



GETTING THE MOST FROM YOUR

Tarot Reading

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Contents

1. What is Tarot?
2. The benefits from a Tarot Reading
3. How to find a good Tarot Reader
4. What not to ask!
5. How to phrase your questions
6. Tarot is about YOU!
7. What to do before your Tarot Reading
8. During the Reading
9. Shuffling the Tarot cards
10. Being open and giving Feedback
11. About Natasha

1. What Is Tarot?

Many people believe that Tarot is just a tool for fortune-telling. That Tarot is like other forms of divination: crystal balls, scrying mirrors, I-Ching, pendulums, palmistry, astrology, tea-cups, runes, dowsing rods or spirit boards.

However, while divination tools predict the future, Tarot is different as it is much more complex and structured. All Tarot decks comprise of 78 cards, Major and Minor Arcana with Four suits. Tarot is unique as it looks at the psychological aspects, relates to archetypes and connects with synchronicity.

We can use Tarot cards for divination, fortune-telling, spiritual growth, spirit guide communication, psychological analysis, meditation, visualisation and manifestation.



2. The Benefits of a Tarot Reading

Are you curious about Tarot or are wondering how you can benefit from having a Tarot reading? A Tarot reading can be a powerful and insightful experience that will bring you clarity, wisdom, knowledge and understanding.

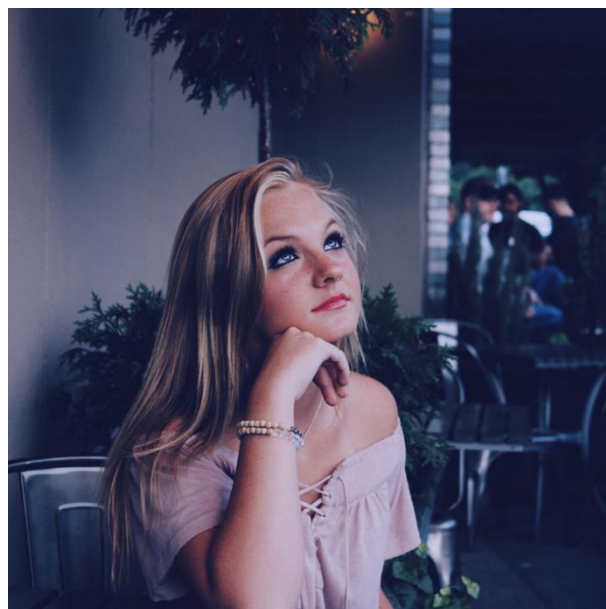
Most of us go through times of difficulty or uncertainty in our lives. Tarot readings help you see situations, highlight challenges, identify blockages, bring understanding, solutions and a plan of action. Tarot can bring validation, peace of mind, happiness and assist you in achieving your goals and dreams.

Tarot can help you gain clarity, find answers, move forward, let go of the past or identify your life purpose. A Tarot reading can help you move forward, providing inspiration, hope and courage. Here are 7 ways in which Tarot and Tarot readings can help you in:

Seeking the Truth

Whether you like it or not, Tarot reveals the truth around your situation! Tarot forces you to take a hard and honest look at yourself and face your fears and inadequacies, even if you would rather not.

Tarot never lies! We may misinterpret the cards, but they always reveal the truth and what it is you need to know on your spiritual journey.



Gaining Clarity

There are times when life is stressful and becomes so overwhelming that you don't know where to begin. A Tarot reading brings clarity, highlight the things that you need to focus on right now to get the best results in the future.

Tarot cannot predict 100% what's going to happen in the future, but it can reveal the energies around you right now. Once you have clarity on your present situation, it's much easier for you to make a decision, and determine the path that you take moving ahead.

3. Make Decisions

If you find yourself in a stressful situation and are struggling to make decisions, a Tarot reading can help you decide which path to take. Although Tarot cannot predict the future, it will show what is happening now, as well as the likely outcome if you continue down your current path. Tarot provides insight into your situation and provides the information so that you feel more confident in making your decisions.

2. The Benefits of a Tarot Reading

Validation

A Tarot reading will confirm what you already know. During a Tarot reading, you will receive information that you may already know deep down in your heart or in your subconscious mind. Sometimes you want confirmation that what you are thinking, or feeling is correct.

Tarot will provide the validation that you desire. You may have been questioning your intuition or your gut instinct. A Tarot is great to have those instincts validated, or not.

Self-Development

Tarot is a wonderful tool for helping with inner work, self-development and spiritual growth. A Tarot reading will reveal your strengths and weakness and highlight areas that need work.

Tarot can be useful for personal transformation, identifying personality traits that prevent us from achieving our full potential. A Tarot reading provides you with inspiration and actionable steps that you can take to improve your life and achieve your goals.

Finding Peace

Whether you've been feeling anxious, worried or fearful, a Tarot reading brings insight and answers that can help you move forward. Once you have clarity and a plan of action, you can make decisions and overcome obstacles resulting in a sense of peace, calm and happiness. A Tarot reading provides answers, solutions and guidance that relieves stress and helps you achieve peace of mind.

Personal Empowerment

Readings are incredibly helpful in bringing issues to the surface and identify key factors that are creating blockages in your life. By identifying and then releasing the destructive thoughts and self-sabotaging patterns, you can then live life to the fullest.

The critical thing to keep in mind is that Tarot readings will *not* show you the absolute outcome of any situation. It merely shows you the most probable future based on your current path. This makes Tarot such an incredible tool for personal growth.

Tarot not only shows you what the future currently holds but, if you have a good reader, it can show you how to change your path if you don't like what has revealed to you in the reading.

Many people go to a Tarot reading with an expectation that their destiny is somehow laid out for them by forces beyond their control. They believe that their future and destiny is beyond their control. Although fate can have an impact on some events in our lives, you have total control over your beliefs and actions.

3. How To Find A Good Tarot Reader

To get the most from your Tarot reading, it's imperative that you find the right Tarot reader. You want to find someone that you feel a connection with, feel comfortable with, and have a reading style that you like.

Like any profession, there are good Tarot readers, and there are readers that are less than satisfactory. You want a fantastic Tarot reading, so do some homework. Do some initial research on the internet and have a look at Tarot websites. You may prefer to find someone local so that you can have a face-to-face Tarot reading.

However, many Tarot readers now offer readings via skype, phone or email. Go to their websites and check out their qualifications, reading offers, testimonials, blogs and any videos or you-tube channel that they may have.

To have a great experience, so go with a reader that you feel that you could talk to and discuss your problems. Some readers very predictive with their readings, while others focus on the energies around you, bringing clarity or insights to a situation or helping with inner work and personal growth.



4. What Not To Ask!!

When people go for a Tarot reading, they are often frustrated, tired and at the point of desperation. They just want to know “When...?, Will...? “Should.....?” These are not great questions to ask during your Tarot Reading as it takes away your personal power.

The most asked ineffective questions are:

“Will I ever find my soul mate?”
“Will he come back?”
“Is he the right one?”
“When will Mr Right come into my life?”
“When will he leave his wife?”
“Will I ever find my life purpose?”
“Will I ever be rich?”
“Will I get a job soon?”
“Should I stay in my current job?”
“Should I change my career?”



These questions are all disempowering and suggest that you have no control over your own destiny. It is important to take responsibility for your own life and use your Tarot Reading as a tool for discovering what it is that you can do to achieve what you want in your life.

American self-help author, entrepreneur and motivational speaker, Napoleon Hill, famously said *“Whatever your mind can conceive and believe, the body can achieve.”*

James Lane Allen, an American novelist, said: *“You are today what your thoughts have brought you; you will be tomorrow where your thoughts take you”.*



5. How To Phrase Your Questions

We create our future with our thoughts and intentions. Tarot is an incredible tool for helping you to achieve that which you desire by revealing what is working for and against you, hidden influences, possible outcomes and presents you with the information you need to make your own decisions or what you need do in order to achieve your goals.

Instead of beginning your questions with “will” and “when” to “how” and “what”, change it to “how can I....” “What can I do to.....” “What steps can I take....?” “What is the best strategy to.....?” These type of questions show that you make conscious decisions in the direction that your life takes, rather than being a helpless victim of fate. These suggest that the future is in your hands.

Keep the questions open-ended. Avoid “Yes” or “No” questions as again; it takes power away from you and gives it to some higher power or fate and destiny. Most questions cannot be answered as a simple “Yes” or “No” as there is generally something that you can do.

If the answer is “NO”, what then? Where do you go from there? If the answer is “YES”, then what? A “Yes” or “No” question suggests that you have not said whatsoever in the matter, that you are powerless and subject to fate or other people or things. It implies that there is nothing that you can do in order to achieve your goals and dreams.

Ask questions that are more empowering, give insight into what may really be going on, what challenges you may be up against and also help you to formulate a plan of action. If you are still finding it a bit tricky phrasing your questions, here are a few examples:



5. How To Phrase Your Questions

Love

“What can I do to improve my chances of finding love?”

“What can I learn from past relationships?”

“What are blockages that are preventing me from finding love?”

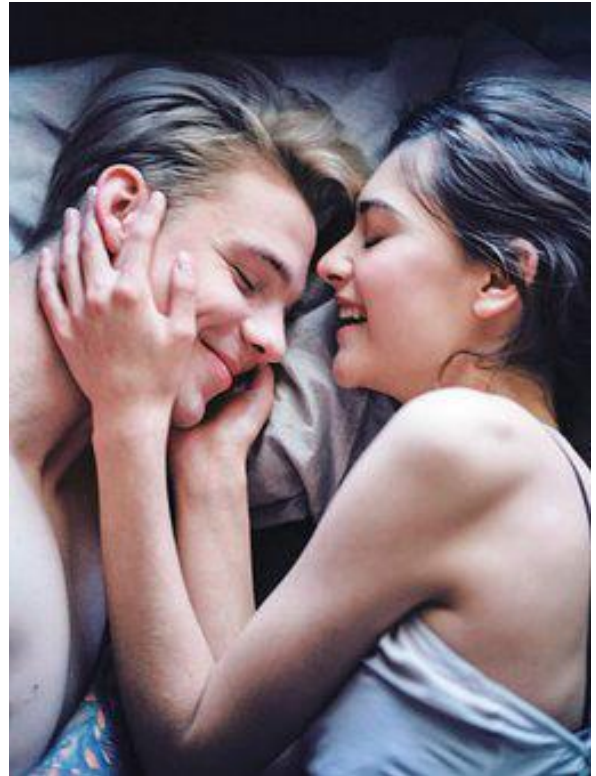
“What can I do to find my soul mate?”

“Which of my personality traits are most likely to attract love?”

“What obstacles must I overcome to find love?”

“How can I improve my current relationship?”

“What signs might I see when I have met the right partner for me?”



Career

“How can I get a job that I love and also bring financial stability?”

“What can I do to progress in my career?”

“What obstacles are preventing me from achieving my full career potential?”

“What are my strengths and weaknesses in terms of my career?”

“What steps can I take to get a job that I want within the next year?”

“What skills do I need to develop to advance my career?”

5. How To Phrase Your Questions

Wealth

“What can I do to overcome financial struggles?”

“What are blockages that are preventing me from building wealth?”

“How can I create a life of abundance and wealth?”

“What are my strength and weakens in terms of attracting wealth?”

“What skills do I need to develop in order to build my wealth?”



Friendship

“How can I nurture my existing friendships?”

“How can I feel more connected to others?”

“How can I make more friends?”

“What can I do to ensure my friendships are long-lasting?”

“What is the best way of ending a toxic friendship without causing pain?”

“How can I be a better friend?”



5. How To Phrase Your Questions

Health

“What could I do to improve my health and well-being?”

“What do I need to do to create a good work/life balance?”

“How can I achieve a life of health and happiness?”

“What strengthens and weakens my body?”

“What is preventing me from enjoying optimum health?”

“How can I find the strength to cope with my illness?”



Grief

“What can I do to overcome grief or rejection?”

“How can I find happiness again?”

“What message do my spirit guides have for me?”

“What can I do to enjoy life more?”

“How can I let go of my pain?”

“What can I do to feel hope and peace?”

5. How To Phrase Your Questions

Moving On

“What can I do to help me move forward in my life?”

“What is it that keeps holding me back?”

“What blockages are stopping me from moving forward?”

“How can I cut the ties that bind me?”

“What actions can I take to free myself from restriction?”

“What is it that keeps me from moving forward?”

“What can I do to feel more empowered?”



Spiritual Growth

“What can I do to help me feel more at peace?”

“How can I find my life purpose?”

“What do I need to focus on right now?”

“What is my biggest blockage that is preventing me from living my life fully?”

“What part of me am I ignoring right now?”

“What is my spiritual lesson right now?”

“How can I be more powerful and effective in my life right now?”

“What inner work do I need to do to be in alignment with my soul’s purpose?”

“What will bring me closer to my soul’s purpose?”



5. How To Phrase Your Questions

Be specific with your questions. People often expect the Tarot reader to know everything, including the question!! This is not how Tarot works. You don't have to give everything away. But knowing the true nature of your question helps the Tarot reader understand the real situation and interpret the spread in a way that will enable them to find solutions and answers that will be relevant and helpful.

A question such as "I want to know about relationships" is far too vague and doesn't give the Tarot reader a clue as to whether you are looking for love, in a relationship currently, having problems in your relationship, trying to get over a breakup or hoping that an ex will come back. The reader shouldn't be left guessing and having to waste time trying to get the Tarot cards to confirm the situation.

Remember to think and ask one question at a time! You may have several questions to ask in your Tarot reading, but just focus on one area at a time. Don't ask about relationships and career in the same question!

Also, don't be still thinking about your relationship and ask about your career. The cards drawn will produce a reading that is confusing and make the job for the reader, extremely difficult. Be clear about what it is that you want to know about if you are seeking clarity around a situation.

Be open-minded and open to whatever comes up in your Tarot reading. You may have asked about your current job, but a powerful message regarding your soul purpose comes up instead. It may be a case that this information is more important for your spiritual growth and the Tarot cards want you to know!



6. Tarot is About You

When phrasing your questions, remember to focus on you and nobody else. Asking questions such as “Does he love me?” “What is he thinking?” “Does he regret what he did?” “Or “How are they feeling right now?” are intrusive and unethical. In my opinion, if he really does love you, you shouldn’t need to ask the question. It should be obvious!

Asking these intrusive questions is an invasion of privacy. We have no right to pry into someone else’s mind or heart. Another person’s life is theirs alone, and their life journey, thoughts, feelings and karma belong to them alone. No one has a right to mess, control or invade someone else’s life. That is not what Tarot is about.

Tarot is a tool for self-discovery, self-reflection and self-empowerment. Rather than asking about the feelings and emotions of others, ask instead what you can do to improve a situation. I find that when people ask about another person’s feelings and emotions, the Tarot cards will put up some resistance and not offer a clear answer.

Focus your question around what you can do or learn. Some good examples are:

‘What can I do to improve my current relationship?’

“What lessons can I learn from this experience?”

“What can I do to help me move forward?”

The Tarot is a very powerful tool for self-reflection and inner growth. I find that the cards may offer some resistance if you ask questions that infringe on other people’s privacy or try to see what someone else is thinking or feeling. You will get more useful information by keeping the reading focused on what you (or the client) can do to improve their situation.

For example, if you are coming to terms with a relationship that ended badly, rather than asking, “How are they feeling? Are they sorry?

Do they regret what they did?” it may be more powerful to shift the focus and ask, “What purpose did that relationship serve in my life?”, or

“What lessons do I need to learn from that relationship?”, or

“How can I positively move forward now that this relationship has ended?”



7. Before a Reading

Make sure that you are fully prepared for your Tarot reading so the reader can work for you and give you the best possible reading they can. To get the most from your Tarot reading, take some quiet time out before you go for some quiet reflection. Be honest with yourself. You must have booked a reading for a reason. Don't just show up for the reading and say that you "don't have any questions and just want to see what comes up in the cards!"

I have had clients come for an hour-long Tarot reading, say nothing all along and then 5 minutes before the conclusion of the reading, start asking several questions!! This is unfair to everyone – not only the Tarot Reader, but also yourself as you had deprived yourself of the valuable information that you would have otherwise received during the reading earlier.

So take the time a day or two before the reading to think about what it is that you want to get from the reading. What do you want to know about? What are you hoping for? Think of the questions that you want to ask and how to phrase them correctly to get the most from Tarot.

Write the questions down on a piece of paper and take them with you.

Having a list of questions will help to make you feel more relaxed and ensure that you are really listening to the Tarot reader and not being distracting by thinking about your next question.



7. Before a Reading

If you are looking for a relationship, think about what it is that you want in a relationship, what are the qualities that you are looking for in another person?

If you are looking at changing careers, think about what it that you are after – excitement, variety, freedom, financial stability or job security? Do you want to help others?

If life purpose is your question, think about your passions and dreams. What are the things that you have always wanted to do? What are you most passionate about?

Also, to get the maximum benefit from your Tarot reading, think of how you will record what has come up in the reading so that you can continue the benefits after you leave.

You may want to take a small notebook to write down key points or record the reading on your mobile phone. Always ask the reader at the beginning of your reading if they are happy to have the reading recorded as some readers may not allow it.



8. During a Reading

At the very beginning of a Tarot reading the reader will often take a few moments to ground and centre themselves before the reading commences. Similarly, it is a good idea for you to take the time to ground and centre, to put distractions out of your mind and focus totally on your reading.

There is nothing worse than trying to do a reading for someone whose energy is scattered, and their thoughts are going all over the place. So take the time to calm yourself down and allow the reader to make a connection with you.

Next, take time to shuffle the cards thoroughly using one of the methods described above and hand the shuffled deck back to the reader or wait for any instructions. They may want you to “cut” the deck in two or three piles and select one pile. It really is up to the reading technique of the reader.

I personally prefer to begin a reading with a general Tarot spread to see what energies are around the person and what specifically comes up for them. I usually discuss what issues I see coming up and then move onto more specific questions.

Refer to your list of questions making sure that you focus on one question at a time, that it is clear and open-ended, i.e. avoid “Yes” “No” questions.



9. Shuffling the Cards

It is important to give the Tarot cards a good shuffle. Often people will pick the Tarot deck, give the cards one, two shuffles and then hand them to the Reader. Not a great idea if you want the cards to reflect your reading!! The cards may have been stacked from a previous reading, and they won't reflect your situation.

To get the best out of your Tarot Reading ensure that you give the deck a really good shuffle to put your energy into the cards. This cleanses the cards and guarantees that the reading will reflect your energy, not someone else's.

If you are not a great shuffler, three simple techniques for shuffling cards are:

The 3-Pile Shuffle Method

This method is the easiest and ensures that cards that were next to each other are now separated. Simply deal out the cards into three piles, one at a time. Then stack the piles on top of each other, back into a single pile.

Scissor Shuffle Method

Hold the deck, sideways, in your non- dominant hand. Draw some cards off the bottom of the deck with your dominant hand holding your middle finger at the top of the card and your thumb at the bottom. Place these cards on top of the deck in your non-dominant hand. Continue drawing a few cards at a time from the bottom of the deck and placing them on top, repeating the process several times.

Insertion Method

Hold about half the deck in each hand, and insert one half in a scattered manner down through the other half of the deck.

You can hold the cards either on their long or short side.

This method is fast, efficient and involves a lot of hand contact with the cards.



10. Being Open To Feedback

During the reading, communicate with your reader!! Don't hold back! If the reader seems to be connecting well with you and pick up on some key points, then open up and give them know a bit of background information. You will end up getting so much more out of the Tarot reading, trust me!!

Once you are into the Tarot reading and the reader has completed an initial spread, you should have a pretty good idea as to whether the reader is experienced, ethical and honest.

Don't be afraid to open up; be honest with the reader and give them some relevant information. The reader will be able to have a much clearer picture of the situation and will be able to look at your situation from other perspectives and also possible or likely outcomes. The reader can then use Tarot to uncover what options you have, offer solutions and advice in regard to what you can do to achieve your goal.

Once you are happy with answers to your first question, take a moment to re-centre and then ask your next question. Make sure that you focus only on one question at a time. Never combine two or three questions at once.

Be open and accept the truth when the reader tells you as it is!! Many people just want to hear the truth and refuse to believe the reader because they want a different outcome. Honestly, it doesn't matter how many Tarot spreads a reader does, the outcome usually ends up the same!! Tarot cards don't lie! We can interpret them incorrectly or want a different outcome; but it won't change the facts.



10. Being Open To Feedback

Tarot readers are not magicians!! They cannot make someone love you; they cannot make you wealthy if you have a poverty-mindset, they cannot bring you career success if you are not willing to work hard or develop your skills, they cannot help you lose weight, bring health and wellbeing if you are not prepared to eat healthy, exercise and create a good work/life balance. A reader will provide insights, solutions and the action required to make things happen.

It is important that you take responsibility for your own life. It is unrealistic to think that you can remain passive and expect other people or things to change without you putting some effort in.

Remember that life doesn't happen to you, but you make your life happen. While Tarot can reveal the energies around us, as well as *possible* outcomes, every one of us has FREE WILL. Nothing in the future is set in stone. We need to take responsibility for our own decisions and actions, as we are always able to consciously change our destiny if we wish.

Take the information from the cards, take ownership of your life path and change your life. Tarot will bring clarity, insight, strategies, steps and inspiration to help you to achieve your goals.



11. About Natasha

Hi,

I'm Natasha, and I'm the founder of Tarot Wisdom. Sharing Tarot's incredible wisdom with others or helping them navigate through their issues in life is my soul's purpose.

Nothing gives me more satisfaction than to help others by bringing clarity, hope, healing and inspiration. Tarot is an excellent tool for self-discovery and understanding of ourselves, life, other people and the World around us.

A Tarot Reading should be illuminating, empowering and uplifting. A genuine Tarot reading will never take away your decision-making power, but instead bring clarity, understanding, a sense of empowerment, happiness and peace.

Natasha



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