

GETTING THE MOST OUT OF YOUR TAROT READING



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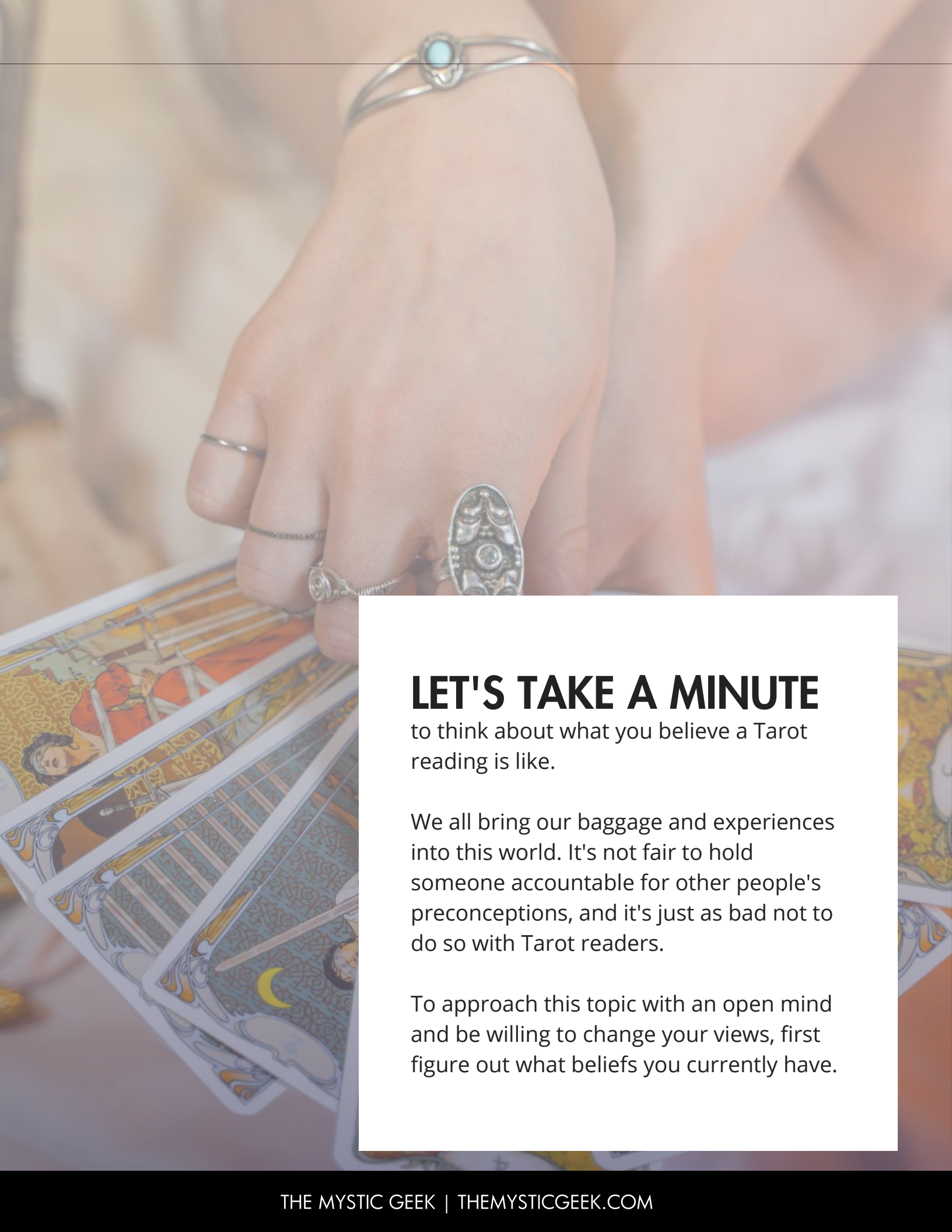
MYSTIC GEEK

I help people tap into their inner wisdom so they can cut through the hustle and handle whatever life throws at them.



I created this printable workbook so that you can physically write down your responses to the questions posed. The experience of putting pen to paper causes you to slow down and really think through your answers, something that can be difficult to do when you're just mulling things over in your head. If you don't have access to a printer, you can also just use a notebook and write out your responses by hand.

I hope you find this workbook helpful and that it gives you some clarity on what your personal values are and how they guide your decision-making. Thanks for taking the time to work through this!



LET'S TAKE A MINUTE

to think about what you believe a Tarot reading is like.

We all bring our baggage and experiences into this world. It's not fair to hold someone accountable for other people's preconceptions, and it's just as bad not to do so with Tarot readers.

To approach this topic with an open mind and be willing to change your views, first figure out what beliefs you currently have.



EXAMINING OUR VIEWS

What do you think of when you hear "Tarot reader"? These can be ideas around what a Tarot reader might look like and how they dress, act, or do.

What are your beliefs about the Tarot? This could include where you believe this practice originated or how the cards "work" in a reading.



EXAMINING OUR VIEWS

What do you think a Tarot reading entails?

What do you think a Tarot reader can help you with?



Now that we've got that out of the way let's talk about what you can expect when working with a Tarot reader.

When people think of the Tarot, they believe it can foretell the future. While the Tarot has this capacity, it isn't as simple as looking into a crystal ball. Tarot is also a fantastic method to understand your current reality better and gain clarity on what's

going on in your life. A Tarot reading is similar to having a conversation with someone who views things differently. The Tarot reader serves as an advisor who can assist you in developing your intuition and inner knowledge.

WHAT IS THE TAROT?

The Tarot is a deck of cards that describes the whole of the human experience. The imagery is based on archetypes - symbols representing universal human emotions and behaviors. A Tarot reader uses the cards for self-reflection or to gain insights into another person.

The Tarot has been in existence for centuries, but its origins are unclear. Some experts think that some forms of the Tarot originated in ancient Egypt, while others claim it came from medieval Italy. Occult practitioners likely added esoteric symbolism and meanings to the deck over time.



HOW DOES THE TAROT WORK?

A standard Tarot deck consists of 78 cards. The 22 Major Arcana cards represent the universal, archetypal aspects of human experience. The 56 Minor Arcana cards reflect the day-to-day ups and downs. The Minor Arcana is broken down into four suits, each representing a different aspect of our existence:

- **Swords:** intellect, thoughts, communication, truth, identity, power, and conflict
- **Wands:** passion, desire, sexuality, motivation, and transformation
- **Cups:** emotions, relationships, our dreams, and intuition
- **Pentacles:** the physical world, including our family (and ancestors), body, resources, and manifestation

A Tarot reader will shuffle the deck and lay out the cards in a specific pattern called a spread. You might have heard of the Celtic Cross or the Three-Card spread. The reader will then interpret the cards based on their position in the spread and their relationship to each other.

WHAT CAN A TAROT READING HELP ME WITH?

A Tarot reading can provide insights into your past, present, or future. It can help you understand yourself better or offer guidance on a particular situation. A Tarot reading is not meant to be taken as gospel truth but should be used as a tool for self-exploration.

Some people use readings to:

Get clarity on a situation

Work through loss

Understand themselves

Heal from trauma

Release old patterns

Develop their intuition

Tarot readings are not just for those who believe in the occult or are looking for guidance. The Tarot can be a fun way to explore your subconscious mind and get in touch with your intuition.

A NOTE ON THIRD-PARTY READINGS

A third-party reading is when you ask a Tarot reader about a person not present at that session. Often, a seeker wants to know how someone else feels about them or whether their partner is cheating.

Some Tarot readers will flat-out refuse to do a third-party reading, while others might agree but with the caveat that they cannot always guarantee accuracy. If the other person is not present, the Tarot reader only gets one side of the story. In addition, the energy of the person who is not present can sometimes interfere with the reading.

Spirit can also interfere with a third-party reading. Suppose you feel uncomfortable about the possibility that someone else can ask about your thoughts, feelings, or actions. In that case, Spirit might recognize that your question is out of alignment with your values and will give you a different answer than what you expected. In addition, asking a Tarot reader about another person's thoughts or feelings bypasses the opportunity to talk with that person directly. While the direct path might be more painful (experiencing rejection), it will often give you the closure or answers you need and provide you opportunities for emotional and spiritual growth.

If you are considering a third-party reading, it is essential to be respectful of the Tarot reader's time and energy. Given the complexities of a third-party reading, that they may not be able to give you the information you want to hear.



IN-PERSON OR ONLINE?

We have many options for receiving a Tarot reading. Depending on where you live, you may be able to meet a Tarot reader in-person for a session at a metaphysical shop or a psychic fair. Some might offer in-person sessions at a coffee shop - or even do house visits!

Thanks to technology, you can also seek an online Tarot reading - this can be done by chat, voice, or video. Online Tarot readings also let you choose between "live" and "recorded" readings.

A live reading is similar to an in-person reading: it's interactive and in real time.

A "recorded" reading means that the Tarot reader completes the reading and sends you their interpretation and guidance either in writing or in audio/video format (or sometimes both!). Some readers who provide this option give you the ability to ask follow-up questions based on the cards they pulled.



HOW DO I SELECT A TAROT READER?

When you're ready to have a reading, it's essential to choose a reputable reader. Many people claim to be Tarot experts but don't have the experience or knowledge to give an effective reading. You want to avoid anyone who claims they can tell your future or guarantee results. A good reader will be upfront about their abilities and what they can provide.

You can find Tarot readers online or through word-of-mouth recommendations. Do some research once you've found a few readers you're interested in. Check out their websites and social media accounts. See if they have any testimonials or reviews. When you've narrowed it down to a few readers, reach out and ask them about their experience and what they specialize in.

If you have access to a metaphysical shop, they may have a bulletin board with information on local Tarot readers. Some venues will also have Tarot readers on-site that you can book for a reading.

WHAT SHOULD I ASK IN A TAROT READING?

When you're ready to have your reading, you'll need to come up with a question. The question should be precise and directed toward something that concerns you. Yes or no questions may not help obtain the information you want. When we desire certainty, we frequently rely on yes or no questions, only to argue about the accuracy of the reading when the Tarot provides an answer that we don't want to hear.

Ask questions that center around your goals, desires, and potential actions. You don't want to ask questions that put your power outside of yourself, such as "Will I ever find love?" or "When will I get my promotion?" These sorts of questions force you to relinquish control. Instead, concentrate on asking empowering queries such as "How can I improve my intuition?" This technique allows you to reclaim your power and focus on what you influence over - YOU!

Asking an empowering question allows you to explore different aspects of your life and see things from a new perspective. It also allows the reader to offer guidance that you may not have thought of on your own.

Not sure what to ask? Don't worry - over the next few pages, we will walk you through the process of determining what questions to ask your Tarot reader.



EXERCISE: WHEEL OF LIFE

To use a Tarot reading as a catalyst for change, you must first identify areas of your life you want to improve. The Wheel of Life is a great tool to help with this process. You can quickly and graphically identify the areas in your life where you feel fulfilled, and those you want to improve.

There is no place for judgment in this exercise. I like to use the acronym RESPECT to identify the seven areas of life. Basically all areas can be placed in one of these seven areas:

- R - Relationships (Significant other, children, family, friends, etc)
- E - Energy & Health (Our lifestyle determines our energy level and health)
- S - Spiritual Growth (Not about religion, but about growing to become all we're created to be)
- P - Purposeful Living with Priority (Not living by "to do" lists, but by what is truly important)
- E - Emotional Mastery (Identifying & experiencing feelings, while noting impact on others)
- C - Career & Finances (What we do to earn an income, and how we manage it)
- T - Teaching/Touching Others (Passing on, paying forward, making a difference)



EXERCISE: WHEEL OF LIFE

Rate each area of your life below on a scale of 1 to 10, where 1 represents being absolutely unfulfilled with your situation, and 10 means you are completely fulfilled.

On a scale of 1-10, how happy are you with your **Relationships?**
(Significant other, children, family, friends, etc)

1 2 3 4 5 6 7 8 9 10

Why?

On a scale of 1-10, how happy are you with your **Energy & Health?**
(Our lifestyle determines our energy level and health)

1 2 3 4 5 6 7 8 9 10

Why?



EXERCISE: WHEEL OF LIFE

On a scale of 1-10, how happy are you with your **Spiritual Growth?**
(Not about religion, but about growing to become all we're created to be)

1 2 3 4 5 6 7 8 9 10

Why?

On a scale of 1-10, how happy are you with your **Purposeful Living with Priority?**
(Not living by "to do" lists, but by what is truly important)

1 2 3 4 5 6 7 8 9 10

Why?

On a scale of 1-10, how happy are you with your **Emotional Mastery?**
(Identifying & experiencing feelings, while noting impact on others)

1 2 3 4 5 6 7 8 9 10

Why?

EXERCISE: WHEEL OF LIFE

On a scale of 1-10, how happy are you with your **Career & Finances?**
(What we do to earn an income, and how we manage it)

1 2 3 4 5 6 7 8 9 10

Why?

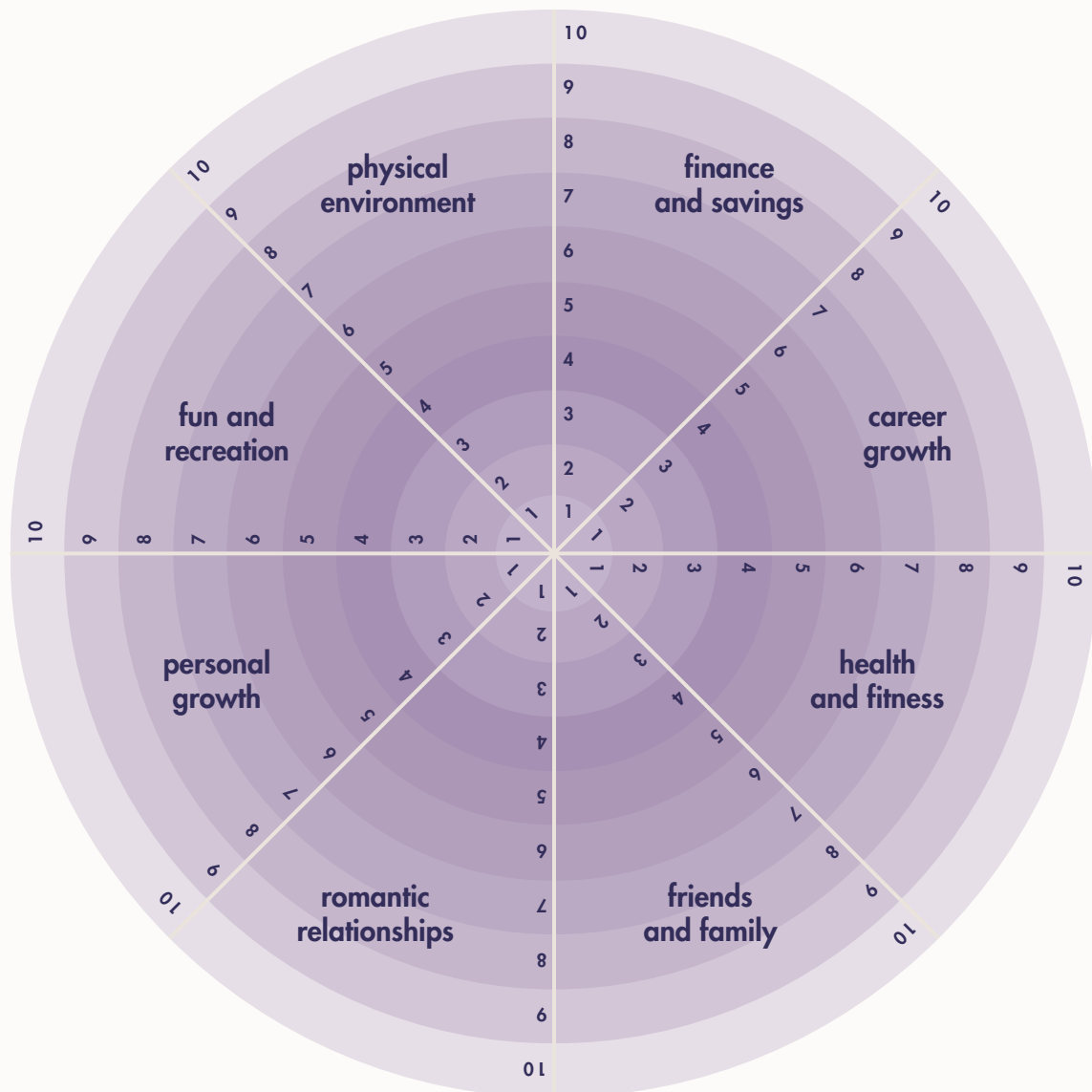
On a scale of 1-10, how happy are you with your ability to **Teach & Touch Others?**
(Passing on, paying forward, making a difference)

1 2 3 4 5 6 7 8 9 10

Why?

On the following page, there is a “Wheel of Life” ... with all of these seven areas represented by “pie slices.” Consider what percentage of the pie slice you would color in for how well you believe you are doing in each of the areas. Be honest. You are the only one who will see this.

EXERCISE: WHEEL OF LIFE



Start at the tip of the pie piece and color out to where you believe represents your current level of satisfaction in each of those areas



WHEEL OF LIFE - REFLECTION

Did any thoughts or feelings come up as you went through this exercise? If so, what?

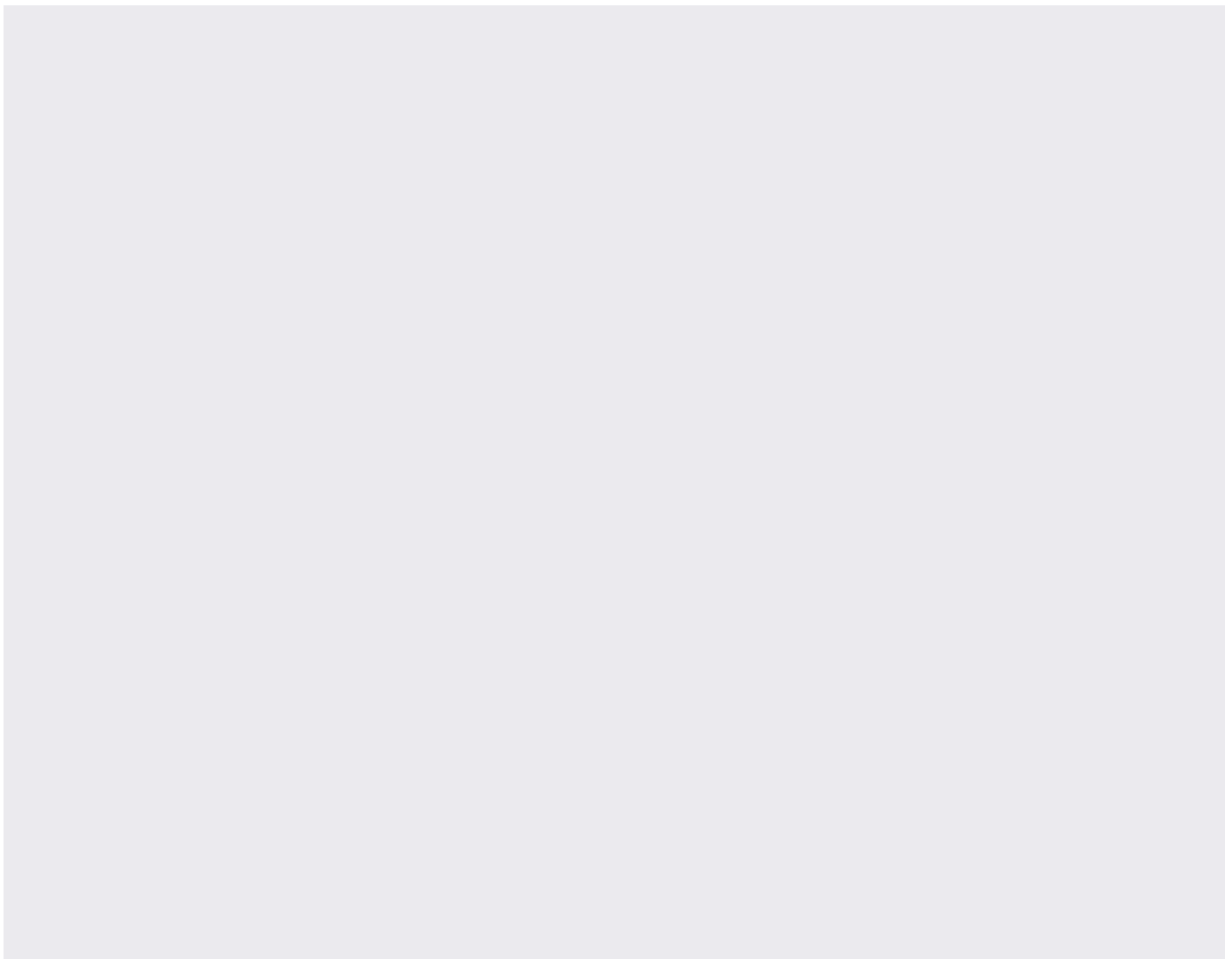
What area of your life would you like to focus on over the next two to three months. Why did you choose that area?



WHEEL OF LIFE - REFLECTION

Think back to how you rated that area of your life. Now imagine a scenario where you'd rate that area at an 8-10.

- What might that look like for you?
- What would you want to experience?
- How would you like to feel?





WHEEL OF LIFE - REFLECTION

What is holding you back from achieving that dream scenario? Is it knowledge? Resources? Fear? Something else?

If you could ask someone (in this instance, your Tarot reader) for guidance on how to achieve your dream scenario, what questions might you ask them?

AFTER THE READING

Once the reading is over, take some time to sit with what was said. Don't be afraid to journal about your experience or ask follow-up questions. A good reader will be more than happy to answer any questions you have. If something doesn't make sense to you, trust your intuition and ask for clarification.

A Tarot reading can provide insights that you may not have considered before. It can also be a fun way to connect with your intuition and explore your subconscious mind. With a little research and preparation, you can ensure that you have a positive and empowering experience.

WHAT DO I DO IF THE READING DOESN'T RESONATE?

Take some time after your reading to sit with the information and see how it applies to your life. You may want to journal about your experience or discuss it with a friend. Don't be afraid to ask follow-up questions or for clarification if something doesn't make sense. A good reader will be happy to answer any questions you have.

Remember that a Tarot reading might have a different perspective on your circumstances. The message may sometimes seem "incorrect" to us since it challenges our preconceptions and biases. We don't like the possibility of being wrong, so it can be challenging to accept a reading that contradicts our beliefs.

If you don't resonate with the reading, consider what might be holding you back. Are you afraid of change? Are you attached to a specific outcome? Be honest with yourself and explore your feelings. Once you've acknowledged any resistance, allow yourself to be open to new possibilities. After all, that is why you sought out a reading in the first place!

A Tarot reading can provide valuable insights, even if they are not what we want to hear. If we approach the experience with an open mind, we may be surprised at what we learn about ourselves. And remember - ultimately, it is up to us to interpret the messages and apply them in a meaningful way to our lives.



HOW SOON CAN I GET ANOTHER READING ON THE SAME TOPIC?

Most readers will not do another reading on the same topic for at least a month, and some may even refuse to do another reading on the same subject for a year. This is because readings are meant to provide guidance and clarity, but if you constantly seek readings on the same topic, it can become an addiction or crutch rather than a helpful tool.

Going back to the topic of empowerment, if you repeatedly go to readings and ask the same questions, it's a sign that you're not taking action on the guidance you've already received. Instead of constantly seeking outside validation, focus on trusting your intuition and taking affirmative steps forward in your life.

One way of determining whether you need a follow-up reading is to ask yourself how you've changed or grown since the last session. If you've made significant progress on your goals, a follow-up reading may not be necessary.

However, if circumstances have changed or if you find yourself stuck in the same situation or pattern, a follow-up reading can provide new insights into your situation

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Another way of knowing whether you need another reading is to trust your intuition. If something doesn't feel right or you're unsure about a decision, it might be helpful to get another opinion from a Tarot reader.

Ultimately, it is up to you to decide whether you want or need another Tarot reading. Select a reader you trust and feel comfortable with if you choose to get another reading. Prepare your question ahead of time, and be open to whatever guidance the cards provide.



THANK YOU...

I hope you found this workbook helpful. Remember that the most important thing is to be open to the messages the cards have for you. When you approach a reading with an open mind, you may be surprised at what you learn about yourself!



CONTACT INFORMATION

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If you'd like more support in exploring how a Tarot reading can help you gain clarity in your life, please reach out to me. As a Spiritual Connection Mentor, I help people cut through the hustle of life so that they can handle whatever the world throws at them. I offer a variety of services including readings, energy healing sessions, and intuitive coaching.