HOW TO READ THE TAROT

IN FIVE EASY STEPS

1

SLOW DOWN

In order for your intuition to work you must have silence within. Stop doing. Put your phone on silent. Create some quiet time for yourself. Do some slow breathing. Pour yourself a drink. Breath deeply.

2

WHAT DO I SEE?

When you look at the card simply describe quietly to yourself what you are seeing. DO NOT ANALYZE. Simply observe. Write down 3 things you see in this card that jumps out at you.

3

WHAT DO I FEEL?

Now look at the card and notice the feelings that are arising from within you. Give them a name and write down the strongest 3. Notice if there are any sensations in your body. Also write these down.

4

WHAT DO I KNOW?

Now let your mind have a play. Write down 3 words that come to your mind when you look at this card and wonder about its meaning. Do not analyse too much. The first three works will be the most correct.

5

PUTTING IT ALL TOGETHER

Now look at your notes. How do they come together to describe the card. What you saw, felt and thought. With all of this, try and guess what the card is about.