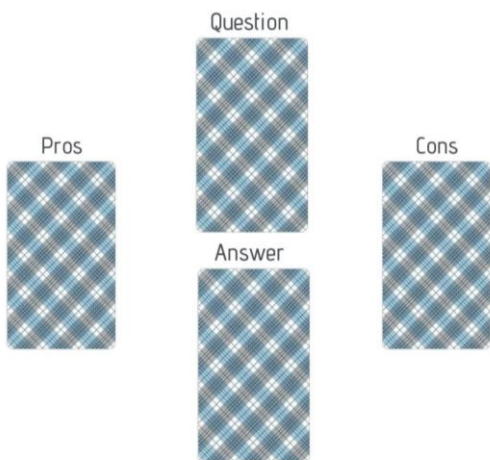
THREE CARD SPREAD

The Three-Card Spread is one of the most useful and versatile spreads you can use. Traditionally, the cards in this spread represent 1) past, 2) present and 3) future of a given situation. However, the cards in each position can also represent 1) mind, 2) body and 3) spirit or 1) background, 2) problem and 3) advice or 1) who am I? 2) what do I need? and 3) how will I get it? or any other set of three variables for the three positions.



SIMPLE CROSS SPREAD

The Simple Cross uses only the major arcana and is the quickest and easiest tarot card spread you can use when you want an answer to a specific question. Each of the cards in this spread represent 1) your question 2) the opportunities 3) the challenges and 4) the answer/outcome.

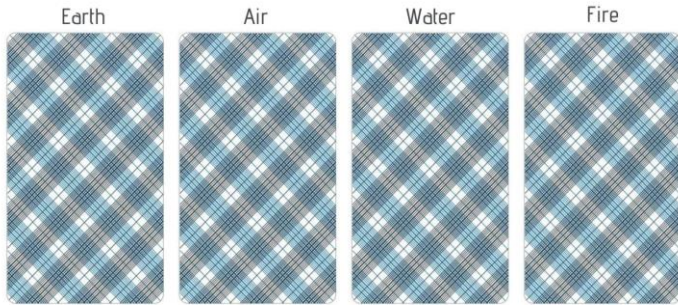


ELEMENTAL SPREAD

The Elemental Spread is a four (4) card reading in which each card represents specific elements:

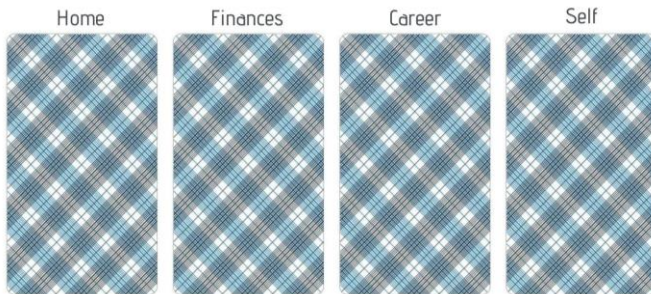
1. Earth (Pentacles) - Material possessions, money, financial resources and practical physical world
2. Air (Swords) - Intellect, thoughts, rationality, mental functions and power
3. Water (Cups) - Feelings, emotions, relationships and creativity
4. Fire (Wands) - Spirituality, creativity, inspiration, ideas, manifestation and energy flow

When working with this spread you can either use the entire deck to draw four (4) cards that provide you with guidance in relation to each of the four (4) elements or you can work with each suit to draw the relevant card and simply read them as per the position they are placed as shown below:



Alternatively, you can just focus on one (1) of the elements below, using the entire deck or the specific suit related to the element and draw four (4) cards, place them in the relevant positions to provide guidance and insight for that area of your life.

1. Earth (South) - money, home, practical matters, material world, physical self
2. Air (North) - trouble, loss, scandal, quarrelling, spiritual and mental development
3. Water (West) - love, marriage, pleasure, emotional development
4. Fire (East) - work, business, career, inner development (self)

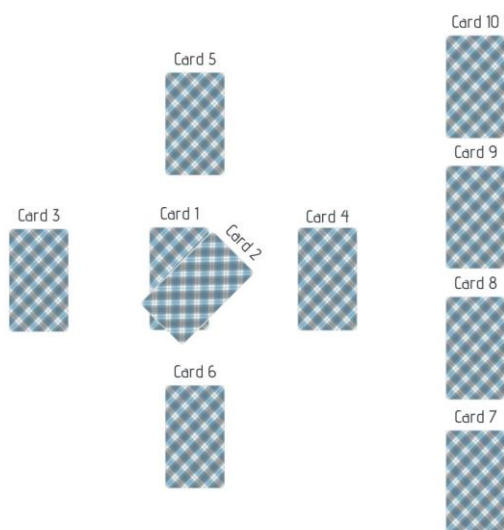


GENERAL SPREADS

CELTIC CROSS SPREAD

The Celtic Cross Spread is one of the oldest and most commonly used method for laying out the cards during a reading and can be used to answer both a specific question or for a more general overview of various areas of life. There are many different versions of this spread, with cards placed having slightly different position meanings, the following is an example of what each card within the spread means:

- Card 1: The present
- Card 2: The challenge or obstacle
- Card 3: The past
- Card 4: The future
- Card 5: Above - best outcome
- Card 6: Below - underlying feelings and thoughts
- Card 7: Advice
- Card 8: External influences
- Card 9: Hopes or fears
- Card 10: Final outcome

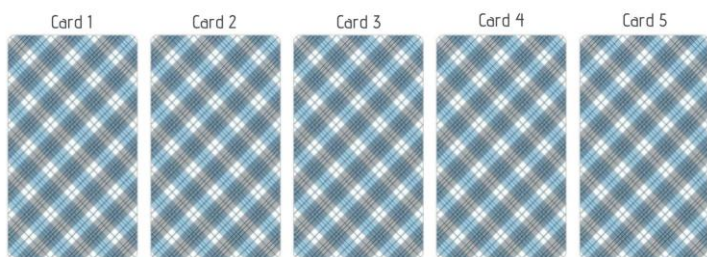


This spread allows you to dig deeper into the story that the cards are depicting in the reading, with cards 1 through to 6, overall representing what is going on in the sitter's inner and outer environment at the time of the reading. More specifically cards, 1 and 2 indicate what it is that is at the heart of the question or area being asked about, cards 1, 3 and 4 show movement from the past into the future and cards 1, 5 and 6 represent the person's conscious awareness moving from the unconscious to what is conscious and in their awareness. Cards 7 to 10 shows the overall the relationship between the person and any external influences, their hopes and dreams and the likely outcome around what it is that they are seeking guidance and insight about. While this spread is one of the most commonly used and each individual cards position has a specific meaning, it is important to be able to bring all of the information gathered from each individual card together in order to see the deeper meaning to the

reading and to provide the sitter with more powerful insights into their situation or question.

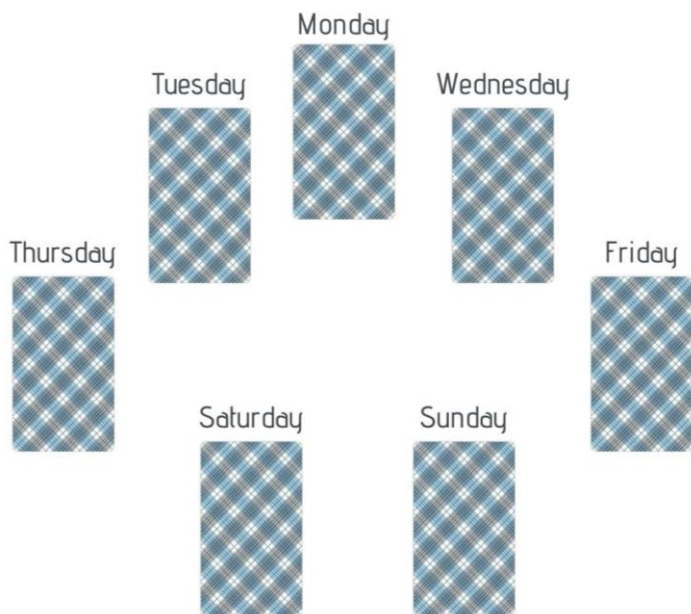
NUMEROLOGY SPREAD

Take the ace through to 10 cards out of the deck for one of the 4 suits (or all suits if you wish) and ask a specific question relevant to the element/suit chosen (eg., "Is it the right time for me to quit my job and start a home business doing _____"?). Choose from 1 to 5 cards for this reading:



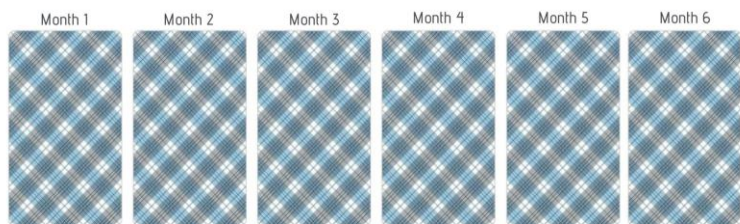
WEEKLY SPREAD

The Weekly spread is useful for looking at goals, desires and outcomes over a short-term period with each card representing one day of the week. You can use this spread at the start of the week and identify influences, situations, opportunities, experiences as well as potential solutions and pathways forward over the next seven days with each card representing 1) Monday, 2) Tuesday, 3) Wednesday, 4) Thursday, 5) Friday, 6) Saturday and 7) Sunday.



SIX-MONTH SPREAD

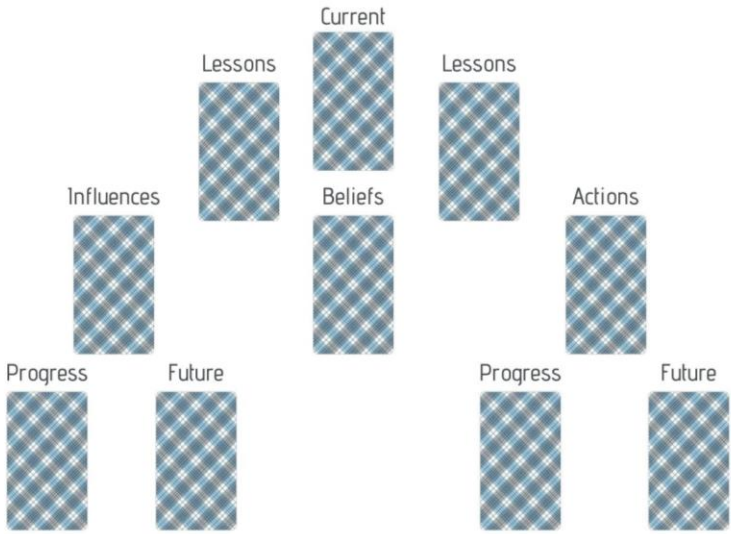
The Six-Month tarot card spread helps to provide you with insights, clarity and guidance into what may be coming up in various areas of your life within a six-month period. You can work with the entire deck for this spread or bring in 5 cards from the major arcana and 5 from the minor arcana, use your intuition to determine what it is you wish to work with for this spread.



PYRAMID SPREAD

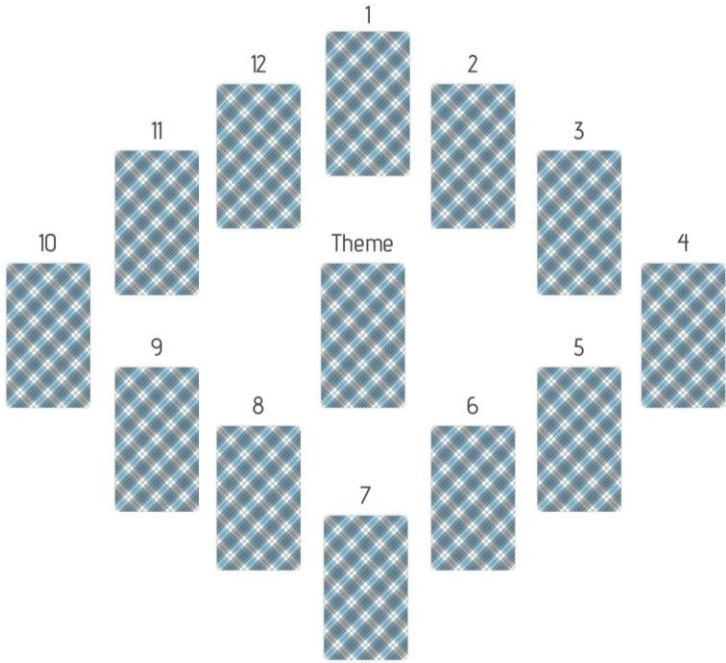
The Pyramid Spread consists of ten (10) cards and can be used to evaluate or review life and lessons learned, whether personally, in relationships, from parents, teachers, past experiences, etc., as well as current influences, beliefs, actions required to support you in achieving your goals and desires.

- Top card: Current Life
- Second row: Life lessons learned from parents, teachers, past experiences, etc.
- Third row: Current influences, beliefs, actions based on lessons learned thus far in life.
- Fourth row: How things are going (smoothly, rough, or otherwise) and offers glimpses into future life lessons.



CALENDAR SPREAD

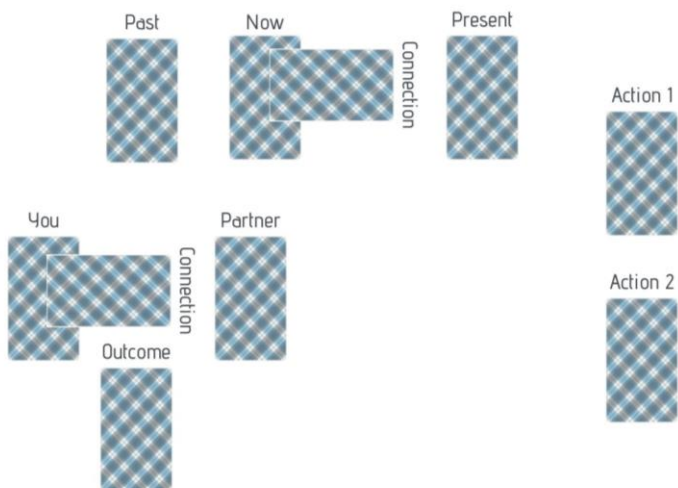
The Calendar spread is used to give a general insight into possibilities, challenges and opportunities for the year ahead, month by month. Start with the card in position 1 which represents the month of the time of the reading. The 13th card provides a general overview of the fortunes for the year ahead.



INTUITIVE SPREADS

While there are both general and specific spreads, you can also place the Tarot cards in an Intuitive Spread. For an intuitive spread, each card has no pre-determined position, you simply place the cards on the table in the position you are guided to place them by your inner knowing or those in Spirit. The placement of the cards in this way helps to provide additional information about how the guidance links together or adds to the story in some way. In these spreads, you might start by using the positions for a simple three (3) card spread and then place the cards where ever you are drawn to, with the placement of each card having no pre-determined pattern or meaning rather the placement tells a story in itself. For

example, you might want to ask a specific question about a relationship, draw three (3) cards and place them on the table to represent 1) Past influences, 2) Present situation and 3) Actions required. Then you may feel that you want to intuitively draw a 4th card that you place over the top of the card representing the past, which may indicate that there are several influences from the past or that a sense of peace has been achieved about the past and is no longer an issue that is influencing your present situation. You may then want to draw a 5th card and place on the side, like a bridge, between the past and the present so that you can see how the learnings from the past connect to the present moment. Again, you may intuitively feel like there are another three cards that want to come out and communicate with you, so you draw cards 6, 7 and 8, intuitively placing card 6 under actions and then cards 7 and 8 on their own underneath the entire reading to represent you (or the sitter) and the other person (partner, husband, wife, boyfriend, girlfriend etc). Finally, you may wish to draw a 9th and 10th card, one to be placed across cards 7 and 8 to gain insight into the relationship overall at this point in time and the other to be placed on top of card 9 moving downwards to show the likely outcome.



This layout is simply one way in which you can place the cards in an intuitive spread. However, when you are connecting a reading in this way there are no limits to where and how you can position the cards to tell the story. Whether you place a card beside another, across two or more cards, over to one side on its own, above the others on its own, or on top of another card to completely cover it, it simply provides additional important information. Intuitive readers often use a variety of specific and general spreads as the foundation for then being able to place the cards more intuitively to tell the story, bring through the guidance, clarity and insight required. Once you get a handle on the placement of the cards in the structured spreads, jump into placing the cards more intuitively and reading how the information links to tell a story. Remember, to do what works and feels right for you, adjust where you need to and allow your intuition to guide you.

ACTIVITIES

Now that you have an understanding of the different ways in which you can lay out the Tarot cards on the table for a reading, whether for yourself or others, it is important that you take the time to work with each of the spreads, specific and general to see which ones are more accurate or work best for you, starting at the top with a one (1) card reading, moving to the simple three (3) card layout and working your way down the list.

ACTIVITY 1

For this activity, you will be using the entire deck, Major and Minor Arcana cards to ask a specific question related to your own life that you would like information, guidance and insight into using a Single Card Spread. Take out your Tarot deck, making sure that the cards are all right side up, take them in your hands, shuffle them thoroughly until you feel drawn to stop and select one (1) card that best represent the answer to your question. Once you have selected the card, connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc., and write down the information and guidance you intuitively receive in response. Remember, don't think, don't analyse, simply allow the information to flow through.

ACTIVITY 2

For this activity, you will be using the entire deck again to ask a specific question which you are wanting to make a decision about as you are going to work with the Yes, No Spread. When you are clear about your question, take out your Tarot deck, making sure that the cards are all right side up, shuffle them

thoroughly until you feel drawn to stop and select three (3) cards that best represent the outcome if you make a 'yes' choice, the issue/question at hand and the outcome of making a 'no' decision. Once you have selected the cards, place them in front of as shown above for this type of spread, then connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc., and write down the information and guidance you intuitively receive in response for each individual card. Remember, simply allow the information to flow through.

ACTIVITY 3

For this activity, you will be using the entire deck again to conduct a Three Card Spread in relation to a specific area of your life, whether work, relationships, home, finances, health and well-being, etc., and gaining information, guidance and insight into the past influences, what is taking place in the present and the possibilities for the future for this situation or area of your life. Again, take your Tarot deck in your hands, making sure the cards are all right side up, shuffle them thoroughly until you feel drawn to stop and select three (3) cards that best represent 1) past 2) present and 3) future. Once you have selected the cards, place them on the table as shown above and then connect in with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc., and write down the information and guidance you intuitively receive in response.

ACTIVITY 4

For this activity, you will be using the entire deck again to ask a specific question related to your own or a friend or family member's life that you would like information, guidance and insight into using a Simple Cross Spread. Take out your Tarot deck, making sure that the cards are all right side up, take them in your hands, shuffle them thoroughly until you feel drawn to stop and select four (4) cards that best represent 1) your question 2) the opportunities 3) the challenges and 4) the answer/outcome and place them on the table as shown above. Once you have placed the cards on the table, connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc., and write down the information and guidance you intuitively receive in response for each card.

ACTIVITY 5

For this activity, you will be working with an Elemental Spread to gain information and insight about where you are currently in your life in relation to the four elements using the entire deck to draw the cards and reading them as per the position they are placed. Using the entire deck with all cards right side up, shuffle the cards thoroughly until you feel drawn to stop and select four (4) cards that best represent your current situation with 1) finances and practical physical world 2) thoughts, beliefs and intellect 3) emotions, feelings and relationships and 4) spirituality and creativity. Once you have drawn the cards, place them on the table as shown above and then connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc. Write down the information and guidance you intuitively receive in response.

ACTIVITY 6

For this activity, you will be working with a Celtic Cross Spread to answer a specific question or to gain information and insight about where you are at currently in various areas of life using the entire deck to draw the cards and reading them as per the position they are placed. With all the cards right side up, shuffle the deck thoroughly until you feel drawn to stop and select ten (10) cards that best represent 1) the present 2) the challenge or obstacle 3) the past 4) the future 5) above - best outcome 6) below - underlying feelings and thoughts 7) advice 8) external influences 9) hopes or fears and 10) final outcome. Once you have drawn the ten (10) cards, place them in the positions as shown above and connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc., and write down the information and guidance you intuitively receive in response.

ACTIVITY 7

For this next activity, you will be once again using the entire deck to conduct a Weekly Spread for yourself to identify any influences, situations, opportunities, experiences as well as potential solutions and pathways forward over the next seven days in relation to your goals and desires. Make sure that the cards in your deck are all right side up, then take them in your hands, shuffle them thoroughly until you feel drawn to stop and select seven (7) cards that best represent the week ahead – e.g. 1) Monday, 2) Tuesday, 3) Wednesday, 4) Thursday, 5) Friday, 6) Saturday and 7) Sunday. Once you have selected the cards, place them in the positions show above on the table to represent the relevant day of the week, then connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc. Write down the information and

guidance you intuitively receive in response. Remember, don't think, don't analyse, simply allow the information to flow through.

ACTIVITY 8

For the next activity, you will be working with the entire deck again to provide you with insights, clarity and guidance into what may be coming up in various areas of your life within a six-month period, using the Six-Month Spread. Take out your Tarot deck, making sure that the cards are all right side up, take them in your hands, shuffle them thoroughly until you feel drawn to stop and select six (6) cards to best represent each month for the next six months. When you have drawn the cards, simply lay them out on the table as shown above and connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc. Again, write down the information and guidance you intuitively receive in response. Remember, don't think, don't analyse, simply allow the information to flow through.

ACTIVITY 9

The next activity requires you to work with the entire deck to conduct a reading for yourself using the Pyramid Spread to gain insight and guidance around life and lessons learned personally or in relationships, whether from parents, teachers, past experiences, etc, and how you are moving towards achieving your goals and desires in this area. Take out your Tarot deck, making sure that the cards are all right side up again, shuffle them thoroughly until you feel drawn to stop. Select ten (10) cards to place on the table as shown above that best represent 1) your current situation 2) and 3) lessons learnt 4) your current influences 5) current beliefs

and 6) current actions 7) and 9) your progress in this area 8) and 10) the future possibilities in terms of achieving your goals and desires. Once you have drawn and placed the ten (10) cards, connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc., and write down the information and guidance you intuitively receive in response. Remember, don't think, don't analyse, simply allow the information to flow through.

ACTIVITY 10

In this next activity, again use the entire deck to give you some general insights into possibilities, challenges and opportunities for the year ahead, month by month, by working with the Calendar Spread. So, take out your Tarot deck, making sure that the cards are all right side up, shuffle them thoroughly until you feel drawn to stop and select thirteen (13) cards that best represent each month for the next 12 months, starting with the current month at the time of the reading, with the 13th card representing the general theme for the year ahead. Once you have drawn the cards, starting with the card in position 1, place them on the table in front of you as shown above. Once you have placed the cards, connect in with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc., and write down the information and guidance you intuitively receive in response, simply allowing the information to flow through.

ACTIVITY 11

Now that you have connected and become familiar with each of the cards in the Major, Minor Arcana and the Court Cards and by developing your own unique language that Spirit can use to communicate through you, as well as learnt as well as

the specific and general ways in which you can layout the cards in a Tarot Spread, it is time to put all that you have learnt into practice and complete a Full Intuitive Tarot Reading for yourself or a friend or family member. The reading can be on a specific topic area or general and can use any of the spreads you have learned as the foundation for your reading and then place the cards more intuitively and allows the card to tell more of the story in the reading, go with your intuition on what feels right to do here. To do your full reading, keep the follow steps in mind:

1. Have your question or area that you wish to gain guidance and insight into as well as your Tarot cards ready
2. Sit in a comfortable position with a table in front of you to place your cards
3. Get into your internal sacred space by relaxing and stilling your mind, breathing deeply several times so that you are clear and ready to receive the guidance you are seeking
4. Holding your Tarot cards in your hands, clearly and directly set your intention for the reading
5. Shuffle the cards, focusing on the question at hand, until you feel ready to stop
6. Draw the number of cards relevant for the Tarot Spread you wish to use as the foundation of the reading
7. Lay out the cards on the table in front of you allowing your intuition to guide you on any additional cards you wish to draw and where you want to place them
8. Connect with the cards and write down the keywords, thoughts, feelings, actions and guidance you receive for each individual card
9. Ask for guidance and insight into the whole pattern of cards and/or where you have placed them in the spread

10. Identify any connections or relationships between the cards and write down any insights about the links and the story they have created
11. Write down the overall theme or message gained through this reading and the answer to your question
12. Gather all the cards back together into the deck and hold them in one or both hands
13. Acknowledge what you have learned from the reading and express your gratitude and appreciation to Spirit for the insights
14. Place your cards back into container or somewhere safe and cleanse and clear your deck

Write down the information and guidance you intuitively received throughout your reading as well as one or two actions you intend to take based on the reading.

CHAPTER 10: ON-GOING DEVELOPMENT

In learning to read and understand how you can connect to the Tarot using your intuitive and psychic abilities, whether for your own personal development and growth, for fun or to connect with Spirit to provide others with guidance and insight, it is important to remember that it takes consistent, persistent and patient action. In continuing to connect with the Tarot intuitively and your learning and development journey, you may wish to utilise the following resources and opportunities, depending on what feels right for you.

ENGAGE IN PERSONAL DEVELOPMENT

While spiritual development includes understanding that you are a soul in a physical body and always connected with and have a relationship with the wider universal force, that is 'Spirit', 'Source', 'Universe', 'God', 'Buddha', 'Mohammed' or whatever you refer to it as, personal development is not necessarily spiritual. Personal Development is an essential aspect of your spiritual development as they work hand-in-hand. It is an extremely important as it presents you with an opportunity to regularly improving your life mentally; physically and spiritually as well as to experience new things to help you grow as a person. In developing personally, it is about you being open to learning and growing as an individual, healing and shifting old patterns and beliefs, becoming more consciously aware and present of your thoughts, emotions and actions in your everyday life as well as letting go of fears and doubts and reflecting on your experiences to gain the wisdom and understanding so that

you improve your ability to connect to your intuition and your psychic abilities. There are a variety of ways in which you can grow personally, whether taking on a new hobby, learning a new skill, learning to manage your daily tasks more effectively, techniques for becoming more productive, time management and coping with stress, mindfulness and relaxation or keeping up to date in your professional life. Essentially personal development is linked to anything that supports you in growing and being more effective in your everyday life and can often result in drastic changes in how you think and perceive the world around you as well as in your career path, relationships, with family, friends and co-workers, health and well-being as well as your spiritual development. It's a 'lifelong process' and a commitment regularly working on improving yourself as a person, by prioritising yourself, building and strengthening your relationships with others, assess natural skills and abilities as well as identifying and focusing on your goals and dreams in life. This process can be sometimes challenging and difficult, however, with perseverance it can provide you with the key to well-being and success in various areas of your life.

ATTEND MEDITATION AND DEVELOPMENT CIRCLES

A Meditation and Spiritual Development Circle is typically made up of between 8-15 people who as a group come together with the intention to develop themselves mentally, emotionally and spiritually. A circle can last for between 1 to 2 hours depending on time commitments and usually follows a format that includes a meditation to calm the mind and connect with the breath as well as the practice of a variety of different intuitive and psychic activities for the purpose of learning and development. Attending a regular Meditation

and Spiritual Development Circle is a fantastic way to not only lift your vibration and connect with Spirit, they provide you with the opportunity to access other people for practicing giving guidance and insights through readings and being able to gain feedback on the accuracy of the messages you provide instantly. As these groups tend to be held in local areas with like-minded people, they provide the perfect space to develop your skills, try new approaches and exchange information. If you are unable to find a circle in your local area contact a psychic or medium close by or look into some other online meditation or development groups which have started to become available for people to access from the comfort of their own home.

CONDUCT PRIVATE SITTINGS

The best way to continue your intuitive and psychic development is by Conducting Tarot Readings, that is connecting with the cards in order to provide others with insight, guidance and clarity for their everyday lives. While some of you may find that you only want to do tarot readings for members of your families or close friends, it is easier to gather information and insights using your intuition and psychic abilities when you are doing them for someone that you have no background knowledge about their life situation, experiences or circumstances. By reading for people you do not know you are really going to allow your logical brain to step to the side and have to trust the information that you are receiving, which helps you to fine-tune and improve your skills so that you are able to deliver accurate readings, which takes time, understanding and practice as you gain validation of the information received. If you are just starting out with tarot readings for others, keep them short, a few minutes and

as you increase your confidence increase the amount of time to 30 minutes or 1 hour depending on the depth of information and guidance you want to bring through for the person you are reading. As you continue to practice and bring through guidance for others, you will learn to understand how to explain what you see, hear, feel and know as well as take the information you are being given and connect it to their everyday life in a lot more depth. It is an ongoing practice, so remember to find what works best for you and the style of reader you wish to be.

READING BOOKS

One of the best ways to continue your spiritual development is to read books as they allow you to expand your awareness, improve your mindset, provoke new ideas, open you to new processes and techniques as well as help you see the world differently. Allowing yourself to take time out from doing to simply be and immerse yourself in a good book is uplifting for the soul, improves your focus and concentration, increases your memory, provides mental stimulation (great for an active mind), expands your knowledge base, opens you to additional wisdom and insights as well as being a fantastic way to relax, reduce stress and embrace peace and stillness in your life. There are a vast array of quality books available whether in print form or as an ebook that you can access anywhere and anytime that suits you, ask Spirit to support you and draw you to the books that are in your highest and greatest good and will benefit you in your personal and spiritual development.

FIND A SPIRITUAL TEACHER OR MENTOR

Another fantastic way to continue your intuitive and psychic development is to find yourself a Spiritual Teacher or Mentor, that is a person who can guide you, support you and help you in the process of gathering knowledge, wisdom, understanding as well as share various skills, techniques and strategies with you. The role of a spiritual teacher or mentor is to not only to share information and understanding with you, it is also to inspire, encourage and support you to take your personal, intuitive and psychic abilities to the next level while receiving help, tools and techniques to refine your skills as well as practical experiences with reading for others to increase your confidence, connection and trust with delivering information from those in Spirit in ways that are easy and best suited to your personality and how you enjoy being in the world. Once again, there are a variety of methods that Spiritual Teachers and Mentors will offer to support you in your development, whether through in-person or online sessions, courses, workshops, group or individual programs, coaching and retreats. It is essential that when you are looking for a Spiritual Teacher or Mentor you consider what your specific goals and intentions are with your development, their qualifications, professional and personal background as well as their level of expertise and experience. Remember, this is about your on-going development, be prepared to invest in yourself, in your abilities and in improving your connection with those in the Spirit realms and they will also invest in and support you! If you are interested in learning more through any of my spiritual development or one-on-one mentoring programs, further details are available from www.thebarefootmedium.com.au.

CHAPTER 11: REVISITING YOUR GOALS AND FINAL THOUGHTS

Congratulations, you have reached the end of this part of your practical and interactive journey with Reading the Tarot Intuitively to connect you to the language Spirit uses to communicate with you through imagery, symbology, colours, numbers and much more to pass on information to support you or others in their everyday lives as well as their personal and spiritual development. At the deepest level, a Tarot reading simply provides you with an opportunity to recognise what you already know so you can become consciously aware, identify potential challenges and opportunities as well as develop strategies for taking actions in relation to situations, experiences, relationships or events in your life. The cards also help you to be able to acknowledge any unconscious beliefs, fear or areas where you may be resisting change so that you can make different choices in order to move forward. Remember, the cards in themselves are neither good nor bad, they simply provide a picture of the energies patterns or influences which are present at the time that the reading is being undertaken. You, individually, have the power to shape events, situations in your life by making choices which fit and feel right for you, so it is important to always remember that the outcome pictured in a reading is the one likely for now from all the influences of the present moment. It is by identifying these forces, circumstances and situations that you can begin to make conscious choices to alter, shift and change what it is you may be experiencing so that you are able to move forward towards your goals and desires. Remember, the future is never fixed. The outcome of the story is not a certainty, but a possibility. You can always embrace or change

a direction provided you have the desire and courage to take the necessary steps.

I feel so incredibly grateful and blessed that you decided to take the plunge and learn about Reading the Tarot Intuitively by purchasing this book. By working through all of the practical activities included, you will now have a solid foundation of knowledge and understanding of the Tarot that will help you in your everyday life, you have an idea of the role of each card within the deck and how you can connect with the symbols, images, colours, numbers and much more to gain clarity and insight for yourself or others. You will also have a feel for how the cards fit together to tell a story and what each one contributes to the whole, similar to how you fit and contribute to this world. If you continue to practice connecting with the cards, you will find the techniques which work best for you and will notice your intuition and psychic abilities start to flow more naturally, take over and become stronger. Spend a little time getting to know your cards more and working with them, tap into Spirit and this way you will enhance your own understanding of the Tarot.

Eventually you will reach a point where you can rely on your tarot abilities consistently and you won't have to work with the cards as intensely unless you want to. Remember, these are only a few methods to help you learn the tarot, be creative, use your imagination and spend a little time getting to know your cards. Listening to your intuition is the best method.

As you worked through each part of the deck and each individual card, I also hope that you were able to gain some clarity, direction and guidance in specific areas of your life to help you move forward. At the beginning of the book you took some time to set some goals which identified specifically what

you wished to achieve in various areas of your life as well as with your personal and spiritual development so that you could gather the time, energy and resources you needed to close the gap between your current and future experiences. While it is essential that you set goals, it is also important that you take the time to reflect on and review how you are progressing and whether you have been able to achieve what it is you set out to achieve or if you need to commit further time, energy and resources to them or if further progress, actions or development is required.

If you are also drawn, please take a few moments to email (thebarefootmedium@hotmail.com.au) through some feedback and your thoughts on what you enjoyed, the benefits and insights you gained from working through this book as well as to send a testimonial/review which can be used to let others know how they can benefit from taking this journey with Reading the Tarot Intuitively would be greatly appreciated!

I wish you all the best with your personal and spiritual development in the future and hope that you continue to connect and work with your intuition and psychic abilities through this amazing powerful tool that is the Tarot.

ACTIVITY

Because setting goals are absolutely essential, both for your personal and spiritual development, it is essential that you spend some time reflecting on the goals you set at the beginning of this book so that you recognise your successes, appreciate how far you have come and to remain motivated to achieve any remaining goals.

ACTIVITY 1

For this activity, write down each of the goals you set at the beginning of this book and then identify if they have been successfully achieved, if they are in-progress or if they need more attention. Also, next to each of the goals write down the evidence that shows that you have successfully achieved them or that you are progressing or what additional resources you require (e.g. time, energy, money, support, etc.) are required in order to fulfil them.

ACTIVITY 2

Now that you have reflected on your goals, take some time to connect to the Tarot and ask for some guidance and insights around your Goals moving forward. For this activity, take your Tarot deck in your hands, shuffle it until you feel drawn to stop and select four (4) cards that best represent:

1. What it is that you are best to focus on to achieve your goals moving forward
2. What is it that you need to let go of to successfully achieve your goals
3. What situations, experiences, relationships or energy is it best for you to embrace as you move forward
4. What actions are important for you to take at this moment to support you in successfully achieving your goals

Once you have selected the cards, connect with the images, symbols, colours, thoughts, ideas, feelings, energy, physical sensations, etc., for each card and write down the information and guidance you intuitively receive about your goals.

ABOUT THE AUTHOR



Leanne, The Barefoot Medium®, from Brisbane, Australia is an empath, psychic and natural medium who reads for clients all over the world in private and large group settings. As a natural medium, she was born with her spiritual gifts and has connected with, been aware of and communicated with passed over loved ones, Spirit Guides, Angels and Archangels in Spirit since she was a young child. Leanne has had various encounters with Spirit as she was growing up, from seeing shadows and sparkling lights in her bedroom at night, feel as if there were people standing next to her, hearing Spirit walking around in her room or in the house and just knew they were watching her. Being highly sensitive and open to those in the Spirit world connecting with her, Leanne is easily able to sense, feel and see people's passed over loved ones, know how they were feeling before they passed, pick up on any physical symptoms and illnesses their experienced as well as know information and facts who their personality and their lives. She see's her role as a medium to be the line of

communication between you and Spirit, to bring through evidence to reconnect you with loved ones in order to bring a sense of peace, healing and love to those on both sides. With her background in education, Leanne also loves to combine her work with Spirit with teaching and inspiring you to develop your intuition and spiritual abilities by sharing the knowledge and wisdom she has gathered along her journey as well as help people to move forward on their own path, manifest positive solutions to everyday concerns and embrace more love, trust and joy as they learn, grow and flourish in all areas of life.

Learn more about Leanne at www.thebarefootmedium.com.au

Kick off your shoes and join Leanne in the **Barefoot Tribe** where she shares channeled guidance from Spirit, gifts and more to support you on your journey.

You will also be the first to receive access to new episodes of Barefoot with Spirit podcast shows, details about up-coming webinars, events and retreats as well as early release and pre-sale on her products, services and offerings.

www.thebarefootmedium.com.au

OTHER BOOKS BY LEANNE, THE BAREFOOT MEDIUM®

[Psychic Development: Basics of Working with Spirit](#)

[Psychic Development: Divination Tools & Techniques](#)

[Mediumship Development: Connecting with Spirit](#)

ONE LAST THING...

If you enjoyed this book or found it useful, I would be very grateful if you can take a few moments to post a short review on Amazon. Your support really does make a difference and I read all the reviews personally so I can get your feedback and make this book even better.

If you'd like to leave a review then all you need to do is click the review link on this book's page on Amazon.

As a thank you for your support, I would love to invite you to sign-up for my join Connecting to your Intuition program where you will be taken on a journey to understand how to tap into your intuition to confidently receive guidance to support you personally and spiritually. [SIGNUP HERE!](#)

PSYCHIC DEVELOPMENT

Reading the Tarot Intuitively



The Psychic Development: Reading the Tarot Intuitively book will take you on a practical and interactive journey to expand your intuition and psychic abilities by learning to read Tarot cards intuitively and receive guidance and insights for yourself and others. You will gain an understanding of how you can connect with the Tarot cards and intuitively understand the imagery, symbology, colours, numbers, stories, energies and much more so you can begin conducting readings for yourself and others.



Leanne, The Barefoot Medium® is a gifted and highly sought after International Medium, Twin Flame, Transformational Coach and Author who brings her cheeky, honest and compassionate personality to supporting others in connecting with loved ones passed over, transforming all areas of their lives so they can manifest their dreams as well as grow into more love for self and others.

www.thebarefootmedium.com.au