



Steps to a Tarot Reading

- 1** **Ground and Center:** Bring yourself into the present moment and set this time as a container for intuitive messages through tarot.
Examples: Deep Breaths, Grounding Visualization, Progressive Body Relaxation
- 2** **Connect:** Connect to your intuition/guides/a higher power. State an intention to connect with your intuition/guides/a higher power. If you have a poem, prayer, mantra, or mudra, you can use that here.
- 3** **Ask a Question:** Keep your question open-ended. Tarot readings work best with open-ended questions as it provides space for lots of information.
- 4** **Shuffle and Pick Cards:** Find a method that works for you. Focusing on the shuffling can be almost like a meditative state that can help you connect with your intuition.

Intuitive Reading Questions

These are questions to ask yourself about the card images if you can't think of what the card means.

- What object/part of the card do I notice first? Describe the object? What does this mean to me?
- Are there people or animals in the card? What are their facial expressions? What is their posture? What are they doing? What are they wearing?
- Cards without people or animals: What objects are in the card? How are they placed? What does this pattern remind you of?
- What are the animals or people thinking?
- What emotion do you feel when you look at the card?
- Are there several people in the card? What is their relationship? What do they think about each other?
- What colors are most prominent in the card? What color is least prominent?
- What's in the background of the card?
- What object/part of the card is least noticeable? What does that object mean to you?
- Write a story about what's happening in the card.
- Write a dialogue between two people, animals, or figures in the card.
- Imagine asking the figures in the card your question. What do they say?
- Research the traditional meaning of this card. How is your intuitive insight similar or different?