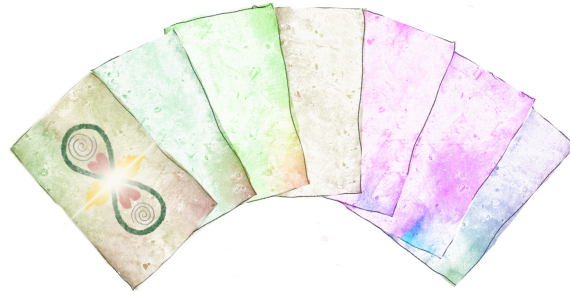


How to Do a Tarot Reading For Yourself



“Reading tarot cards is a little bit like putting together a puzzle. When you work on a puzzle, first you gather all the pieces, and then you put them into connecting order, and eventually a picture will emerge. With tarot, once we gather all the information from the cards — their images and symbolism, their suit, their number, their orientation (upright or reversed), and their position in the spread — then we can develop the narrative or story of the reading, and discover the meaning of the reading by relating it to our original issue or concern.”

Here are the steps to read tarot for yourself:

1. **Get ready:**

- * Create the space — choose a physical location to lay out the cards and prepare the surroundings (play gentle music, light a candle, choose a special cloth to lay the cards on).
- * Tune in — find a comfortable seat, take a few deep breaths, release any tension you sense in your body or mind, let go of any expectations and open to whatever you might be shown.
- * Choose the issue or question you’d like to focus on — clear but open-ended questions tend to work best, or if you don’t have a specific issue you can ask to be shown what you need to know right now.
- * Choose the card spread that suits your question — a single card draw, a three-card spread or a more complex multi-card spread.

2. **Shuffle and lay out the cards:**

- * Clear the deck — hold the deck between your two hands to infuse it with your energy, and set your intention:

May these cards bring me clarity — as mirrors that reflect back to me the truths my soul already knows. May they offer me wisdom — as guides that show me new paths forward. May they show me compassion — as sources of healing that reconnect me with my highest self.

- * Shuffle — use any method that feels right for you; while you shuffle, focus on your question; “shuffle your question into the deck.” When you feel you’ve shuffled enough, gather the cards back together into one pile.
- * Cut the cards — use your left hand (which rules the intuitive side of our brains) and cut in two piles to the left (three piles total); then gather them back up into one again.
- * Lay out the cards — place the cards face down, according to the spread you chose.

3. **Read the spread:**

- * **Turn over the cards**
 - * Turn over the first card — study the image and notice any thoughts or feelings that come up for you, in a free flow of observations, reactions, and memories. If the card is upside down, notice what perspective the reversed image shows you. How does this card reflect your own situation? Imagine what the figure(s) might want to tell you. Take your time, don't rush — allow the impressions to bubble up from the depths.
 - * Turn over the next card and repeat the process, until all the cards in the spread are face-up
- * **Look at the spread positions**
 - * Identify the meaning of the first card's position in the spread (ie past, present, future) and think about your felt sense of the card together with its position, in regard to your question.
 - * Repeat for the rest of the cards in the spread
- * **Look at the "book meanings"**
 - * Look up the first card's meaning (suit, number, orientation) and think about your felt sense of the card together with the book information, in regard to your question. (In this method of tarot reading, book meanings are supplemental to your own impressions, and secondary in importance).
 - * Repeat for the rest of the cards in the spread

4. **Tell the story of your question:**

- * **Look at the spread as a whole** — note the general emotional tone: is it empowering, cautionary, joyful, realistic? Does it resonate with you? Does it make sense?
- * **Look for repetitions** — note if there are several cards of one suit or number, several Majors or court cards, several reversals — as they give additional emphasis to what's underlying your question.
- * **Create the story** — putting together all the information you've gathered, use your imagination and intuition to find the links between the cards so that they tell a cohesive tale about your question. Use your personal history, memories and felt sense to inform the details of your story.

5. **Record and reflect:** ideally in a journal where you keep a record of all your readings, so you can return to your interpretations over time (sample journal in the back of this booklet).