

The Tarot and You

by

Vera Coe

Copyright 2011 Vera Coe

Obooko Edition

License Notes:

This ebook is licensed for your personal enjoyment only. This ebook may not be sold or given away to other people. If you would like to share this book with another person, please encourage them to download their own copy. Thank you for respecting the hard work of this author.

Please note that this is a cottage industry type book, meaning that I have done all the work on it myself. Therefore please forgive any typos that have escaped the net, and any layout errors that have done the same.

Contents

[Hello, and welcome to The Tarot and You](#)

A few words of introduction

[Chapter 1: What are tarot cards?](#)

Describing what a tarot card actually is and what it is supposed to do, and the two ways in which they can be read: Traditional or Intuitive.

[Chapter 2: Your tarot cards and other equipment](#)

Helpful hints about how to purchase a set of tarot cards or what to do if a set is given to you, and what other equipment you need to have when you want to 'read' your cards.

[Chapter 3: Your cards have arrived, what next?](#)

Helping you understand how to harmonize your cards and giving you a choice of two methods to do so. Also, guidance about not being in too much of a hurry about getting answers from your cards and how to look after your cards when you are not using them.

[Chapter 4: Two ways of 'reading' the cards: The Traditional Way](#)

Here I describe the use of Layouts, why they are used, and how the cards which are being used for a layout are then 'read'.

[Chapter 5: Two ways of 'reading' the cards:](#)

In this chapter I explain what intuitivity is, what it has to do with using the tarot cards, the benefits gained by working with your cards intuitively, and briefly giving you an idea of how to get in touch with your own intuitivity.

[Chapter 6: Three Steps](#)

An overview of the three steps which will help you read your cards intuitively. Step one is learning to have a quiet mind. Step two is learning how to get in touch with your intuition. Step three is asking the questions you need answers to. With practice you will zoom along in your capacity to ready those cards of yours so don't be put off by these three steps.

[Chapter 7: Step One: The quiet mind](#)

Here I help you understand what 'Mind chatter' is, and give you simple breathing exercises to help bring you into a state of quietness. All it takes is a fifteen minute pocket of time. The effort is well worth it.

[Chapter 8: Step Two: You and your intuition](#)

So now you need to learn how to connect with that inner voice of yours, which is your intuition. I explain how you need to prepare yourself and your tarot equipment, then show you how you can tell the difference between your thoughts and your intuition. You do this by working with five of your own tarot cards, and I give you three examples of what happened when I did this exercise. The chapter ends with information as to how many times a week you need to practice, and congratulating you on getting this far with your Intuitive tarot card project!

[Chapter 9: Step Three \(Part 1\) Asking your questions](#)

Now you are ready to try asking real questions to which you would like accurate answers, the tarot being useful tool for doing this. So I describe how the questions need to be formed, why it is a good idea to make a list of questions, and the importance of keeping a Questions and Answers book. This is preparation for the next chapter.

[Chapter 10: Step Three \(Part 2\): Asking your questions](#)

Now you are ready to light your candle and go into a questions and answers session with your cards, and here I explain what you need to do in order to receive an accurate and fast response from them and your intuition. Also what you need to do to close off from the session.

[Chapter 11: What next?](#)

Learning to work with your cards intuitively could help you develop psychic sensitivities and in this chapter I briefly describe what psychic development is, and give you a snippet of 'My Psychic Toolbox' which is a book I have written describing what it feels like when I am in psychic mode. This is meant to inspire you to have a go at using your tarot cards intuitively. I also briefly describe how you can work intuitively for other people.

[Chapter 12: Finally](#)

Here I mention the subject of money in regards to tarot reading for other people. You will also find information about other books I have written, and the addresses of my website and YouTube videos.

[Further information about my work, about the author, and other books I have written](#)

[Hello, and welcome to 'The Tarot and You'](#)

If, like me, your memory is atrocious then trying to use the Tarot cards by learning the meanings of them is a useless exercise. Of course you could always look up the meaning of an individual card from a book, but often there are multiple meanings given which can make you even more confused as to what the card is exactly saying. It might not matter, though, if all you are doing is 'playing' with your cards and don't intend to take them seriously.

And yet this is doing an injustice to your cards, because they can be of enormous help to you: they can give you answers to questions which are bothering you and can give you guidance as to what decisions to make. They can also help you understand situations which are being difficult for you. They can clear the clutter, that's what they do.

When I first tried to work with tarot cards I looked up their meanings, but I soon got bored with that because it left me with even more questions. Then I tried getting a 'message' from them by examining the graphics on the faces of the cards but that didn't work either. So in exasperation I put the cards away, but years later I found them again and evolved a new way of working with them which has turned out very satisfactory. Now I 'receive' fast and accurate information with no effort on my part. No searching for the meanings in books or by spending ages

looking at the graphics on the card to see if they will ‘speak’ to me, nor is my memory used.

It took a bit of practice at first, but the effort was well worth it because it helped spring board me into developing certain psychic abilities, like clairvoyance, clairaudience, and clairsentience.

If you are interested in the tarot in a genuine way, then try my method of working with them, and with practice you will become a skilled and accurate practitioner both for yourself, your family, and your friends, and everyone else who needs a helping hand.

[Chapter One: What are tarot cards?](#)

A tarot card is?

A piece of card, similar in shape to a normal playing card, but has various types of graphics printed on the surface rather than having only the hearts, clubs, diamonds and spades that is usual for a standard playing card. Most tarot cards, though, do use symbols such as swords, pentacles (circles), cups, and staves which replace the hearts, clubs, etc, but not all.

Unlike a set of playing cards, there is no general design for a tarot card, so they are individual card to card, set to set, although will always have a theme general to all the cards in any one set.

What do tarot cards do?

They tell ‘fortunes’, that’s what people think they are supposed to do. Since ancient times, they have been seen as a tool of ‘divination’, this being ‘the act of predicting or foretelling events, or of discovering hidden or secret things by real or by alleged supernatural means, a conjecture of the future’ (Cassell’s Concise English Dictionary).

So that is what a tarot card is *supposed* to do.

How do they do that?

Well the graphics on an individual card are supposed to symbolize certain events or states of being, which, on observation and interpretation, can ‘foretell’ what is going to happen in the future, or what has happened in the past, or what is occurring at the present time, according to the

‘position’ of the card amongst the others which have been laid down with it.

Sounds complicated? It doesn’t have to be. There is an easier way, which I will tell you about in this book.

And a ‘tarot pack’ is?

A combination of cards, individual to each other although with the same theme running throughout. There are no rules as to how many, but most tarot sets contain about the same number as an ordinary pack of playing cards, which is about seventy.

And similar to ordinary playing cards and also for ease of use, they are normally segregated into sections, normally swords, pentacles, cups or staves.

Within each section there will normally be a ‘run’ of cards numbered one to ten, followed by knave, queen and king. But each set is different both in design and content. As I have said, there is no general rule for the design of a set of tarot cards or the number of cards contained within a pack.

How do you use a tarot set?

The Traditional Way:

I explain more about this method in Chapter Four, but to give you an idea of what it entails:

You shuffle the cards so they are not in any particular order, then you lay them face down in a certain pattern, called a layout. Each part of the layout represents a life topic depending on the type of layout being used. Again, there is no general rule for a layout, and you can even invent your own.

You would then turn over the card in one of those positions, and analyse what you see according to the topic governing the layout position for that card. Then you work your way round your layout, turning over and ‘reading’ the cards as you go.

Phew! That all sounds complicated! And it is! But don’t be put off the tarot because there is another way to work with them, which is:

The Intuitive Way:

I explain more about this method in Chapter Five, but for now:

All you do is put either eight or twelve cards in a circle, face down. In the centre of the circle you place another card, again face down. That is your start off point. After a few moments you turn that card over, and promptly, without any gap of time or any thinking on your part, some words will arrive in your head relevant to a question you want an answer to.

Easy! Well, *not* that easy in the beginning, but with practice it is.

So where do the words come from? From your intuition, that's where. 'Immediate perception of the mind without reasoning, instinctive knowledge', that's what intuition is, (thanks to Cassell's Dictionary again) and we all have it. Further on from that, your intuition is a gateway between you and the energies of the Universe, but that I will speak about that later.

For the moment, this book will concentrate on helping you become in touch with your intuition so that you and tarot cards can work as a team, with the energies of the Universe looking over your shoulder, helping you along.

That still sounds complicated, so what are the benefits? The benefits are huge. Not only will you receive information relevant to whatever area of your life you choose to make a focus of, but also information relevant to aspects of your life to which you are oblivious.

Keep on practising and you will be able to do the same for family and friends, and keep on practising some more and you just might be able to 'read' the cards in a professional capacity, therefore helping many people.

Of course you could do all this via the Traditional Way of working with the tarot, but then you will have to learn the meanings of all those cards, plus remember the layout topics, then tie them all in together, and that, to me, is just too much effort. Not only that, but it is likely to be inaccurate as well, which is not a good thing for you, or for those you are 'reading' for.

Putting the effort into learning to work with the cards intuitively will always ensure accuracy. Tarot cards are not toys, and an inaccurate 'reading' can upset people's thoughts about their life and their future. It could also upset yours. So put the effort in, learn to work with your intuition, and the tarot will work well for both you, and others you would like to help.

The Traditional and Intuitive mixed together:

If you become experienced with the Traditional Way of working with the cards, then it is possible that you could gain a 'sixth sense' about the right interpretation of them. Your familiarity with the meaning of each individual card plus your 'sixth sense' would give you, perhaps, the correct interpretation.

But this is not the same as your intuition working for you. Intuition gives you the words, sixth sense doesn't. It gives you a 'feeling' of what the card is saying but it will not give you the in depth answers that working the Intuitive Way with your cards will.

So, all in all, the tarot cards are a good idea?

Yes, providing they are used correctly. The Traditional Way is alright, although not really sound in regards to being accurate. Telling someone that their partner is not the right one for them because you think the card is telling you that this is so, could mean that person goes into a tumble of depression, and so could you if you are reading the card for yourself.

But by using the same card using the Intuitive Way, then perhaps the words arriving in your head would be different. "You are having a spot of trouble with your partner, but it is the lack of communication between you which is the problem", could be what arrives, which is far more optimistic.

The Traditional Way is far more straight-jacketed because it relies on the card being interpreted and analyzed, whereas there is no interpretation or analysis with the Intuitive Way. All you have to do is listen to what is coming into your head. Of course, you will have to learn to tell the difference between those words and your own thoughts, but with practice this you will be able to do.

And in time, you could also become psychic because working with your intuitivity will naturally increase your psychic potential, but how you do that is for another book. As I have said, this book focuses on helping you get in touch with your intuitivity, which is a marvellous tool for getting ahead in life, because it is always right and will never lead you astray. And if you take notice of this side of yourself, then you will have a varied and interesting future. You most certainly will never be bored!

For myself, listening to my intuitivity led me to living on a small farm in France, which is something I never would have imagined when I was younger. But I followed through when the thought was posted into my head by my intuitive self, and off to France I went. It was one of the best

things which ever happened to me. My intuitive self is also the part of me which writes the books, my other self not being creative enough to do so. Therefore, listening to your own intuitivity will bring surprising results in your life. Most certainly you will never be bored! Learning to read your cards by the Intuitive Way is a start.

Still interested in learning how to read your cards intuitively? Then read on.....

To recap:

A tarot card is similar in shape to a playing card, but has certain graphics printed on the face of it rather than the normal playing card design of hearts, spades, etc.

A tarot pack is a combination of cards, individual to each other but with the same theme throughout. There are normally about seventy cards in a pack, but this can vary pack to pack, as does the graphics.

There are two ways to 'read' tarot cards:

The Traditional Way: the chosen cards are analyzed according to their positions in a layout and what the graphics on the cards suggest. It is normal to search for these answers in a book.

The Benefits: Not many, because of the tendency towards inaccuracies. An accurate 'reader' via this method is rare, and would probably be very experienced, relying on their intuition as well as their understanding of the meanings of the cards to give a reading. It is difficult for beginners to get such accuracy because of the searching for the interpretations of their chosen cards.

The Intuitive Way: This relies on a person being able to listen to their intuition when a chosen card is turned over so that its face can be seen. The info coming in will be immediate, with no time delay associated with thoughts.

The Benefits: Once you have got in touch with your intuition, reading tarot cards intuitively becomes effortless. There is also a high degree of accuracy, both at the lower levels of experience and those who are more experienced. Providing effort is put into to learning how to work with your intuition, then the Intuitive Tarot will help you find your answers, plus working with your intuitivity will encourage your psychic potential.

So, you need a set of tarot cards

Ah, so you have decided to carry on with exploring the Intuitive Tarot then! Good for you. So, first of all you need a set of tarot cards. Perhaps you already have a pack, but haven't had much success with them. Don't be disappointed, they *will* 'work,' but it is your method of using them which stops this from happening. Be patient! Give them another try!

But if you haven't any tarot cards.....

Receiving a set as a gift:

No problems here then! What I mean is, that you don't have to spend acres of time dithering over which set to buy, and, if you are as indecisive as me, probably changing your mind a million times in the process before making a choice!

But what if you don't like the gifted set. Or you can't get 'connected' to them. Accept them with good grace, because it *is* a set which the Universe thinks is the *right* one for you. Look upon them as a 'gift from above' and accept them with a smile, then put them away, and let them 'rest' for a while.

And if someone gives you a 'used' set of cards, accept them with good grace too, because again, the Universe means you to have them. It makes no difference whether a tarot set is new and still in its packaging, or has been used. They have come your way so make up your mind to enjoy them.

Buying your own: Shop Browsing:

This is a good way of buying your cards, because you can give the pack a close inspection before buying it. The only problem is that the packs are usually held within a sealed wrapping, so you will not be able to look at the individual cards. All you can do is look at the cover of the box to get an idea of the graphical theme, and hold them to see how they 'feel'.

Don't buy a tarot set just because you have seen someone else using them, and misguidedly believe that if they 'work' for them then they will 'work' for you, because they might not. But if you like the look of the cards and feel that you would like to work with them, then go ahead and buy them.

Don't purchase a pack just because someone else recommends them, because that might not work either. The cards you buy need to

capture your attention and imagination, and they also need to feel 'friendly' to you, otherwise you won't be able to 'connect' with them.

Don't feel that you have to buy an expensive pack, nor purchase a large pack in either size or quantity, believing that they will be better to work with. If a set of cards 'speaks' to you, no matter if they are the cheapest, or the set carries the smallest number of cards in comparison to all the others, they are the right ones to have.

Buying your own: Shopping Online:

This is an excellent way of buying, because most web sites will show many, if not all, of the cards in a set. Of course you won't be able to handle them but at least you will be able to get a good idea of what they look like. You can also spend as much time as you like choosing the right pack, unlike being in a shop environment which could hurry you into making a purchase before you are ready.

Go by your first impressions: if you feel 'drawn' to a pack as soon as you see them, then they are the right ones for you. If none of the packs for sale inspire you to buy, then wait until one does. Never hurry the purchase, buy from a reputable site, avoid buying a set of cards just because they are under 'special offer'.

Why spend time choosing the 'right' cards?

You could make a grab for a tarot card pack, disregarding my helpful hints about making a purchase, but you won't have a happy association with them.

Why is that?

Because your intent maps out your future pathway with the cards. If you are hurried, and can't be bothered to spend time choosing the right ones, then this will be reflected in how you and your cards work together in the future. Buy a set because you like them and they visually please you, then you will bond with them better, and that will help spark off your intuition. Buy a set without any regard to this and you will be wasting your money, and your time.

It's about treating the whole process of using your tarot cards with respect, and buying them carefully makes for the start of a long and happy association with them.

And can I recommend a certain pack for you?

The answer is “No”. The pack that suits me would probably not be right ones for you, so you have to make the connection with a pack of tarot cards yourself. But it is fun choosing and I wouldn’t want to rob you of the happy hours of shopping for the right set!

My first set of tarot cards was the original design of the Rider-Waite cards, which were the only ones in existence at that time, and became the forerunners of most of the tarot designs of today. I have had various packs since, and the one which I would most like to have now is the one I was inspired to give away to a client several years back, and I can’t remember the design name so will have to trawl through the Internet to find it again when I have time, giving me happy shopping hours as well!

As I have said, choose your cards because they appeal to you.

Other equipment

There isn’t much else to purchase, and you probably already have what you need for working with your cards. So just a few things really, which could also be purchased with your tarot cards if you felt like doing so, but a home search is just as good.

The box:

Tarot cards often come in quite flimsy cardboard boxes that can eventually become a bit tatty around the edges. So a good idea is to find a stronger container to keep them in, which can be bought specifically for that job, or can be a container that has emotional associations, providing they are happy ones.

I have a wooden box given to me by my son after his trip to Hungary. The box is attractive and strong, but also has emotional connections so is ideal for its job. But you can use anything you like: plastic, wood, or metal, providing it is strong and looks attractive to your eye.

Keeping your box in a special place is a good behaviour to get into, because making an effort to take care of them enhances the respect factor. It doesn’t matter where you keep them as long as you don’t push them away from you without any regard for their care.

Again you might question why you should do this, but as I have said, if you respect them then you will build a positive bond between you and them, which in turn helps your intuitive self which in turn makes it easier for you to connect with the energies of the Universe, which you need to do if you are going to fly high with your skills in regards to tarot work.

The cloth:

To stop the graphics on the surface of your cards from becoming worn away by friction between them and the table surface you are working on, putting them onto a cloth is a good idea.

If you are being a traditionalist then the cloth has to be silk because it is a pure weave fabric, but you can have any type of fabric you like providing it is not too light weight: try laying out your cards on a piece of net or voile and see what I mean! They will drift about all over the place every time you try to touch them! So, sensibly, the fabric has to be reasonably substantial in weight.

But what it can't be is gregariously bright in design. Having a garish psychedelic print blazing away in front of you is likely to be quite off putting to your concentration. Therefore a plain fabric is best, with a colour choice to suit you providing it is not too painfully bright. Dark colours, like navy blue or black, are popular but I prefer white or cream.

But whatever you choose, always keep it especially for tarot use. Don't grab any fabric to hand then toss it away without thought afterwards, then grab another piece of fabric from wherever to use when next you want to read your cards. Why do you need a cloth at all? Like I have said, not only does it help to centre your concentration by acting as a backdrop to your cards, but it also stops them looking old and tired before their time by preventing them rubbing against the hard surface you have put them on.

Since you have a 'house' for your cards, it would be a good idea to keep your tarot cloth with your cards, folded up tidily with the back of the fabric uppermost. Sorry to be a bit of a fuddy-duddy on this, but looking after your equipment will help when the time comes for intuitive tarot work.

The Candle:

Candles are very good for focussing the mind, so having a lit candle when working with your cards will help you to concentrate. The light is warming to look at, and if you have a lapse in concentration such that your intuitive flow has dried up and your 'every day' mind is threatening to take charge again, then looking at the candle flame for a few minutes should get your intuition back on track. If it doesn't, then put your cards away because it isn't the time to work with them. Try again another time.

The type of candle doesn't matter, but I think colour does. For this work, I feel a white or cream candle is best.

I also think that the candle-holder is important as well. Pretty coloured glass ones are gorgeous to look at, but the actual candle flame can't be seen too well, so a candle-holder which allows you complete sight of the candle flame is a must.

And don't forget something to light your candle with!

Writing equipment and clock:

Usual writing stuff: pen, paper. This is to write your questions down first of all, then to make a note of the answers your intuitive self gives back to you subsequently, but I will explain all about this later in the book.

To keep track of how long you have been working with your tarot cards, you need to have a clock in easy view that has a clearly defined face. Again, more on this later.

A glass of water:

Sipping a glass of water is useful if you are feeling 'stuck' and have lost touch with whatever it is you are supposed to be doing. When working with the Intuitive Way of tarot work, you will also need to sip a glass of water to 'close down'.

A glass of water is better than a bottle of water, mostly because it is difficult to do sip properly when drinking out of a bottle.

A quiet place:

This is not something you can buy of course, but I thought I would mention this requirement now:

It is not a good idea to even begin to think about working with your cards in the middle of a high traffic zone of people, like the kitchen for instance, when all the family is busy to-ing and fro-ing. And neither is it a good idea to have the TV blaring away in the background, or indeed any other type of sound unless it is meditation music, which could help maintain a bubble of quietness around you and keep your mind calm and focussed.

Phone off as well! To even receive an incoming text message is going to be a distraction, because you are bound to want to know who is messaging you, which will break your concentration. However, in our busy world it is difficult to find total quietness, and as you become more skilled with the use of your cards then you *will* be able to work with your cards when surrounded by noise and hubbub, because you would have trained yourself to stay focussed despite distractions. But it is likely that

you are a novice if you are reading this book, so a quiet place you need to find!

Sitting comfortably:

You need to be in a comfortable sitting position if you are going to be able to concentrate when working with your cards. Lolling about on a sofa, floor, or bed, is not going to help at all, because the risk of becoming distracted is magnified by the awkwardness of your position. I find it quite seductive to be anywhere near a pillow or a cushion. Seems to make me want to have a nap!

Sitting up at a table is therefore better, although sitting on a sofa with a coffee table in front of you would be just about alright as long as you are upright and your spine not too bent over. I find that a dining room table is best because I can spread out wonderfully well on it, and there are no comfy items, like pillows or cushions, to pull me away from concentrating.

The reason why you need a flat surface to work on is because you will need to spread some of your cards into a circle. You will also need room for the other items I have mentioned, so the size of the table needs to be big enough to accommodate them. Squeezing yourself onto a tiny coffee table is not going to give you enough space at all. The table surface needs to be uncluttered as well, because trying to concentrate amongst a lot of clutter might distract you.

And the clock:

For the training sessions you will need to pace yourself, so having a clock handy is a must, the face of which needs to be clear enough for you to see. So a watch, mobile phone, etc, is not really suitable, because it could be distracting for your concentration if you have to keep picking up smallish items such as these to have a look at the time. Digital clocks are not really helpful either.

A small travel clock is what you need, because you could then move the hands round to the twelve o'clock position which will make it easier to note the times as you go through the learning curve of getting in touch with your intuition.

So: you have your equipment assembled, you have found a time-slot in your busy schedule, a quiet place has been prepared, now off you go!.....Mmmmm! Actually, no! There is the next chapter to wade through first!

To recap:

There are two of acquiring a set of tarot cards: as a gift, or buying your own. **If you are given a set**, and don't feel connected to them, don't worry, once you start working with them you will grow to enjoy them.

If you buy a set, take time to choose them, and wait until a pack says 'buy me', and don't take notice of anyone else's recommendations. Your deck of tarot cards must be personal to you.

You will also need:

A sturdy container in which to keep your cards so they don't become damaged, and a special place in which to keep them. Looking after your cards creates respect for them.

You could also **wrap your cards in a lightweight silky fabric** before you put them into the container. This again shows you are respecting them, which will make a difference to how successful you are when working intuitively with them.

A comfortable sitting position is a must, preferably up at a table and sitting on an upright chair.

You will also need **a plain coloured cloth of firm fabric**, to put on the table surface which will protect the face of your tarot cards, and will also act as an arena in which to work.

To help act as a focus, **a candle** is needed, plus something to light it with of course!

A notebook with blank pages in, three in total: one for The Book of Woes, one for Work in Progress, and one for Questions and Answers. Plus **a pen** to write with.

A glass of water, and a small travel clock which has an easily readable face.

A quiet place is going to be important for your concentration.

You will need to find **fifteen minutes** for each intuitive training session.

You will also need **oodles of patience!**

Chapter 3: Your cards have arrived, what next?

If you have bought a new set:

Eagerly you open the packaging and investigate your pack of cards, sifting through them quickly, impatient to see what you have purchased. Oh you can't wait to 'give them a go', and see if they 'work'. Shame that it is not possible to also buy a huge pile of patience at the same time as you bought your cards, because this you are going to need in quantity!

But if you rush your fences you will crash:

In other words, if you hurry with trying to 'read' the cards you will be disappointed and quickly lose interest in your tarot project. Into the cupboard they will go, there to gather dust and be forgotten, which is a shame. By not being patient with the 'getting to know your tarot cards' process you will be losing out on all the possibilities that are ahead, but only if you can manage to contain your impatience!

However, it is likely that your curiosity will get the better of you and you won't be able to resist seeing what happens if you have a go at giving yourself a quick 'reading', but be careful about what you think comes back via the card. It is likely that you will work with them using the Traditional Way, which is by using a layout spread and looking up the meanings of the cards from a book. This can be an arduous process, and also prone to inaccuracies. I will explain more about this later.

But I would advise you to get your cards harmonized quickly, and there are instructions as to how to do this over the page. If you put off doing this, then you might become bored with the whole tarot project.

If you already have a set of tarot cards:

Now where you have been keeping them? Stashed away somewhere? Had a go at 'reading' them and got fed up, because understanding them took too much mental effort? And so you put them away, your original enthusiasm for investigating the tarot having died.

But hey! You must still be interested in the tarot because you are reading this book! Good for you! You have had a go at the Traditional Way now all you have to do is persevere with learning the Intuitive Way, which incidentally should be easier as you get used to the various steps of learning. If you manage to persevere with this then a whole new world will open up to you: keep on reading.

So don't be downhearted if your already acquired set of tarot cards are no-go for you at the moment. They just need waking up, and you get them to do this by waking up your intuition. This means using them in a different way to that which you did before you lost interest and put them away.

Find patience from somewhere:

To get the best from yourself and your tarot cards, as I have said already, you need to find some patience. Think of yourself as a tarot athlete! First of all, like an athlete does, you have to 'warm up', then you have to start training and practising, practising and training, training and practising, until the required skill levels are reached. This takes effort. There is no 'quick fix'. But you *can* practice and train! And the more you do, the faster success will come.

So you have your cards, and now you need to go on to the next step in the process of intuitive tarot work, which is building a positive energy around them. What you are actually doing is building a bond between them and you, so that every time you pick them up they will have a 'feel good' feeling about them.

"Crikey", you might be saying, "They are only a load of printed cards, so why do I have to make all this effort!" But if you treat them like bits of 'printed card', then you will never be intuitively successful with them, and you may as well give up with your reading of this book. If you like and respect an object then you will build an aura of positive energy around that object, and it will feel 'warm', as if it has an inner life, and the same goes for your tarot cards.

But if you treat your cards without respect, and that 'warmth' is not built up, then you will find it difficult to work with your cards intuitively. Therefore spending time getting to know them is a must, and here is how you do that.....

Harmonizing your cards:

There are two ways to do this: the Sunshine Blessing or the Candle Blessing. It is your choice as to which blessing you choose, but the Candle Blessing is probably the better option if the weather is not too helpful and the sun is refusing to shine.

The Sunshine Blessing:

You will need about half an hour plus a sunny day. Best to go outside as well. Doing this in front of a window is only making a half-hearted effort!

You will also need a quiet corner where you will not be disturbed.

1) Outside you go, with your tarot cards:

The sun is shining, you find a quiet place, and you stop for a moment and think about what you are going to do. At the moment it might sound a bit on the weird side to do this, but trust me: you will eventually understand why I ask you to do this, although it might take lots of practice before you do.

2) Bringing them into the light:

Remove your tarot cards from their container, packaging, or box, and hold them in your hands with the backs of the cards uppermost.

3) The sun shines on their faces:

Turn the first card over, so its face is open to the sunshine.

Hold this position for a few minutes while you look at the card and absorb its graphics, watching as the sun bathes it in light.

Do not try to 'read' the card, which might be a temptation if you have had the pack for some time and have already tried to work with them by the Traditional Way of tarot card work. You need to **concentrate on what the card looks like,** not what you think it is saying. For a new pack this should be easier because you will be less familiar with them.

Now gently turn the card back over, so it is face down again, and **put it at the bottom of the pack.**

Then from the top of the pack, **turn the next card over** and do the same as you did for the first one.

Repeat your way through all the cards, giving the same amount of time to each. Be careful not to let your focus and concentration slip. After all, you have a lot of cards to work through. But it's a nice day, so enjoy the experience and don't hurry to get the blessing your cards over and done with too fast.

Why do all this?

.....because not only does it starts getting you in touch with each card, but it is also a way of showing respect to them. In time this will create a

bond of positive energy between you and your cards. Bringing the warmth of the sun onto each card also acts as a blessing from the Universe.

4) The final blessing of the cards:

Hold your tarot set, still face down but all together, in both hands with palms open, letting the sun continue to warm the cards.

Now ask a blessing for them along the lines of: “I ask a blessing on these cards, that they may inspire my intuitive self.” You don’t have to use these words exactly, but you do need to ask for the blessing.

You don’t have to repeat exactly what I have suggested, but whatever you say, make the words come from heart and don’t rattle the words off as a necessary chore. Now you are done, and can **put your cards back in the box** or carrying container you were keeping them in.

And why don’t you linger for a few moments longer and enjoy the sunshine! You deserve it!

An alternative to the Sunshine Blessing:

The Candle Blessing

It came into my head last night to offer you an alternative way of blessing your cards should you be eager to get this done, but cannot due to a bountiful amount of inclement weather. Being in the middle of a two week cold snap together with snow, rain and whatever else the heavens can offer you, might prove frustrating if you are eager to get started with your cards. You just might even feel inclined to skip the ‘blessing of your cards’ altogether!

For this blessing you will be working with a lit candle instead of the brightness of sunshine, so it is probably best to do this blessing during the evening and under subdued light, which will help the flame of the candle shine brighter.

What you need:

You need: a table, a chair, a piece of fabric you can use as a tablecloth which is pleasing to your eye, a candle in a candle holder which allows you clear visibility of the flame, and a portion of quiet time. Plus your tarot cards of course!

Your preparation:

Put your special tablecloth on the table.

Put your tarot card container on it, just in front of you.

Place the candle just beyond that, leaving sufficient space to work with your cards.

1) Light your candle:

Remove your tarot cards from their container, packaging, or box, and put them on the table with the backs of the cards uppermost.

Now **look at the candle flame** and pause for a moment.

Think about what you are going to do as you observe the candle flame. This will help you concentrate and keep focussed.

2) Bringing the light of the candle upon the cards:

Take the first card from the top of the pack and **lay it down** beside the others, **turning it over** so that you can see its face. Both the candle and card should be in your line of sight, so that you can see both easily.

Now **look at the card and absorb its graphics** at the same time as **visualizing the light from the flame** flowing over the face of the card, giving it warmth and light.

The same as with the Sun Blessing, **do not try to 'read' the card**, which might be a temptation if you have had the pack for some time and have already tried to work with them by the Traditional Way. You need to concentrate on what the card looks like, not what you think it is saying. For a new pack this should be easier because you will be less familiar with them.

Now gently turn the card back over again and put it face down to make a new pile of cards.

From the top of the pack, **turn the next card over** and do the same as you did for the first one.

Repeat your way through all the cards, giving the same amount of time to each. Be careful not to let your focus and concentration slip, after all, you have a lot of cards to work through.

3) The final blessing of the cards:

Having finished working through the individual cards, **all the cards should be together in** one pack again, face down.

Pick them up, still face down, and **let them rest in your hands**, keeping your palms open. Let the light from the candle flame continue to shine on them.

Similar to the Sunshine Blessing, you **now ask a blessing for them**, such as: “I ask a blessing on these cards, that they may inspire my intuitive self.”

You don’t have to say exactly what I have suggested. Use my words as a guideline only, but whatever you say, make the words come from the heart and don’t rattle them off as a necessary chore.

Now you are done. **Put your cards back in the box** or carrying container that they are being kept in.

Observe your candle for a few more moments, then **extinguish the flame**, putting the candle holder and your special table cloth away with your tarot container.

Sunshine or Candle Blessing – which is best?

I prefer the Sunshine Blessing because I like being outside, feeling the warmth of the sun on my body and the power of being with nature. But the Candle Blessing is just as good, although I think it takes more effort of concentration for a beginner.

Why don’t you try both methods to see which you prefer.

Looking after your cards:

So you have a set of tarot cards. You would like to see if they can work for you, and you possibly have had a go at seeing if they will, and probably not met with any success as yet. Now perhaps you will feel inspired to have another go, the activity of blessing your cards having inspired you and filled you with enthusiasm to carry on learning how to work with them.

Your next step is to find a safe place to keep them, somewhere where they won’t become jumbled up with other things and get tumbled around. They also need to be out of sight of people. Having children, family or friends ‘playing’ with them just will not do. Why? Because taking care of them and keeping them in a quiet place is all part of respecting your cards, which will make a difference to how your intuition responds when you starting working them.

...and no galloping at the fence!

I know that all this sounds like effort at the moment, but if you gallop at the fence too soon, then you are likely to become disappointed with the results you get. Be patient, and fix in your mind the thought that it is going to take time to get to the point where your intuitive self and your tarot cards can work as a team. This is why giving them a blessing helps start off the bonding process.

If you skip this stage because you think it a waste of time, or can't be bothered, then you will crash into that fence. In other words, you will not be able to carry on working with your cards intuitively. The same as with learning anything new in life, if you hurry and try to get quick results, then you are more likely to give up because you aren't getting them fast enough.

Galloping at those fences, that's what you will be doing, and then out of the saddle you will tumble! By being patient with yourself, then you might become surprised at how effortlessly that particular learning curve is, and how nice a feeling it is, staying seated in that saddle and sailing over that particular fence!

So, what do you do now?

For the moment, put everything away and continue on with reading this book so you get a general idea of how the intuitive approach works. It isn't complicated, but needs practice, that's all.

And I can borrow your attention for a moment: Our intuition is a very strong part of us, which most times is not paid any attention to, the reason being that we are too locked into living life as a human being and this deadens our ability to hear the inner voice of our intuitive self.

But those intuitive inner voices of ours are connected to certain energies of the Universe. You see, we are not on our own here on planet Earth. Keeping us company through all the days of our life is an energy that is our friend. Some call this energy 'God' or other some such name. Or 'spirit guides' or 'archangels'. I call it 'The Powers That Be', or the 'Upstairs Crew', or 'Universal energies' depending on the mood of the moment. For this book I shall use 'The Powers That Be' and 'Universal energies'.

And this very special energy will talk to you, and help you, get through the ups and downs of daily life. It does this via your intuition, and the tarot cards act as a doorway through which this Universal energy, via your intuition, can bring you words of help and understanding relevant to the situations that are currently in your life.

That is why you need to respect your cards right from the start, because in the respect you show to them you are not only showing respect for yourself and your intuition, but also respect for those energies of the Universe.

But to stop overloading you with too much information, I shall not go any further into the subject of Universal energies in this book, or the ways in which that energy makes a connection to us, apart from mentioning the intuitive link but you can find more info at www.aspectsofself.com.

To recap:

You have your tarot cards, and are looking forward to working with intuitively, but there are a couple of things you need to do first, one of which is ‘warming up’ the cards by giving them a blessing. You do this so that your cards become familiar to you, and also shows that you respect them, which is important for your intuitive tarot work ahead. There are two ways to do this, and you can choose the one most convenient, or do both if you want to.

The **Sunshine Blessing:** You do this outside in a quiet place on a sunny day. You will need your tarot cards and up to about an hour of your time.

The **Candle Blessing:** You will need your tarot cards, your tarot work tablecloth, a candle, and a quiet place. And you do this indoors, preferably under low light so you can see the candlelight better.

For both blessings, the cards are individually turned over, so that either the sun, or candlelight, shines on the face of the card, giving it warmth and light. When this has been done for all the cards, then they receive a final blessing by being held in the hands, face down, altogether in one pile.

Looking after your cards is important. Giving them a blessing is a start, next you need to find a safe place where you can keep them. This is all part of respecting your cards, which will help you feel more bonded with them when you come to work intuitively.

Before you can work with your cards intuitively, you need to learn the difference between your thoughts and what you are receiving via your intuition, which is a gateway between your human self and a very special energy which will talk to you and help you through the ups and downs of your life.

This ‘energy’ is the quiet voice within, the one which ‘speaks’ through our intuitive thoughts, and your tarot cards act as a doorway through

which this energy, via your intuition, can bring you words of help and understanding relevant to the situations that are currently in your life. That is why you need to respect your cards right from the start, because in the respect you show to them you are not only showing respect for yourself and your intuition, but also respect for that ‘energy’.

You can find more info about what this ‘energy’ does and how it works on the Aspects of Self website. You can find the address at the end of this book.

[Chapter 4: Two ways of ‘reading’ the cards](#)

(1) The Traditional Way

You have blessed your cards, so now you need to take the next step, which is learning how to work with them. Earlier on I mentioned that there are two ways of working with them: the Traditional Way and the Intuitive Way. And here I think it would be useful if I was to explain the differences between them, so that you can make your choice as to which method suits you best.

Layouts:

For using the tarot cards with this method, a layout is normally used. This is when the cards are laid down in certain positions, for example ‘past’ or ‘relationships’. When the card sitting in one of those positions is ‘read’, then the interpretation is connected to its position in the layout. So for the ‘past’ position, the interpretation would be connected to the graphics on the card and how they connect to the ‘past’ of the person for whom the card is being read.

A layout does not have to be used, but it is supposed to give a scaffolding for the tarot reading by providing subject areas on which the reading can be based.

The Celtic Cross Layout:

There are different types of layouts, and you can make your own if you want to, but one of the most popular layouts is the one called the ‘Celtic Cross’. This uses ten cards, chosen at random and face down, so that the graphics on the face of the card remain hidden until it is turned over for

viewing. Tarot cards are always chosen in this way, with the faces of the cards always being kept from view until it is time to read them.

These ten cards form the basis for this layout, and represent various areas of a person's life. For example: Present, Immediate challenge, Distant past, Present past, Best outcome, Immediate future, Factors affecting the situation, External influences, Hopes and fears, and Final outcome. And they are placed on the table, in the specific pattern of the Celtic Cross, and 'read' in numerical order.

According to the Traditional Way, what is a 'reading'?

If you are using a layout design, then the cards have been laid down in a certain order, or you have decided to lay out just a few cards and 'see what comes up'. Either way, the 'reading' of the cards is about to begin.

But what is a 'reading'? Well, the cards are, quite simply, 'read', which means that the graphics on the faces of individual card are interpreted and analyzed to find out what they are 'saying'. In times past, this was how the term 'having a reading' started off.

Personally, I use the word 'reading' when I am channelling help and advice for people. While I am not actually 'doing a reading' but 'channelling', if I was to use the term 'channelling' then people would not understand what it is I am doing, so I also say 'I am giving you a reading' to keep things simple for those I am working for. But for the sake of this chapter 'having a reading' means interpreting the face of one particular card, and its relation to others in the layout, according to its position in the layout.

And if you learn to work with your cards via the Intuitive Method and become a skilled craftsperson, then you could 'give a reading' to someone else, although you wouldn't be 'reading' the cards the same as you would be if you were using the Traditional Way of tarot card work. You would be working like I do, that's what you would be doing. You would be 'channelling'. (Go to my website if you would like more info about channelling. Try the Questions and Answers section, or the Psychic Info section.)

The problems with using layouts:

Because there are only a few cards to work with, and they are laid down in a specific pattern according to the chosen layout, this should be an easy way to work with the cards. However, the problem is in the remembering of what the individual focus is going to be for each

position, although having a diagram to work from would help until the positions can be remembered without effort.

Then there is the problem of interpretation, of being able to 'read' the card according to where its position is. Having to search through a book, for instance, takes time. It would seem a simple thing, to take a card, put in on a certain spot in a pattern, turn the card over, then sort out the correct interpretation, but it isn't. Not if accuracy is wanted. I suppose this method is alright for using the tarot cards in a light hearted manner, but not if there is an important question which needs to be answered.

While layouts are regarded as useful in structuring a reading, they don't have to be used. If necessary, only single cards can be used although it can leave the tarot reading session without direction. Layouts sort of streamline the process, and point the direction to go in, so are useful, although complicated, for a beginner to use.

How the cards are 'read':

So when a card is turned over and the graphics exposed to view, then interpretation of these graphics has to be done and a meaning has to be found.

Finding the meaning:

Some people look at a card and make a guess as to the meaning. Sometimes they might be accurate, most times not. Others look at the literature which accompanies their tarot pack, which is minimal given the size of the small leaflet, or perhaps they have a book in which more information is given. Trouble is, that often the information can be varied, making it a bit of a headache to find the right stream of info.

Then there is the added complication of putting it together with the reason (the intent) as to why the card was being 'used' in the first place.

Using books for interpretation of the cards seems the easiest option at first, but it really isn't, because it can be limiting to the real meaning of the card. If the cards are used frequently there is the possibility of assuming that any one card means the same thing every time it appears, although using a layout might limit this from happening.

But is the info 'coming back' from the cards accurate?

Not really, part of the problem being the need to search for the meaning of the card which can be various, according to whether you are reading an interpretation from a book, or examining the face of a card to 'pick

up' what you think it is saying. There is no clear definition of what that card is actually meaning, unlike using the Intuitive Way of tarot work.

And then there is the problem of association. That each time a certain card appears, the mind assumes that it means the same as it did last time. I hold the opinion that every time a particular card appears, that it should have a different interpretation each time, and that if the same card is used to make an interpretation for fifty people, then for each person that card should say something different, because each person's life is unique to them alone. If I gave the same message to two people, then I would question my accuracy.

Guesswork and supposition are often connected with the tarot, which is a shame because this does reduce their ability to be taken seriously by lessening their credibility in regards to accuracy.

In the beginning I tried to learn my cards as if studying for an exam, but that didn't work because my mind refused to remember what the book I was using said by way of interpretation! Then I tried writing tag words on the cards. But all that did was make me muddled as which of the tag words I should run with. So finito! Away into the cupboard the cards went. But they came out again eventually, and I learnt a different way of working with them, and this is what I am passing on to you in this book.

So at first I tried to have a go at reading the cards via the Standard Way of tarot work. Thankfully it didn't work for me because my memory wouldn't let me, so eventually I came to understand that the Intuitive Way is best because of the high degree of accuracy.

Why bother with using the cards at all:

The tarot cards are a good way of getting useful info in regards to life problems, and for those times when one feels stuck in a bog of unknowingness. But the cards have to be 'read' right, otherwise nonsense info is what a person will get. And a major problem with working with the cards using the Traditional Way is the lack of reasonable accuracy, although I am sure that there are many tarot readers using this method who do manage to be fairly accurate in their interpretations, but in my experience they are few and far between.

As I say, the tarot is a good method of sifting through one's thoughts, but only if used intuitively. The Traditional Way of using them could lead to confusion and loss of direction, although, as I have said, there are good readers out there, but not many. It is too easy to buy a pack of cards, do a bit of reading up about them, then go out into the public arena as a 'professional', charging hefty amounts of money for readings

along the way. Like I've said: I know this is so because I have been amongst some of them.

But in the right hands, the tarot cards can be a useful asset.

Is it possible for my intuition to work when 'reading' the cards?

Yes, it is possible that your intuition would flicker into life when a card is turned over and viewed, but it is likely that what you receive intuitively will become submerged by your need to think about the meaning associated with the card as given by your prior knowledge or other people's interpretations via books or the Internet, thus killing off the intuitive input you would have received.

Or you could 'hear' your intuition, but instead of maintaining the link your mind picks up the thread and runs away with it, probably in a completely different direction to the one in which your intuition was leading you. You can either 'read' the cards by having knowledge of their meaning gained from various sources, or you can work with your cards intuitively. The way in which our minds work prevents us from being able to do both accurately.

To recap:

For the Traditional Way it is usual to use a Layout, which is a system whereby the cards are laid down in certain positions representing certain areas of a person's life

Each individual card is then interpreted according to the graphic illustrations on the face of the card and its actual position in the layout, starting at the first position and working in sequence throughout the layout, turning each card over in turn so that its face can be viewed and then interpreted. Using a layout can help structure a tarot card workout, but doesn't have to be used; single cards can be worked with as well.

To help with analysing the cards, most tarot sets come with a small leaflet, and there are books of interpretation to buy for the more popular sets. The Internet could also be a source of information.

Inaccuracy is a problem with using this method, because there is a variety of interpretation which can be made from a card, and knowing which one to choose can be confusing, the favourite interpretation chosen quite likely being the one which the reader wants to have, rather than being the one which holds the truth.

If an interpretation was made for a particular card at a certain time in the past, then when that card comes up again it is possible to remember that original interpretation instead of working at finding the meaning relevant to this time. Every time a particular card appears, it should have a different interpretation.

It is possible that your intuition would flicker into life when a card is turned over and viewed, but it is likely that what you receive intuitively will become submerged by your need to think about the meaning associated with the card as given by your prior knowledge or other people's interpretations via books or the Internet, thus killing off the intuitive input you would have received.

The tarot cards are a great way of finding a way through, but only if they are respected, and care is taken when interpreting them. The Traditional Way is not an ideal way of using the tarot cards because of the various interpretations which can be made from looking at a single card. It can also be complicated if a layout is being used, because the card has to be interpreted keeping in mind the focus of its position in the layout spread.

[Chapter 5: Two ways of 'reading' the cards:](#)

(2) The Intuitive Way

So for the Traditional Way of reading the cards, the meaning of a single card has either to be remembered or searched for, which then has to be applied to the card's position within the layout, if one is being used. To make things even more complicated, this then needs to be applied to all to the various cards making up the spread of the layout.

As I have mentioned already, all this mental exercise is likely to kick out of the window any intuitiveness you might have. Mind chatter is not helpful to intuitivity, and working with the tarot by the Traditional Way is most certainly going to keep your mind busy, thus pushing your intuitive self into keeping silent.

But what *is* intuitivity?

Intuitivity is being in touch with your inner voice sufficiently strongly enough to actually hear it. Most times we don't even pay attention to that voice, let alone acknowledge it, our busy chattering minds being the

problem, which often fill our heads with mental garbage. But we all lead busy lives, so our minds don't have time to quieten sufficiently enough to hear the intuitive side of ourselves, which is a shame because we are all the poorer for it in terms of personal happiness and gentleness of spirit.

So what has intuitivity got to do with the tarot cards?

The two can work hand in hand. By learning some simple breathing exercises that will help quieten your own mind chatter, you will become more alert to your intuitive self so that when you work with your cards you will be able to 'hear' your intuitive self as it responds to individual cards. It is also likely that your intuitive use of a tarot card will come up with an entirely different meaning to that which you will find by using the Traditional Way.

But will you listen? Will you take notice? Will you act? That is up to you, but once you are in step with your intuitivity, then it is likely that you will become fascinated by the results you get, although it might take practice before you are in total sync with yourself.

Working intuitively will help you work fluently with your cards, so that the reading you get back will be fast, accurate, and most of all, truthful. The same will apply if you are working intuitively for someone else, because you won't be guessing or trying to make the card mean different to what it should.

The benefits of working intuitively with your cards:

Working with the cards intuitively becomes easier and less complicated with practice, because there is no guessing about the meaning of a card. No searching through books to find the interpretation. No trying to remember what the card 'said' last time it came up. No mental effort required. It also takes the burden off your shoulders of having to actually learn, or at least become familiar with, the meaning of each card in your tarot deck, and also removes the need to become acquainted with a specific layout.

Once the mind chatter is under control, you would naturally benefit by feeling calmer, as well as enjoying the benefits of living with your intuition wide awake.

Working intuitively with your tarot cards, you will be able to sort out difficult situations in your life. Then once you have gained confidence in your intuitive ability, you could then extend your tarot work outwards to involve family and friends, perhaps even eventually working with the

members of the general public. Wow! That's a thought! Think of the many people you could help.

And you will be accurate as well. No guessing what a card means, just relaxing and hearing your intuition, leaving hardly any room for errors and inaccuracies because there is no interpretation to have to be made.

I mentioned at the end of Chapter Three, that your intuitivity connects you with the energies of the Universe, which for the sake of simplicity I call The Powers That Be. Who are they? As I have said before, it's a name I call the energies of the Universe.

"Wow," I hear you say, "That's a bit too much to cope with. I thought I was reading on book on how to read the tarot cards!" Or perhaps you feel spooked or fazed by the thought of such a thing happening. But it's true. While we may think we are entirely on our own here on Earth, we aren't. We live in a multi dimensional Universe, and there are certain energies who will cross over from their dimension to ours. And why would they do this? To help us, by being our companions through all the days of our lives, never finding fault with the oddness of our human ways but always trying to help us keep going forward.

So what has this got to do with tarot cards? Well, by using them intuitively you are harnessing yourself to those energies, and you do that by using the Intuitive Way when working with your cards. By doing so, you will be allowing The Powers That Be, or Universal energies, to 'talk' to you via your intuition.

But enough about that. If you are interested in finding out more information, then you can go to my website. (www.aspectsofself.com)

What is a 'reading', according to the Intuitive Way?

Unlike the Traditional Way, the cards are not interpreted or analyzed by the mind. Instead, when a card is turned over and the Intuitive Way is being used, then immediately words will come into the mind without any time delay.

These words are then written down so that they can be looked at after the cards have been put away. Trying to remember them, at the same time as working intuitively, will block the intuitive flow if more cards are going to be worked with.

Or the words can be repeated out loud, if the cards are being 'read' for someone else. This I would call 'channelling', because your voice is acting as a channel between your intuition and the person for whom you are working intuitively. But people won't understand the term 'channelling',

so it is easier to use 'reading' instead, even though the cards are not actually being 'read', as happens with the Traditional Way of tarot.

Ready to have a go?

Oh well done you! So all you need to do now is learn how to stop your mind from chattering to itself so that it become calm enough for you to hear your intuition, next is to learn to listen to your intuition, and the last is leaning how to 'close down' again. Simple!

Well, perhaps not in the beginning, but with practice you will become so skilled at doing these three things that they will become automatic. And no actual memory work! All you to need to do is find oodles of patience from somewhere!

Calming, listening, closing:

As I have just said, there are three things you have to be aware of if you want to work with your tarot cards intuitively.

Mind Calming:

As I have frequently said, you don't want your mind involved when working with the cards because this will suffocate your intuitivity, therefore you need to learn how to stop this from happening and learning a simple breathing exercise is the key to you being able to do so.

This self training will also benefit you during your daily life.

Listening:

Since you will be working with your intuition, you will need to learn the difference between your intuitive self and your thinking self, which is not as complicated as it sounds. You will also need to learn how to 'run' with the flow of intuition as it streams through. In the beginning there will only be one or two words, but in time there should be longer streams of words coming through.

Closing:

You will need to learn to 'close down' after working with your cards: putting your intuition to bed in other words.

And that is all that you will need to learn! So much easier than the mental trudge of using the Traditional Way, which requires the effort of having to learn the meanings of many cards, this being something I did myself when I first started tarot work. Quite frankly, I nearly fried my brains with the effort of doing so, such that when I got to number twenty in my pack of over seventy cards, I gave up. Too much mental overload for me. And that is how I found my way towards intuitive use of them.

Although at first the intuitive method seems complicated and time consuming, if you persevere you will eventually find it very easy to slip into intuitive mode such that you don't have to think about doing so and it becomes second nature.

Not put off wanting to learn about how to get in touch with your intuition? Then onwards to the training chapters:

Oh, and by the way, as an added bonus, you could also become psychically developed with all the tools of your psychic toolbox becoming active. So what are the 'psychic tools'? Well, they are clairvoyance ('seeing'), clairaudience ('hearing'), clairsentience (being highly intuitive) and the most skilled of all, which is mediumship (direct voice work).

However, since this book is about teaching you how to read your tarot cards intuitively, it is not appropriate for me to explain what these 'tools' are or how they work, because it would be too much for you to understand all in one go. But if you are interested in learning more, then go to my website, which is www.aspectsofself.com. I know I keep mentioning the web site, but it is full of useful information relevant to your continuing spiritual and psychic development, if that is the path you are interested in taking.

To recap:

Intuitivity is being in touch with your inner voice sufficiently strongly enough to actually hear it. But we all lead busy lives, so our minds don't have time to quieten down sufficiently enough to hear that intuitive side of ourselves.

So what has intuitivity got to do with the tarot cards? The two can work hand in hand. By learning some simple breathing techniques that will help quieten your own mind chatter, you will become more alert to your intuitive self so that when you work with your cards you will be able to 'hear' your intuitive self.

This means that you don't have to learn, or at least become familiar with, the meaning of each card in your tarot deck, and also removes the need to become acquainted with a specific layout spread.

By working with your cards intuitively, you should be able to achieve a high level of accuracy. This means that you can trust what you are receiving via the Intuitive Way of working with your cards, rather than hunting for the meaning which you have to do if working with your cards via the Traditional Way.

To get in touch with your intuitivity, you need to learn: How to get your mind to stop chattering with itself. The difference between your intuitive self and your thinking self. How to put your intuition to bed.

If you persevere with this learning, you will eventually find it very easy to slip into intuitive mode such that you don't have to think about doing so and it becomes second nature.

Your intuitivity connects you with the energies of the Universe, which for the sake of simplicity I call The Powers That Be. We live in a multi dimensional Universe, and there are certain energies who will cross over from their dimension to ours so that they can help us with our problems in life. By working with your cards intuitively, you are harnessing yourself to those energies.

Perseverance could also help you to become psychically developed, with all the tools of your psychic toolbox becoming active. The tools are clairvoyance, clairaudience, clairsentience, mediumship and healing. If you want to know more this subject, then go to my website: www.aspectsofself.com.

[Chapter 6: Three steps](#)

So you want to learn how to read your tarot cards intuitively, and here is a brief outline of the three steps of learning you need to take:

Step One: Learn to be quiet in self.

Step Two: Learn to be quiet in self, and then be able to tune into your intuition.

Step Three: Learn to be quiet in self, tune into your intuition, and get the answers to the questions which are bugging you in life.

Easy! Well, it will take some practice and dedication on your part, but once you get to Step Three you will find 'learning to be quiet in self, and tuning into your intuition' will become so automatic that it will be as if a switch clicks on. All your previous training will have given you this permission to get yourself on track in your life.

Listening to your intuition will give you much reward. For a start, you will get on the right pathway in life. Secondly, you will understand yourself better. Thirdly, you will have a different perspective on life.

Those difficulties which you were struggling under will not exactly evaporate, but they will become less overwhelming because you have the advice, coming through from your intuition, to help you know what you have to do to make them less difficult. Or perhaps you are unsure of what lies ahead of you. Your intuition will prepare the way, even if you do not quite believe that what your intuition is telling you is actually going to happen. Or perhaps you are stuck in a muddy patch in life, and feel you are sinking. Working with your intuition will help you take the forward step.

But first you need to learn how to quieten your thoughts so you can hear your intuition....

So, Step One: Learning to have a quiet mind:

Here I give you a simple sequence of steps which will bring you into a state of calmness. It takes fifteen minutes, and will benefit you however often you want to repeat it.

Oh but perhaps working your way through this stage is not something that you are particularly impressed with doing. Perhaps you think that your mind is quiet enough. After all, you bought the book because you were curious as to how to read your tarot cards. "And so why do I need to do this mind quietening stuff" might be a question you are sending my way.

Well you don't need to do Step One, you can skip to Step Two, or even Step Three. But you will fail. You will not stand an iota of a chance at receiving the smallest snippet of advice from your intuition. Your mind needs to be empty of thought. Thoughts block intuition. Keeps the door shut. To open that door, Step One needs to be worked through.

There is nothing difficult to cope with in this chapter, and if you persevere with practising the simple breathing exercise then the rewards will be an ability to control that endless mind chatter which all of us have.

You will need: a candle, a flat surface, a comfy upright chair, a clock, and fifteen minutes in a quiet place where you are unlikely to be interrupted, and a notebook with empty pages.

For the **first five minutes** of the fifteen, you clear your head of irritating thoughts.

During the **second set of five minutes**, you do an easy Counted Breath exercise, which not only is good for the mind, but also good for the lungs and the skin of your face! Oh and your eyes too. A person who has a calm mind also has lovely warm and sparkly eyes!

The **third five minutes** is spent in basking a glow of calmness.

None of this is difficult, and with practice will become second nature so that as soon as you sit down a switch will click on and you will make a connection to that inner calmness. With training, even in the middle of a busy supermarket, by concentrating on your breathing, you will automatically click that calm switch on. This Step is worth persevering with just for that.

When you get to the point at which you feel calm and empty of mind reasonably effortlessly, then Step Two is ready to be moved on to.

But don't think that it is going to take weeks to get through Step One. If you are seriously earnest, and keep dedicated, then a week or two should be enough. Don't rush! Trying to hurry will slow you down.

And Step Two: Getting in touch with your intuition:

Once you feel satisfied that Step One is do-able, Step Two waits for you, and will move you on to getting in touch with your intuition.

And I know I keep going on about this, but please don't skip Step One because Step Two or Step Three seem to be more interesting places to be standing in. You need Step One, then Step Two will fall easily into place, and when you get to Step Three it will seem effortless to do.

You will need: your tarot cards, tarot table cloth, candle, clock, notebook (different to your Book of Woes), a quiet place, a calm mind, and fifteen minutes.

You choose nine tarot cards, put eight of these in a circle and one in the centre of the circle. Then you focus on Counted Breath breathing for the **first five minutes**. There is no writing in your Book of Woes. You have left that book behind.

For the **second five minutes** you will be learning to listen to your intuition by turning the centre card in the circle over so that its face can be seen. In your Work in Progress notebook you write what comes into your mind intuitively, then repeat the process with four tarot cards.

The **last five minutes** teaches you how to close the door to your intuition, and again bask in the calmness of mind. Not to worry if you don't think you have been aware of any words coming into your mind, keep practising. Your intuition will speak to you eventually.

Once you understand the difference between your intuition and your every day thoughts, then you can move on to the third stage of your intuitive tarot development, which is working with your cards so you can hopefully find some answers.

Finally, Step Three: Receiving info

And this is where you would have been wanting to go as soon as your tarot cards came into your possession, because this is where you should be able to receive words from your intuition which will be helpful to you in regards to certain problems you have in your life.

Or perhaps you are stuck in one of those patches of quicksand which we all find ourselves in from time to time, when we feel as if we are sinking and that our future seems not to be happening any time soon. Intuitive tarot work should help lift you up out of the doldrums and get you going forward again.

And now you have arrived at the step at which your intuition is going to talk to you, and with the training that you have given yourself in the previous three steps, you will be able to hear that intuitive self of yours.

So, **you will need:** your tarot cards, tarot table cloth, candle, clock, notebook (different to the Book of Woes and your Work in Progress notebooks), a quiet place, a calm mind, and fifteen minutes, and your list of questions.

You write down the individual questions at the top of separate blank pages in your Q's and A's notebook. You can do this at a separate time to, or just before, your Intuitive Tarot work.

The same as Step Two, you lay your tarot equipment out, finishing with eight cards in a circle and one in the centre. But your Q's and A's notebook needs to be in front of you, and not to one side.

Now into the fifteen minutes: the **first five minutes** is taken up with some Counted Breath work, and bringing your mind into focus. This should be easy for you now, and very enjoyable

During the **second five minutes** you will be opening your Q's and A's notebook, focussing on one question at a time and working with the individual tarot card in the centre of the circle. You will be then writing down the answer in your notebook, below the question you have already written.

For the **third five minutes** you will be following on from the last five minutes of Step Two, which is closing the door to your intuition. And feeling either happy because you have received satisfactory answers from your intuition, or deflated because you didn't have a reasonable answer to your question, didn't like what was said to you, or couldn't hear anything at all. Patience, as I have frequently said, is going to be something which you will need to have in abundance!

And that is all there is to learning the Intuitive Tarot. It isn't a hard process, just one that needs patience and dedication, and if you can do both then within three or four weeks you should be getting a good result from your intuitive self. If you don't, then all I can say is, which you are probably not going to like, is: go back to Step One and stay there until you can get into a quiet state of mind, because that is the basis of getting in touch with your intuition.

To recap:

Three steps, that's all it takes to become an intuitive tarot reader:

Step One: Learn to be quiet in self.

Thoughts block intuition, so your mind needs to be empty of thought if you are going to be able to hear your intuition. This takes fifteen minutes, and will benefit you however often you want to repeat it.

For the first five minutes of the fifteen, you learn to empty your mind of irritating thoughts. During the second five minutes, you do an easy

Counted Breath exercise. The third five minutes is spent in basking a glow of calmness. This Step is worth persevering with just for that.

Step Two: Learn to be quiet in self, and then be able to tune into your intuition.

This also takes fifteen minutes, and follows on from Step One.

For the first five minutes of the fifteen, you repeat some of Step One, including Counted Breath breathing. During the second five minute set you will be working with your tarot cards, and practicing listening to your intuition. For the last five minutes teaches you how to close the door to your intuition. You will also be able to do some 'basking in a glow of calmness' as in Step One!

Step Three: Learn to be quiet in self, tune into your intuition, and get the answers to the questions which are bugging you in life.

This takes fifteen minutes or so depending on how many questions you have.

For the first five minutes of the fifteen, you repeat the Counted Breath breathing exercise the same as in the previous steps. For the second five minutes, you will be working your way through your questions using the Intuitive Way of working with your tarot cards. For the last five minutes you will be following on from the last five minutes of Step Two.

Patience is going to be something which you will need to have in abundance, but learning to listen to your intuition will give you much reward if you can manage to keep working your way through these three steps.

[Chapter 7: Step one: The quiet mind](#)

So the first step is to help you get that mind of yours quiet so you can hear your intuition, which is likely to be no mean feat in this busy world of ours. For instance, needing to stay in touch with the network of friends and family via twittering, texting, phoning and email means that most of us carry mobile phones or other some such piece of equipment through most of our waking hours. While having such a network of contact makes us feel emotionally secure, at the same time it takes away

our personal space, resulting in our minds becoming cluttered and tired through too much activity.

And then there is the leisure time, so much of which is spent in front of TV and computer screens, which again only serves to fill our minds with too much mental overload. Very rarely do we allow ourselves quiet, wind-down times. It takes too much effort. Easier to poodle about with our mobile phones, go off into the wide global spaces of the Internet, or head for a glued-to-the-TV session to watch our favourite programme or film.

No wonder that our minds are continually active: even in sleep they will be chuntering away, trying to unravel and file away all the overload of information they have received during our waking hours.

So why bother trying to get that chattering stopped?

Because most times your head will feel like it is full of a whizzing around of thoughts, although you will be so used to this state of being that you won't perhaps realise that your mind is being too active.

And then there are the times when the busyness becomes too much, and you crash into a sense of mental deadness, when all systems seem to come to a halt, and you stop. Perhaps you catch a cold or flu. Perhaps you will take to your bed, having become overwhelmed by the need to sleep. Perhaps, even perhaps, you may take a tumble into depression. Or perhaps you will go a step further and launch yourself onto suppressants, like the imbibing of too much alcohol and the taking of drugs.

But worst of all, you will be trampling on your ability to be intuitive, and to hear that inner voice of yours. You will be robbing yourself of who you are meant to be. That is why you need to try to get that mind chattering stopped, even if for only five minutes a day. You and your mind will both bless you for making such an effort.

Just fifteen minutes. Per day.

If you want to become familiar with your tarot cards in an intuitive way you need to get some clear head space through which your intuition can flow: like having a sky full of clouds busily rolling about hither and thither, and there, just there, is a patch of clear sky through which the sun suddenly bursts through. Yes, well, I know that that sounds a bit fanciful, but our minds do roll about with all sorts of nonsense, and having a patch of clearness will always make us feel better, just like that shaft of sunlight will warm our spirits and cheer us up.

Mind chatter squashes intuitivity. To use your tarot cards intuitively you need to find that patch of clearness in your mind, and here's how you do just that:

'Stop the mind chatter' breathing exercise:

You will need to practice this several times before you start feeling the benefit, so persevere for a week or two and don't give up, because that mind of yours will be quite adamant that it wants to keep on chattering despite the orders you give it to the reverse. So you have to coax it into quietness by regularly practicing the following breathing exercise, and eventually you will find that your mind actually enjoys taking time out with you.

Finding a comfy position:

Sitting upright on a chair is best. Laying down, flat on your back, is not so good, mostly because of the risk of drifting off into a sleep, which is alright if you want to receive healing but not for the intuitive tarot work. (If you want to know more about 'healing' then go to: www.aspectsofself.com: Healing Info Pages).

So, comfy chair it is. Could be a sofa, or a dining room chair, or any other type of sit-upon providing your spine is reasonably upright and not too curved or rolled over.

.....and a flat surface, plus a candle:

You also need a flat surface immediately in front of you on which you put a candle, which is unlit for the moment. A table, coffee table or stool, will do providing it won't get knocked over. A lit candle bouncing about on the floor is not going to help you get that clear patch in your mind, and will probably do the reverse and send shafts of panic through you if it tips over or flares up.

Therefore: a flat, stable, surface upon which a candle can be lit in safety. The candle needs to be tall one if possible, and not a small squat one, the reason being that a taller one has more visual impact and will help you stay focussed.

.....and a cosy corner:

Now it helps if you are able to have a cosy corner kept specifically for quiet times, so that when you sit in that space you automatically go into relaxation mode.

Otherwise, you will find it easier to get into the right mindset if you keep to the same chair in the same position every time you want to do this breathing exercise. Parking yourself wherever you feel like doing so will only elongate the time it takes to calm your mind down sufficiently to find that clear patch.

So: same chair, same place.

Making time:

The same applies to the time at which you stop and sit. If you vary the time day to day, then it is likely that after a few days the intent to do this work for yourself will drizzle away, pushed to one side by other demands on your time.

But if you set aside a specific time each day, after a week or two you will find that it will have become part of the routine of your day.

Probably the best time for most of you would be early morning, just after you have got out of bed and before the day takes hold. Another good time would be late evening, when you have finished your day and before you go to bed, perhaps sacrificing some TV watching.

So: same time each day if possible.

But whatever the time you choose, do try and make it a regular commitment for yourself, because then you will find it easier to stick to the routine such that if you do miss a session then you will feel quite upset. Which is good. It shows that you are willing to stick to the task of learning something new, which will eventually be of benefit to you, both in your life and in terms of your ability to learn to use your tarot cards properly.

....and the timepiece:

Oh and I forgot to mention that you need to have a clock in line of sight as well. It must have an easily visible face, so a small travelling clock or an alarm clock providing the alarm is turned off, would be ideal. But not your watch or mobile phone because they are too small, and you would have to pick them up to see the time, which would be disturbing to your concentration.

In the beginning especially, it is handy to keep an eye on how much longer you have to try and keep your mind empty. Those fifteen minutes

can feel like an hour when you first start having a go at this mind-calming activity!

...and a notepad and a pen:

Sometimes it is useful to write down thoughts that are bouncing around your mind. This has the effect of emptying out your head, like giving yourself a mental clear-out. The notepad will be your 'Book of Woefulness'.

Once, twice, or even three times:

And if you are really serious about this new adventure of yours in regards to the intuitive tarot, why not try making a point of quietening your mind twice a day. Maybe three times per day, if your life allows you to, and as long as you stay in the same place twice, that third time could be done somewhere else, such as at your desk at work, in your car, etc.

So: if you are super duper keen to start getting in touch with your intuition, do one set of breathing exercises in the morning before your day takes hold, then another set sometime during the day (you could be flexible with this middle one), and then a final session at the end of the day. Wow! What an effort you will be making at balancing yourself!

But once a day is good. Twice a day is better. Three times a day is stupendous, although may be hard to fit into your daily activities at first. Most of all, though, you need to establish a routine so that it becomes second nature to stop and quieten.

You reap what you sow:

The amount of effort you put into this will determine the amount of benefit you get back: 'what you reap you sow' applies, I think. There is no fast track. You can't buy intuitive excellence, nor can you purchase a ton of patience, unfortunately. Whatever effort you put into making time each day, preferably in an established pattern, then you will get equal benefit back.

It is entirely up to you.

And no 'quickies':

And a word: it is not going to do any good whatsoever to cram a quickie in between doing other things.

What I mean is, that it is better not to think, "Oh *****, I've got to go do that breathing stuff, but I want to go do this, or that, or the other". If

you aren't willing to make the time without stressing about it, then you are wasting your time in total because your intuition will stay at its minimal level, your stress levels being the culprit to keeping it there.

Making a fifteen minute pocket of time:

Although the actual breathing exercise is for five minutes, it is better to make a pocket of time of fifteen minutes:

Five minutes to get settled down.

Five minutes for the breathing exercise

Five minutes to enjoy the feeling of having a quiet mind.

Having stopped the merry-go-round of your life for a little while, I hope you also enjoy the feeling of feeling virtuous because you have made this effort for yourself!

So now for the actual breathing exercise:

As I have said, allow five minutes, plus five each side, per session at first because that is all you are likely to manage comfortably. As times goes on, you will find it easier to sit for longer, but that is up to you as to whether you want to or not.

First five minutes: Getting rid of clutter:

This is probably going to be quite frustrating for you at the start, your mind being accustomed to its normal mode of busyness, and reluctant to do anything else you ask it to.

So: Look at your clock and note the time. Hopefully you have taken my advice and found a small travelling clock or an alarm clock, one on which you can easily turn the hands round to the 'hour' position, thus making telling the time easier. Turn the alarm off, though. Wouldn't do to have succeeded in finding that quiet patch in your mind only to be jolted back out again by the clanging of the alarm bell!

First minute: Now think about all your woes, sorrows, difficulties and frustrations. Go on..... be indulgent....really pile on the angst with yourself.

Second minute: Go onto a fresh page in your Book of Woes, and write those 'woes, sorrows, difficulties and frustrations' down.

Third minute: Look at the list. Do you want all this clutter in your life? No?

Fourth minute: Then carefully shut the book. Look at it as it lies closed in front of you. These are your angst in life and they are messing up your head, and they are all parcelled up within the covers of your Book of Woes.

Fifth minute: With intent, put the Book to one side. You don't want that messiness invading your head anymore.

And feel proud of yourself that for just a few minutes you have managed to take control of your thoughts.

Now I know that doing this first five minutes seems boring and unnecessary, and that you might be wondering if you can be bothered with intuitive tarot at all, if you have to do this work. After all, do you actually want to keep going through this process once, twice or maybe three times a day? And the answer at first, quite rightly, is 'No'.

But please give it a try. Don't give up. It only feels tedious in the beginning and with practice you will be able to skip these five steps altogether because your mind will stop its mental chattering as soon as you sit down to do the breathing exercise. Eventually you should be able to be sit in pleasant quietness for this first five minutes, which is so, so, nice! The Counted Breath breathing exercise, once understood and practiced, can be quite addictive!

Second five minutes:

The 'Counted Breath' breathing exercise:

The First Round:

Light your candle. Look at the flame. How warm, how alive, how almost magical it looks. Watch how the light dances in the flame.

Now still watching the dance of the candle, take a long leisurely breath in, and hold the breath in for a moment.

Now slowly breathe out.

Say 'one' to yourself.

Repeat the breathing sequence, taking your time, no need to hurry.

Say 'two' to yourself.

And again: In....., hold for a moment, then out....., hold for a moment. Say 'three' to yourself.

And again: In....., hold for a moment, then out....., hold for a moment. Say 'four' to yourself.

Continue this sequence of breathing until you reach the tenth breath.

And if you forget what number you are on? Ooops. Sorry, but you will have to start again!

The Second Round:

This is the same as above, but instead of saying the number after each completed breath, you say it before you start the breath.

And don't forget to keep looking at the candle light and focusing on the way in which the air moves in and out of your body:

Say 'one' to yourself.....breathe in, hold for moment.....and out, and hold for a moment.

And again. Say 'two' to yourself.....breathe in hold for momentand out, and hold for a moment.

And repeat until '10' is reached.

And go round again:

Repeat the first round again, then the second, then the first, etc, until you have reached the end of your allotted time according to your clock.

The reason why you alter the timing of the actual count is to keep your mind focussed on your breathing exercise, otherwise it might wander off into other avenues of thought and start mind chattering again.

Counting done with:

Oh well done you!

Did the rhythm of your breathing get slower and slower, each breath becoming longer?

Did you want to stop counting all together, and just go with the flow of your breathing?

Did you have the experience of wanting to go deep inside yourself?

Do you feel all sort of stretched out, as if your mind has become unravelled and is full of lightness?

Do you still want to stay in the ‘timeframe’ of those five minutes, loving the feeling of quietness, of oneness with yourself?

No? Not to worry, that will all come in time.

Third five minutes: Enjoying the peace:

This bit is easy! All you do is look at the candle and continue with observing the rhythm of your breathing. Don't mind too much if little bits of mind chatter start up, over time it will take longer and longer for this to happen until finally you have to wake up your mind yourself!

And don't mind too much if you feel restless and fidgety: it will pass, such that eventually you will look at the clock and instead of longing for the time to get a move on, you will be amazed at how it how quickly those minutes have zoomed by.

So now you have come to the end of your time. Blow your candle out, and off you go into the hours of your day. And if you do have time to linger with any of these three ‘five minutes’ sections, then please do so. There are no hard and fast rules. All I do is give you an outline, and you can build on this to suit your needs.

And onwards:

Give yourself about two weeks of this work, maybe more or maybe less depending on your general state of mind. Be good to yourself. Give yourself a chance. Have a go!

And please try not to skip ahead to the next step, with is getting in touch with your intuition, because if your mind is not quiet then you will be disappointed and will probably give up.

To remind you of the benefits:

At first you are not likely to feel any particular benefit, and even if you do manage to quieten your mind down it is probable that it will bounce back into its normal mode of busyness quite quickly after you blow your

candle out, the demands of your life opening up all those grumbles that you put away from yourself at the start of your fifteen minutes.

Not to worry, though, because a few more practices and it should take longer for this to happen. Mind training, that is what you are doing: training your mind to behave itself such that the mind chattering is not so rampant inside your head.

As well as feeling an inner calmness within your mind, you will also start feeling more ‘in touch’ with yourself, which will help build your confidence and eventually give you a completely different perspective on life. By concentrating on your breathing you will become more ‘centred’, more aware of your physical self, of who you are, of what you are.

Plus, you will start to feel all ‘stretched’ out. I am sorry but I can’t give you any further description about this state of being, but just to say that it is a delicious sensation and that when you feel it too, then you know what I am talking about.

And of course: you will be prepping yourself for your tarot work. By calming your mind you will be giving your intuitivity a chance to speak to you when working with your cards. Eventually, if you make a super duper effort at mind calming, then you will ‘hear’ your intuition when away from the tarot cards but only once you have had the experience of this early stage of development.

All in all, it is possible that you might find this mind calming exercise quite addictive! I hope so, because if all you do is take the counted breath exercise away with you after reading this book, and disregard the tarot cards altogether, then I would be quite, quite satisfied that I have done my best for you!

The counted breath exercise is a lifesaver in times of stress, and if you get into the habit of falling back on it when things are not going so well for you, then it will become a very valuable tool for staying grounded despite what life throws at you!

And please don’t fret about making the effort:

To repeat that all you need to do is manage the maximum of fifteen minutes when you first start the mind calming exercise. If you think you can get better and faster results if you sit for longer, then it is likely that you will quickly tire of making the effort to train yourself, because you won’t get the results you want, mostly because of the self induced stress of wanting a quick result.

There is no 'quick fix'. This has to be a steady learning curve, and if you accept that it will take at least a couple of weeks to become quiet enough to work with your tarot cards, then you will do well for yourself. Being in a hurry to work with your cards could make you bored or frustrated with your whole tarot card project. Either that, or you will revert back to The Traditional Way of using the cards, believing it to be simpler. Opening a pack of cards, flipping one over, looking in a book for an interpretation which suits you, does seem less complicated. I understand this, because I done it myself!

Getting quiet in mind is hard for me as well, because I have a mind which bounces about all over the place. It is a wild stallion of a mind sometimes! But I have learnt that it is a waste of time to go along this route of tarot work. Best to behave one's self, and work with quietening that mind of mine, that is what I have learnt.

So if you take time to learn this preparation work then I can promise you that you will eventually be very satisfied at the results you get for yourself. As I have said, I wasted a lot of effort on trying to use the cards via The Traditional Way.

Am I a hard taskmaster? Not at all! If you learn the intuitive method of tarot work, then many doors will open for you: not only will you be able to sort out difficult life questions for yourself, but you will also do the same for others. And I know that I have already said this, but when one is learning new ways then it is useful to be endlessly reminded as to why it is a good thing to keep on going with the process of absorbing, and practising, a new skill.

And finally:

If you do find that fifteen minutes is a bit long, then shorten it by all means. Hopefully, you might be able to eventually manage the whole fifteen minutes, and perhaps even longer over time.

Anyway, all you can is have a go, but, as I have said, you can't read the cards intuitively without learning to quieten your mind, because all you will be doing is listening to your own thoughts rather than to what is incoming from your intuition.

OK, so I have finished with clucking over you like a mother hen, now on to the next chapter.....

So, to recap:

Mind chatter squashes intuitivity. To use your tarot cards intuitively you need to find that patch of clearness in your mind, and here's how you do that for Step One of the Intuitive Way of tarot work. You will need: a comfortable sitting position, a table, a candle, a clock, a notepad (your Book of Woes), pen, and a quiet place.

First five minutes: Getting rid of clutter:

FIRST MINUTE: You will think about all that you don't like about your life. SECOND: Write these down in your Book of Woes. THIRD: Look at the list. Do you want this clutter in your life? FOURTH: Close the book, thus shutting the door to those woes. FIVE: Put the book to one side. You have done with those woes, at least for the moment.

Second five minutes: The Counted Breath breathing exercise.

Light your candle, and watch the light for a moment. Breathe slowly in, then out, and count 'one' Do this for ten breaths. Carry on with Counted Breath, still breathing slowly in and out, but this time count 'one' *before* you breathe in. Do this for another ten breaths. Repeat the first round again, then the second, then the first, etc, until you have reached the end of your allotted time.

Third five minutes: Enjoying the peace.

Just keep looking at the candle, and enjoying the peaceful feeling that you have managed to generate inside yourself. Be indulgent and linger in this end part. Try not to be in too much of a rush about getting back to the busyness of your life.

If you have trouble with any of the five minute sections, be patient. You will need to practice this several times before you start feeling the benefit, so persevere for a week or two and don't give up, because that mind of yours will be quite adamant that it wants to keep on chattering despite the orders you give it to the reverse.

As well as having calmness of mind, you will also start feeling more 'in touch' with yourself. By concentrating on your breathing you will become more 'centred', more aware of your physical self, of who you are, of what you are. This is an add-on benefit.

And, of course, you will be prepping yourself for your tarot work. By calming your mind you will be giving your intuitivity a chance to speak to you when working with your cards.

Chapter 8: Step Two: You and your intuition

Managed to get your mind reasonably quiet? Well done, now onwards we go.....

You will need:

Your tarot cards in their container, your tarot cloth, a candle plus something to light it with, a clock with an easy see-able face, notepad – this is your Work in Progress book, pen, glass of water, a quiet place and.....a calm mind!

At first, give yourself fifteen minutes. Later on you can extend your time, but slow and stately must be this learning experience, otherwise you will trip over yourself with impatience, therefore risking the desire to throw the whole project away from yourself in frustration.

Setting your place:

It is better to be sitting up a table for this. Lolloping about on a settee is not likely to produce good results and you will become quickly frustrated and bored. Up at a table, then, sitting on an upright chair, which needs to be straight backed because your spine needs to be in the vertical position, again to ease concentration.

The size of the table doesn't matter, even a card table would do providing it is at least 20cms square. No smaller, though, as you will be all of a clutter which will not be good for your concentration.

Unfold your cloth and lay in on the table immediately in front of you so that it forms a square, or oblong, of fabric.

Put **your tarot card container** in the centre of the fabric.

The next three items can sit on the cloth, or not, depending on the size of the fabric:

To the left, behind the tarot card container, place **the clock**.

In the centre, again behind the container, place **the candle** in its candle holder.

To the right, in easy reach, **the glass of water**, but it looks tidy if you place these last three items in an arc.

The **notepad and pen** needs to be closer in, either on the right or left depending on your writing hand.

Making a start:

Take a second or two to think about what you hope to achieve: **‘to receive info via my intuition’**, or something similar, is what you need to have in your mind.

With this thought still fixed in your mind, **take your cards out of the container**. Don't make a grab at them. Don't hurry. Be calm. Be focussed. Be concentrated.

Now choose nine cards. You can do this either by shuffling the cards, or by laying them out faces down in an arc and choosing the nine by selection.

Do this carefully and with love.

Don't hurry.

In time you will find that one particular card will ‘jump out’ at you, as if it is telling you to choose it!

And at no time choose the cards by looking at their faces, because this might confuse you and cause your thoughts to jostle with your intuition.

Always the cards must be facedown, and this includes separating a few out to work with.

Lay eight of these cards in a circle immediately in front of you. Similar to a clock face, lay one at ‘12 o'clock’, then one between ‘5’ and ‘10’, another at ‘15’, another between ‘20’ and ‘25’, another at ‘30’, and so on round to make a tidy circle.

Place the remaining card in the centre of the circle, and put the rest of the cards to one side for the moment, but still within easy reach.

Now light your candle:

Make a note of the time. Or shift the hands of the clock to the twelve o'clock position might be useful.

Still with that original thought of wanting to get in touch with your intuition, **light your candle**.

Enjoy the candle flame for a moment. There is no need to rush. Enjoy the process.

The first five minutes:

Settling your mind:

This is where your learning of the previous chapter comes into its own, because now you need to condense the fifteen minute sequence of 'calm your mind' breathing into just five minutes, which should be easy to do providing you have been practicing.

If you have been in the mindset of, 'I can't be bothered to make the effort' then you will take longer to get into the right frame of mind now.

So: spend a minute letting your mind settle down.

Once it does so, **spend another minute doing 'Counted Breath' breathing.**

This should lead you smoothly into a quietness of mind and a peaceful state of being quite quickly, depending on how dedicated you were to understanding that previous chapter. Now I know that I am nagging you, but I am sorry to say that you can't go forward into the next stage unless you have managed to do this.

If you have practised Step One, then you won't need five minutes to get into the right mindset. So if you are having trouble getting that mind of yours calm then you are not yet ready to start working with your tarot cards intuitively because getting in touch with your intuitivity depends on you having that quietness of mind.

But if you have managed to mind-train yourself, you will easily slip into that quietness of self.

The second five minutes:

Getting in touch with your intuitivity:

And before we go any further, you will now need to pull some extra patience from out of your pocket, because this is going to need oodles of patient practice before the 'penny will drop' and you understand what I am talking about.

But here goes:

Observe the candle again, look at its light, how it glows, how it shimmers.

Then **drop your gaze onto the circle of cards.** Feel as if your world is almost shrinking, as if all that there is for you is this circle of cards in front of you, **letting your mind stay quiet.**

But if it starts chattering with you, stop and do a round or two of the Counted Breath breathing exercise, or focus on your candle again. Do whatever suits you.

But you need to feel focussed on your circle of cards, though. Perhaps looking at the graphics on the back of the cards would help, which is why my advice was to choose your cards wisely.

Now you are going to start working intuitively.

Keep a clear head.

Don't let your mind wake up and start its chattering. Good luck!

Working with the first card:

Take a deep breath, with your mind still focussed and calm, **turn over the card in the centre of the circle.**

Immediately a word or two will come into your mind. Now **write the words down in your Work in Progress notebook.**

This might seem a bit of a bother to do, but keeping a record will help you see how much progress you are making. This is invaluable for those days when nothing does. When the words don't come in because your intuition stoically refuses to wake up: there *will* be days when this happens.

However, **if there is silence** and nothing comes into your mind, then that's OK, this is early days after all.

What you don't need to do is start searching the card for something that will trigger off some words, because then this will be you waking your mind up. This is not being intuitive. **Intuition is immediate.**

Before your mind starts searching about for words to give you, your intuition will have spoken to you. It is fast. As soon as that card is turned over: bang! In comes a word, or two. Or not. Depending on how relaxed and quiet your mind is.

If there is delay of a second or two before something comes into your mind, then it is likely to be connected to your own thoughts. As I have said, intuition is immediate. As soon as the card is turned over, in come the words without delay.

Don't dwell on that first card for long. If the words arrive fast, then you are hearing your intuition. If the words don't arrive or are delayed,

then that is your thoughts and need to be disregarded. A second or two, that is all you need to spend with the first card in regards to observing its face.

Don't guess: don't write down any word at random, just because you are in a hurry, because you are only cheating yourself.

So, write down, or say out loud what you have received, then **pick up the card and put it to one side, face down**. It has been finished with.

Working with the second card:

Take the top card from your pack of cards, and put that down in the centre of the circle. As always, the pack and the single card need to be face down.

Observe the card in the middle of the circle for a few moments, gathering yourself into quietness.

Then repeat the same what you did for the first card.

However, **if you have a repeat of the same words as the previous card**, then your memory has woken up and your mind is remembering what has just been said.

For each time you turn over a card what comes into your mind should be different to the previous intuitive response.

And so on, for three more cards:

Do the same for another three cards, putting the 'used' cards face down in a separate pile.

Remember to **write down**, or **say out loud**, what you have heard, and don't mind too much if the words don't seem to make much sense. It is better that they are random in subject, because it means that you mind is not feeding you.

All five cards done? Good for you!

Why not work with another five cards, taking them fresh from the pack. It is unwise to work with the cards already seen by yourself in this

session because of the possibility of word association, although if you really are in touch with your intuitivity you could go through those cards again and get completely different responses. But I think that is going too far. If you are becoming *that* efficient at hearing your intuition, then you would have moved on from this stage in your development and gone on to working with questions and answers.

So, for now, use five fresh cards, working your way through to the end of this five-minute session. Please don't go on for longer. It is better to do daily sessions and be steady with this stage of your intuitive development, then you will learn right, and the learning will be life-long.

But if you try and push this stage, extending the five minutes to a much longer time, then you will become tired and less likely to want to repeat the experience again the following day. Over zealotry does not bring forth your intuitive self. Patience does.

Feeling tired?

Not to worry. It takes a certain amount of discipline to keep the mind quiet, and the focussed concentration needed to hear intuitive words can be quite tiring in the beginning.

Stop and move on to the last five minute section if this is so, otherwise.....

And some examples:

I thought I would work through the same process and write down the responses I received from my intuition. I didn't set a focus up, or approach the cards with any desire to have an answer to a particular question. This was definitely a fun exercise for me, rather than being a serious one, although I still approached the cards with respect. The responses were short, the same as you would have in the beginning. They were also various, showing that I was listening to my intuition and not my mind.

They were also surprising and made me laugh, which was good. Shows I was in the right frame of mind to work through the exercise, which was relaxed and curious.

I worked with five cards, in exactly the same way as I have given to you in this chapter. They didn't make sense, but I didn't want them to, and they sparked off my intuition to give a wide range of responses.

EXAMPLE ONE

Card 1: Difficulty, days are difficult

Card 2: Changeling

Card 3: De..... (and I lost of the rest of the word because I tried to capture it too fast. In other words, my mind heard the 'D' and then tried to have ownership of the word which then collided with my intuitive self. So the whole word crashed into muddle.)

Card 4: Zinging, over the hills, zinging

Card 5: Enabled

EXAMPLE TWO

Card 1: Bling

Card 2: Zickterfranious (!!!!!!!). Yes, this is exactly what I heard!

Card 3: Green

Card 4: Devilish Delight

Card 5: Bingo!

EXAMPLE THREE

Card 1: Zool.....and here my mind took up that half-started word and followed through with 'Zoolander'. But I was experienced enough to realise that it was doing this, so I stopped myself and waited for second or two, holding on to the 'Zool...'. And then 'Zoolish' arrived.

Card 2: Brainy, you brainy thing. (*Definitely* my intuition, because I would never call myself 'brainy'!)

Card 3: Ten to the dozen.

Card 4: If you say you love me then you must mean it. (Again, this is something I would never say although I might have done when I was twenty. But this was definitely an intuitive feed-in because it was different to all the other responses.

Card 5: Tell her to shut up. (And this had me in fits of laughter, so had to put my cards away!)

So you can see that it can be quite an interesting experience, because of the unexpected responses that can come through.

Eventually....

With practice, you will find that just by lifting the card your intuition will speak to you, just as mine did when I was working through those three examples. I hardly looked at the cards because my intuition spoke to me almost as soon as I started picking them up.

Once you are experienced with understanding the difference between thought and intuition, then you will find the same happening for you.

Five minutes up?

Time to move on to the last part of this session, whatever the outcome of the previous five minutes has been. If you have not managed to receive any words, then be philosophical about this, and try to push away any thoughts about never being able to, or worse still, that you are a failure. Because you aren't. You just need to give yourself time, that's all.

Or perhaps you have heard some words, and are full of enthusiasm to keep on having a go at reading some more cards. Don't. Five minutes is enough, otherwise you will suffer from mental over load.

Now you need to go into the last five minutes, and, like any athlete after a work-out, you must take time to 'cool down' otherwise you feel tired and not quite yourself.

What is 'cooling down'? It's the equivalent to shutting a door, that's all, and I tell you why and how you need to do this next.

The third five minutes:

Tidying up & shutting doors:

Now this is the part of the fifteen minutes that you are likely to skip. Maybe you have run out of time. Or are bored. Or don't see any point to wasting another five minutes of your time because you haven't got much out of the previous ten minutes. Foolish one! You are denying yourself the pleasure of feeling virtuous! There is nothing quite like setting yourself a goal, then working towards that goal even if there are times when you can't be bothered to practice or you aren't as successful as you want to be quickly enough.

What you did during that first five minutes:

You took time to let your thoughts settle down and prepared yourself for opening the door to your intuitive use of the tarot cards.

What you did during the middle five minutes:

You practiced working with your cards intuitively, and wrote down what input you had from this elusive side of yourself. This was the start of waking up your intuitive self, of opening a door.

What you will do in the last five minutes:

You will be closing the door and sending back to sleep your intuition, even if you still do not have the foggiest idea as to what intuition is, or how it works. Not to worry, you will find out soon.

But if you have connected with your intuition, and have been able to hear your intuitive response to the cards as you turned them over, then this last step is even more important.

Why? Because if you do not close the door to your intuition then you could start picking up vibes from people and places, and you don't want to do that because it's not good for you.

Now it is not in the scope of this book to explain this further, so, for now, please accept my word that this 'shutting of the door' is something you need to do for yourself.

Observing your candle:

After the hard work of the last five minutes, you need to give yourself a rest, so **look at the candle flame for a minute or two**. Concentrate on the light held within the flame. Feel the warmth flooding towards you, making you feel cosy inside. If you are finding it hard to stay in the quiet zone, and feel yourself becoming restless, **why not try some Counted Breath cycles**. Soon you will be back on your life. But for the moment, see yourself as having a bit of a holiday from all your life stresses and demands.

Putting away your cards:

Pick up the cards which lie in the circle, and put them together with all the rest, including the ones which you have working with intuitively. **Keep all the cards face down**. This stops you from becoming too familiar with the graphics, so that when a card is turned over by yourself in the future it will feel fresher.

Now mix them up in whichever way you want to, meanwhile staying concentrated on your breathing. Try not to let your mind wake up just yet. It might be hard!

Put the cards in their container, still face down, as if you are snuggling them down in bed so they can have a rest. This will help you stay

connected to them. Try not to see them as inanimate objects, but see them as your friends even though they are, in effect, only pieces of thick paper.

Put the container to one side, taking it off the tarot cloth. Your cards are asleep. See them as being so.

Putting away your notebook:

Pick up your notebook, and have a look at what you have written. Even if you managed to hear only one word, that is good. It's a start. Maybe you would like to see what you wrote down in previous sessions: do so. This will help build your confidence.

Now **close the notebook**. As you do so, **feel pleased** that you have got through another intuitive training session.

Look forward to your next one. Don't be disheartened if there was nothing much to write down. Be patient. In time you will be able to write down loads.

Put the book, together with your pen, to one side, preferably with your tarot container. All must be off the cloth.

Now the glass of water, the candle, and a quiet thought:

Once again, and for the last time this session, **spend a few moments looking at the candle**.

In your mind, or out loud, **say 'Thank you' to the Universe for working with you**. Because that is the root from where your intuition comes.

Even if nothing happened, still make your thanks. It is a good habit to get into, and will help you keep an awareness that there is a higher energy who is working with you, even if you don't have a clue as to what it is or how it does so.

Now extinguish the flame of your candle. And put your candle holder to one side.

Now take up your glass of water, and sip the contents until all is gone. Do so slowly, and with thought. Feel yourself getting ready to get back into the saddle of your life. Take time with this process. No need to hurry.

Feel yourself coming back out of your intuitive state. And **put the empty glass to one side**.

And clock, and cloth.....

Still resisting the temptation to hurry up, still with quiet concentration, and if necessary, using Counted Breath to keep you moving along towards the end of your fifteen minutes:

Take your clock off the cloth , if it is on it. Put it to one side.

So now **you should have just the tarot cloth in front of you**, and without anything on it. An empty space. It is an empty space now. See it as such.

Now fold up your cloth, carefully, without hurrying. As you do so, think of it as 'closing down', 'putting away', or 'completion'. Do this with concentrated thought.

How many times per week do you need to practice?

As many times as you like. But **maybe two or three times a week is best.** Your keenness in the beginning will probably have you practising quite often, perhaps more than you ought to, and you risk over-kill.

So **try to pace yourself**, and try to make special times set into the daily and weekly routine of your life. You will learn quicker if you do.

Watch for patches of frustration and boredom, which are likely to happen if you are to expecting marvellous results and don't get them.

Be therefore patient with yourself through the early stages of intuitive development. 'A journey of a thousand miles starts with a single step' is a useful motto to have when learning new things!

If you set aside time to make one fifteen minute training session per week, and make a super duper effort to concentrate and follow the guidance I have given you here, then that is better than rattling your way as fast as you can through the fifteen minutes for as many times that you can during your week, believing that quantity is better than quality.

It is not. You will get bored. You will get frustrated. You will put aside your cards. You will not get in total touch with your intuitivity. You will never be able to become a higher energy psychic.

Be good to yourself. Give yourself the chance. Be patient. Pace yourself. A good session once a week is preferable to loads of sessions per week.

And the good news is: that after a while you won't need to go through the entire fifteen minutes, because you would have trained yourself to go into meditative-intuitive mode almost as soon as you light your candle. In other words, that it will feel as if a switch clicks on when that candle is lit.

So ready for the next step, which is asking your questions? But how do you know that you are ready. That is a difficult question to answer because all of you are different to each other, so no two people are going to develop their intuition at the same speed.

All I can say is, work with your fifteen minute training session until you are able to have an intuitive response from yourself for at least five of the cards, if not more. Then try asking your questions, and I guide you as to how to do this in the next chapter.

And you are done:

Well done. You have completed the fifteen minutes. Now off you go into your day.

But don't forget to put your tarot equipment away in a safe and quiet place, particularly your tarot card box. Little fingers might like to fiddle with them, and they are not play things. Friends might like to have a look at them in a light hearted way, which might be distracting for the energies you have placed around them when you did the blessing of them.

And I know that this all sounds a bit fiddly faddly, but if you disregard the care of your cards, then you disregard the blessing energy you laid down upon them, which means that you are not in respect of the effort you are putting into learning to work with them.

You are making an effort to learn a something new. So make an effort to look after your cards, regarding them as special tools and therefore in need of being kept safe.

No matter how much you paid for your tarot cards, they will become priceless possessions to you if looked after, because working with them will help you open so many doors for you in your life.

But well done you for getting this far...

.It must be a bit of trek ploughing through this book, and I commend you for your perseverance. Learning new ways of doing things is hard, that I know. But I do well with my tarot cards now, and you are on the way to doing well with yours.

By 'doing well' I mean that, with ease, I work with them to inspire my intuitive self, connect with 'The Powers That Be, and so get help and answers to the myriad questions and difficulties that lay siege to my peace of mind.

And you can have these benefits too. So onwards to Chapter 7.

To recap:

For Step Two you will need: You will need: a comfortable sitting position up at a table, a candle, a clock, a notepad (your Work in Progress Book), pen, your tarot cards and tarot table cloth, a quiet place, a calm mind, and fifteen minutes.

Unfold your cloth and lay in on the table. Put **your tart card container** in the centre of the fabric. To the left, behind the tarot card container, place **the clock**. In the centre, again behind the container, place **the candle** in its candle holder. To the right, **the glass of water**. The **notepad and pen** needs to be closer in, either on the right or left depending on your writing hand.

The first five minutes: Take a second or two to think about what you hope to achieve, **take your cards out**, and **choose nine cards**, putting **eight in a circle**, and placing **the remaining card in the centre** of the circle., **Make a note of the time** and **light your candle**, enjoying its light.

The second five minutes: **Observe the candle** again, then **drop your gaze** onto the circle of cards. With a **quiet mind**, take a **deep breath**, turn over the card in the centre of the circle. Immediately a word or two will come into your mind. Now write the words down in your notebook. **If there is silence** within your mind, don't fret. **Move on to the next card**, taking it from the top of the pack, and repeat. **Do the same for the next three cards**, always writing down words that arrive in your head immediately.

The third five minutes: **Observe the candle flame** for a minute or two. Look upon this last five minutes as having a holiday from your life stresses and demands. Then **bring all the cards together** again, keeping them still face down, and put them away. With thought, carefully **put away all your other tarot equipment**, leaving the cloth until last. As you fold it, **visualize a door shutting**, and remember to say a **'Thank you' to the Universe**, even if you didn't hear any words from your intuition – you might next time.

You can practise as often as you like, but **a good session once a week** is preferable to hurried sessions crammed into your busy daily life.

Finally, if you don't hear your intuition immediately, don't give up. It is probable that your mind was too active, which was blocking the input from your intuitive self.

Chapter 9: Step Three: Part One:

Asking your questions

So now you are all practised up, and feel confident to move onto the hub of your Intuitive Tarot work, which is asking your questions and getting your answers.

But just a minute.....

Perhaps you don't want to ask questions, and just want to 'see what comes up' when a card is turned over. Not to worry, you can still work with your tarot cards intuitively, but it is possible that you might get a blank wall in your head where the intuitive words should be, especially in the early stages.

It is therefore best to have a scaffolding on which to work, especially in the beginning, and the questions provide that scaffolding. Points you in the right direction, stops your mind from interfering and blocking your intuitive flow. Helps keep you focussed, that is what asking a question does.

And a word of warning first.....

If you are really in touch with your intuitive self, then the truth is what you will get back from your cards when you work with them. Sometimes that truth can be hard to accept. So, if you are brave enough to hear that truth, then go ahead with this chapter.

But if you don't want to know the truth about a particular subject, then don't ask in the first place!

Is hearing the truth so bad?

No. Because if you have the real truth of a situation, then you can move forward with dealing with it. As I have said, though, hearing the truth can sometimes hurt.

But if you want to move forward in life, then it is better to know what is real, rather than having that reality stay hidden. If you don't want to know what that reality is, then you will stay stuck, and it is only by understanding the nuts and bolts of a situation, that changes can then be made.

This applies to the little things in life as well as the big things. Wanting to know why your feet are aching is as important as worrying about the direction your job is going in, or whether the 'love of your life' feels the same about you.

If you are hearing your intuition correctly, you are likely to be surprised as to what you hear. Often the answer is so simple that one is made to feel a nuncy for not having thought of it oneself. Or, even worse, that one has thought oneself into a predicament which didn't actually exist in the first place, our imaginations being quite naughty sometimes.

And back to the question, 'Is hearing the truth so bad?' And I repeat, "No, absolutely not." Although it might take a day or so to accept that truth! And remember: there is always a way through, once that truth is known.

So, for your 'aching foot' the answer coming back might be, "Take your shoes off and put your feet up as often as you can, doing slow circular motions left and right to ease the tensions which are causing the tiredness." A simple solution, and that ache becomes a fixable thing. You would have probably been imagining all sorts of dire foot-related illnesses, even possibly worrying yourself into thinking that you are going to be suffering for the rest of your life, not to mention the unseen damage being done to your spine by unbalanced posture.

But you might have preferred not have asked the question, because you were worried that the answer coming back would reflect your worst worries about your foot, and general health.

For your 'job direction' worries: perhaps the answer coming back would be, "Change is coming, but it is not the right time yet. Be patient. You are learning much which will be of value to you in the future."

This answer would probably irritate you because you wanted a new job now, and you would then have to focus on the 'being patient' lesson which is a hard one for all of us, including myself. But at least you know that this particular job is not forever.

And for how the 'love of your life' feels about you? Well, the answer could be, "The love is there, but there is a block in the heart of the person you love, which is nothing to do with you but with events which

happened in the past. Like a tightly formed rose bud, that love will open and grow, providing you are patient enough to let it”

While you would have probably preferred a simpler answer, this response holds the truth, upon which you can now choose to work with, or not. For instance, the following on question you could make to your intuition is: “How can I help him / her get an unblocked heart? And coming back might be “All you need to do is listen.”

In these three examples I have used my own words, but when working intuitively, the words coming back are often astonishingly wise, simple and direct. Even though I have worked for many years with my intuition, I am still surprised by the quality of the advice which comes through, which is so different to my everyday self.

And I repeat again: hearing the truth requires a brave heart, and working with your intuitive self will bring you the rewards that that bravery deserves.

Questions:

The way in which a question is worded will make a difference to the way in which your intuition can respond. You will also need to organise your questions, which you do by making a list.

Once you have your questions organised, then you go into the Intuitive Tarot work and hopefully received your answers. Help with making your list and writing your questions is next.....

Asking your questions:

Making a list to ask your questions:

To prepare for your Intuitive Tarot work, you need to have some questions to ask, and making a list will help organise those questions, even if you only have one or two sitting in your mind requiring an answer.

Making a list will empty out your mind when it comes to the intuitive tarot work, and what you don't want to do is have that question, or questions, sat in your mind when you are trying to work intuitively with your tarot cards, the reason being that to think up a question requires the energy of thought, even to expect a particular answer will do the same.

That is why I have given you the Counted Breath exercise to do, because an active mind clutters up the head space which your intuition needs to have if it is to be heard. So even if you only have one question to ask,

still put that on your list. Once written down, you will probably find that other questions will pop into your mind.

Making a list to ask for help with problems:

This is more difficult, because the problem might be a complicated one and you don't know how to unravel it sufficient to form a question. Don't worry. I will help you later on in this chapter.

And remember:

You can make your list over time. What I mean is, that you can think about your questions ahead of the time you actually sit to find those answers. In fact, it saves time if you do, because often the question we think we want an answer to is not the actual question which is at the core of the problem.

So, think about the question as you go about your daily life, and make a note on your list of what comes into your head, but don't write it down in your Questions and Answers book yet. Your list needs to be separate to the book so any piece of paper will do, because it is not something you will be keeping.

At any time an idea can pop into your head about what it is you want to ask. Write that down immediately, because it is likely that you will forget the question if you don't. Of course, you might have a question clearly scripted in your mind. Still write it down. You need to see the words on paper if the Intuitive Way is going to work for you.

Bless you! I am being quite a hard task master for you, aren't I! But if you get this early stage right, then you will go off like a rocket with your intuitive self. As I have frequently said, being aware of your intuition will help you zoom of into a surprisingly interesting life, much more interesting than the one you have now. Becoming psychic is also a probability. So, write that list!

Your Q's & A's Book:

This is the book in which you will write your questions and the answers your intuition gives you. It is a book kept especially for this purpose, and is separate to your Book of Woes and Work in Progress Book.

It would be useful if the book has large pages so you have plenty of room on the page to write.

Maybe a loose leafed file might be something you could think about, because then you can keep re-formulating a particular question if you

don't seem to get a satisfactory response from your intuition and have plenty of empty pages on which to do so. Or if you do get a good answer, then perhaps this might trigger off another question along the same lines as the first. Therefore it would be useful to keep this series of questions all together.

Why you shouldn't avoid writing down the Q's and A's:

It is no good thinking up a question then going straight to the Intuitive Tarot to get your answer, without there being some writing involved. When you are very experienced you could, but not at this stage. Even then, for yourself, it is not do-able really, but for working intuitively for others, it could be. But as I have said, only when you are more experienced.

The reason why you need to do the Q's and A's writing?

For one: you have a record of what responses you receive from your intuition. Trying to remember what comes in on this link, and then trying to stay in a calm focus for any other questions you want to have the answers to, will slip you out of gear with your intuition.

In other words, your mind will get into a fuddle, which will close down your intuition.

For two: It stops you from going round in circles and asking the same question again because you have forgotten the previous answer. This could lead to eventual boredom on your part, which your intuition will not like, and it will stay asleep.

It is then likely that you would guess what you think the answer ought to be.

For three: It helps to give you a focus. Concentrating on what the actual question is will help focus your mind.

For four: You can take time to think about the question. Maybe that question is parked up in the front of your mind, so it is easy to get it written down because you don't need to think about it. But you might find that once that question has been pulled from out of your mind that another question will spring into its place. Write that down too. And keep on writing down however many other questions do the same.

Further on in this chapter, you will find help with forming your questions.

Am I being too ‘nit-picky’ for you?

What I mean is, am I making reading the cards intuitively too complicated for you? I mentioned in the previous page that I might be being quite a hard task master on you, but I want you to get this right, both for yourself and the work you could do for others.

So I hope you feel encouraged to continue, rather than having the feeling of being swamped by too much information such that you feel that it is going to be too much effort to get to the point whereby you can actually work with your tarot cards.

You will do well, *if* you persevere.

Making your questions:

So the time has come to get some answers. You have your list, with maybe one, or several, questions written upon it. Or perhaps you have just put a problem on your list, not knowing what question you need to make in regards to that problem. Either way, hopefully you have written something down. For this chapter, it would be a pointless exercise if your list was empty.

So for asking questions, here is what you need to do:

Forming the actual question:

Before you go start working intuitively, you need to get that question, or those questions, written down in your A's Book.

You will probably get frustrated with me again, because now I need you to take another patch of learning on board, and that is about how to frame your question. Be patient! I know that a question is a question, and that to fiddle about with learning which words to use to write that question seems pointless, but the question has to be worded in a way that it can be answered by your intuition.

For instance, asking: ‘Will I be happy?’ is not going to get you an intuitive response. Depending on your state of mind, you are likely to answer yourself back with ‘Yes’ or ‘No’, and that is not going to help you move forward. But changing the wording to: ‘What is it that I need to do so I can be happy?’ gives your intuition the opportunity to make a reply to you.

As I have said already though, your intuition will always tell you the truth and sometimes that truth can be quite surprising, and not what you expect to hear at all.

Again, asking the question, 'Does he love me?' could have your mind telling you what it thinks you want to hear. If you have had a recent argument then 'No' will probably be what you think you are hearing intuitively! Change the wording to: 'What can I do so that he/she is comfortable with the relationship, if the relationship is meant to be' is going to be a better way of asking that question.

But then don't be surprised if the intuitive answer coming back is: 'Let go, it is not meant to be'. As I say, sometimes what comes back can bite deep into your emotions. Even I have been known to fling my tarot cards across the room when I get a response which it is inconvenient for me to hear!

So, asking a question is a simple thing to do, but wording it correctly so that it triggers the right response from your intuition isn't so easy. This is why you need time to think about the question, and then think some more about the wording of it.

From list to Q's & A's book - How to form a question:

Oh this is a difficult one to give you help with, because everyone is different to everyone else, and no two people think the same way.

And I was actually going to bypass this section, and just leave you with the responsibility of asking your question in whichever way you want to ask it. But no, my spirit guides kept on at me to put this section in as well, so here goes:

Starting a question with 'DOES' or 'IS' is going to get back a response, if you are lucky, of 'YES' or 'NO', from your intuition. Now this might seem agreeable to you. Keeps things crisp and simple:

'Yes it is', or 'No, it isn't'.

'Yes, he / she does', or 'No, he/she doesn't'.

'Yes, you are' or 'No, you are not.....'

But this doesn't have any real value for you, because it does not give you enough information to move you forward. Now this is alright if you want to stay where you are in life, in which case you probably wouldn't have got this far in this book anyway.

So it is better to word your questions in such a way that your intuition will feel encouraged to give you a fuller answer. Therefore, starting a question with 'HOW', or 'WHY', or 'WHAT' should hopefully start a flow of words coming in for you. For example:

'**How** is he/she going to show he/ she loves me?' is better than 'Does he/she love me?'

How are the changes to my job going to affect me?' is better than 'Is my job going to change?' You could then follow on with '**What** do I need to do about this to help the change be smooth for me?'

'I do not feel well, **what** do I need to do to help myself feel better?' Not, 'Have I got a major problem with my health?'

These are only general examples, but I hope you get the gist of what I mean about how to ask a question: take your original question, which will probably be very brief and to the point, then turn it around so that your intuition has a chance to give you a fuller answer, which will be far more satisfying for you and help you feel that you have done a good job for yourself. Providing, of course, that you find the answer to your liking!

If it isn't, well.....grit your teeth, stay patient and give yourself time to think about what has been said. You might then be able to see that it is the answer you needed to have.

What next?

You have your list of questions, so what next? Well, you can do one of two things:

Either: **(1) sort your questions out at a separate time** to working intuitively with your tarot cards, so that you go straight into Intuitive Way tarot work rather than elongating the session by tagging on sufficient time to sort out the wording of your questions.

Or: **(2) you can go straight into your question and answer tarot session**, using the Intuitive Way of working with your cards, but allowing for the time it will take to sort out your questions before you go into your tarot work. It doesn't matter which you do, although the first option is perhaps the best.

But what you don't want to do is spend five minutes here and there throughout the day, going in and out of your Q's & A's book. At this stage of learning you need to make an entire portion of time to get those questions off your list and into your book.

And the good news is, that this process will become much quicker the more you practice it. As with all things, in the beginning the newness of doing something different will slow you down, but if you keep on practising then you get quicker and more efficient at whatever it is you

are trying to learn, and this also includes getting the right wording for asking your questions sorted out.

I can't say how long you need to spend putting your questions in to your book because it depends on how many questions you want to have the answers to. All I can say is: be fair to yourself. Don't skip thinking time in regards to transferring those questions into your book, because all you will be doing is robbing yourself of being able to find the correct words for the question.

(1) Making the questions at a separate time to working intuitively:

Making a list, then getting the questions from that list worked out and written down in your Q's & A's Book ahead of time, means that you can go straight into working intuitively to get your answers.

It will also help your concentration, especially in the early days of learning the Intuitive Way, because you won't have to spend time sorting out your questions, plus then working intuitively. It just stretches out your working time, that's all, and you might get bored or tired, which will crash your concentration and shut the door to you being able to hear your intuition.

So what you need is.....:

Your list, your Q's & A's book, and a portion of time during which you will not be interrupted -

...and this is what you need to do:

Find a **quiet place**, and a portion of time during which you will not be disturbed, the amount of time depending on how many questions you want answered, or how complicated they are. It doesn't matter where you are to do this, as long as you feel **relaxed and comfortable**.

And give yourself **plenty of time**. Rushing through this stage will not help you work intuitively later on, because what you are doing is setting the tone of the question so your intuition can make an easy answer back, so if you are focussed when making the question, then that is all the better for getting the right response back.

Now look at the first question on your list. Have a think about it.

Does it start with 'does' or 'is'. If so, then that needs to be changed.

Or have you written too long a question. If so, it needs to be broken up into bite-sized pieces.

Now open you Q's and A's Book, and write your question at the top of a new page.

Look at what you have just written down. Have you kept it simple, and worded it so that a response other than 'yes' or 'no' can be given back to you by your intuition?

Now onto the next question on that list, if there is one, and do the same, but on a different page.

Already working on that question in your book? Then go to that page and write down the new question at the end of the previous response.

If you already have a thread running in your book, and would like to investigate whether the answer you got back is still the same. Or you are dissatisfied with the answer you have already had and would like to see if you can receive a different one: go to that particular page and carry on from where you left off.

If you think you would like to carry on with answering a question which you have just written down: Don't! It is likely that it will be your own thoughts which are giving you the info. You need to work your way through the intuitive preparation time to make sure that what you are hearing is your intuitive self and not your thinking self.

When all is done, then close your book and put it away until you are ready to receive your answers. This I shall help you with in the next chapter, which is the second part of this chapter.

(2) Making and asking the questions at the same time:

You will need to leave a good space of time in which to write your answers down and then get your response back. You also need to make your preparation for you intuitive response time before you start writing the questions down.

In other words, you need to leave plenty of time in which to ask your questions. Expecting to gallop through them will only have you crash your intuition, and you will end up with an empty space in your head instead of answers.

You will need: Your list, your Q's & A's Book, your Intuitive Tarot equipment, and a good portion of time during which you will not be interrupted.

...and this is what you need to do:

But first you need to get your Intuitive Tarot equipment laid out, this being your tarot cards in their container, your tarot cloth, a candle plus something to light it with, a clock with an easy see-able face, pen, and glass of water. Plus a quiet place of course. You also need your Questions and Answers Book and your list of questions.

Unfold your cloth and lay it on the table immediately in front of you so that it forms a square, or oblong, of fabric.

Put **your tarot card container** to one side for the moment, instead of placing it in the centre of the fabric, which you will do later on.

The next three items can sit on the cloth, or not, depending on the size of the fabric. You will also need to leave room for your Q's and A's book and your list.

So, somewhere to your left, place **the clock**.

In the centre, towards the back of the cloth, again leaving room to write in your book, place **the candle** in its candle holder.

To the right, in easy reach, place **the glass of water**, but it looks tidy if you place these last three items in an arc.

Now place your **Q's and A's book** in front of you. This replaces the notepad you were writing in when you were practising listening to your intuition. **The book needs to be closed**. You will also have **your list** with the book.

Now you will set your questions, which is the same as in the previous section, but to save you having to search back, here it is again:

What you doing at this stage is: setting the tone of the question for your intuition to make an answer to. If you are focussed when making the question, then that is all the better for getting the right response back.

Now **look at the first question** on your list. Have a think about it.

Does it start with 'does' or 'is'. If so, then that needs to be changed.

Or have you written too long a question. If so, it needs to be broken up into bite-sized pieces.

Now **open you Q's and A's book**, and write your question at the top of a new page.

Look at what you have written down. Have you kept it simple, and worded so that a response other than 'yes' or 'no' can be given to you by your intuition? Well done.

Now **onto the next question** on that list, if there is one, and do the same, but on a different page.

If you **already have a thread running** in your book, and would like to investigate whether the answer you got back is still the same. Or you are dissatisfied with the answer you have already had and would like to see if you can receive a different one: go to that particular page and carry on from where you left off.

If you think you would like to carry on with answering a question which you have just written down: Don't! It is likely that it will be your own thoughts which are giving you the info. You need to work your way through the intuitive preparation time to make sure that what you are hearing is your intuitive self and not your normal, everyday, thinking.

I would suggest **no more than two or three questions** to be taken off your list in the beginning.

Now you are ready to get your answers:

The list is now done with, so put that away from you, and now you are ready to move on to the Intuitive Tarot work.

[Chapter 10: Step Three \(Part Two\):](#)

Getting your answers

Whichever way you have chosen to get those questions into your book, now has come the time to hopefully receive some answers.

If you have written the questions down at some other time, then you need to set your Intuitive Tarot arena as per usual: Tarot cloth on table, clock to left, glass of water to the right, candle in front, and tarot cards in the centre of the cloth.

If you are going into your tarot work straight from writing down your questions: Your tarot arena is already laid out, so all you need to do is get your cards from out of their container, and place them on the table in between the candle and your Q's and A's book.

Off you go:

To remind you that your **Q's and A's book needs to be closed**, and your tarot cards turned over face down.

Take a second or two to **think about what you hope to achieve**: 'to receive answers to my question / questions', or something similar, is what you need to have in your mind.

Now light your candle:

Make a note of the time. Or shift the hands of the clock to the twelve o'clock position might be useful. Fifteen to twenty minutes in the beginning, is probably best. You can extend that time once you are more experienced.

Why keep a check on the time? Well, it gives you another scaffolding on which to work, by making sure that you pace yourself properly. For instance, in your eagerness to get your answers, you might want to skip the first five minutes, or you might feel unenthused about the cooling down process at the end, and skip that as well.

Still with that original thought of wanting to get in touch with your intuition, **light your candle.**

Enjoy the candle flame for a moment. There is no need to rush. Enjoy the process.

The first five minutes: Settling your mind:

Spend a minute letting your mind settle down.

Once it does so, **spend another minute doing Counted Breath breathing.**

This should lead you smoothly into a quietness of mind and a peaceful state of being quite quickly, depending on how dedicated you were to understanding those previous chapters.

To remind you, that if you are having trouble getting that mind of yours calm then you are not yet ready to start working with your tarot cards intuitively because getting in touch with your intuitivity depends on you having that quietness of mind. Please do not move out of this patch of time unless your mind is peaceful and calm. Do not be impatient to get those answers.

The second five to ten minutes:

Getting in touch with your intuitivity

Observe the candle again, look at its light, how it glows, how it shimmers.

Open your book at the first question. Without thinking, keeping an empty mind, look at the words.

Take a card from your tarot deck, keeping it face down. **Put it on the page.** Its position is not essential, but you need to see the card when you turn it over, and also be able to write what comes into your mind, so you might have to manoeuvre your space a little bit.

Look at the candle for a moment. Keep that mind of yours empty. **Let your gaze lightly graze over the question,** but still keep mind quietness. Let no thoughts invade your headspace.

Absorb the question into your mind.

Then **drop your gaze onto your tarot card.**

Take a deep breath, and with your mind still focussed and calm, **turn over the card.**

Immediately words should arrive in your head

However, **if there is silence** and nothing comes into your mind, then don't go into a panic. Either the question is not crafted in the right way, or your mind is too awake, or it is not the right time for you to receive an answer.

What you don't need to do is start searching the card for something that will trigger off some words, because then this will be you waking your mind up. This is not being intuitive. **Intuition is immediate.** Before your mind starts searching about for words to give you, your intuition will have spoken to you

If there is delay of a second or two before something comes into your mind, then it is likely to be connected to your own thoughts. As I have said, intuition is immediate. As soon as the card is turned over, in come the words without delay.

Now **write those intuitively given words down** in your Q's and A's book beneath the question you have asked.

When you are more experienced, you will find that once you start writing those words down, then more will come.

I have known my pen to fly across the page with great speed as a stream of words comes forth from my intuition. I start off with a short

sentence, and end up with a page full of writing! It is as if the pen has a life of its own, and I hardly hear the intuitive words at all, they just seem to arrive on the page! My best writing is done in this way, but on the computer screen rather than being involved with the written word.

Don't dwell on that card for long. If the words arrive fast, then you are hearing your intuition. If the words don't arrive or are delayed, then that is your thoughts and need to be disregarded. A second or two, that is all you need to spend with that card.

Don't guess: don't write down anything word at random, just because you are in a hurry, because you are only cheating yourself.

So, write down, or say out loud what you have received, then **pick up the card and put it to one side, face down.** It has been finished with.

Do not attempt to pick up more cards to see if the answer is different, or more info comes through. Maybe in the fullness of time you might be able to do this, but not at this early stage of intuitive work.

Working with any other questions:

Repeat the process for any other questions you want an answer to. Go slowly, take your time.

The answers to each question should be different to the previous one. And if you have a repeat of the same words, then close down because your mind is feeding you with the words rather than your intuition.

Feeling tired?

Stop for a minute and do some Counted Breath exercises. If that doesn't work, then stop altogether and move on to the last five minute section.

In time you will be able to considerably extend this section of Intuitive Tarot work. All you have to do is learn to stay quiet in mind, and concentrated. But for now, five to ten minutes is all that you will probably be able to manage, keeping the questions to just two or three so that you do not become over-tired.

Pacing yourself will help you become more experienced. Rushing into a hugely long session first time round, will probably make you quickly disinterested in intuitive tarot work.

Time up?

Time to move on to the last part of this session, whatever the outcome of the tarot work has been.

If you have not managed to receive any words, then be philosophical about this, and try to push away thoughts about never being able to in the future. For today, you did not succeed, but the next time you might. You just need to give yourself time, that's all.

Or perhaps you have heard some words, and are full of enthusiasm to keep on having a go at getting more questions answered. Don't. Five to ten minutes is enough, but no longer than fifteen, otherwise you will suffer from mental over load.

Now you need to go into the last five minutes, and, like any athlete after a work-out, you must take time to 'cool down' otherwise you feel tired and not quite yourself.

What is 'cooling down'? It's the equivalent to shutting a door, that's all, and I tell you why and how you need to do this next.

The third five minutes: Tidying up & shutting doors:

Now this is the part of the intuitive tarot work that you are likely to skip. Maybe you have run out of time. Or are bored. Or don't see any point to wasting another five minutes of your time because you haven't got much out of the previous ten minutes.

Foolish one! You are denying yourself the pleasure of feeling virtuous! There is nothing quite like setting yourself a goal, then working towards that goal even if there are times when you can't be bothered to practice, or you aren't as successful as you want to be quick enough.

What you did during that first section of time:

You took time to let your thoughts settle down and prepared yourself for opening the door to your intuitive use of the tarot cards.

What you did during the middle section:

You asked your questions, and hopefully received an intuitive response back, which you then wrote down.

What you will do in the last section of time:

You will be closing down the door and sending back to sleep your intuition, even if you still do not have the foggiest idea as to what intuition is, or how it works. Not to worry, you will find out soon.

But if you have connected with your intuition, and have been able to hear your intuitive response to the cards as you turned them over, then this last step is even more important.

Why? Because if you do not close the door to your intuition then you could start picking up vibes from people and places, and you don't want to do that because it's not good for you.

Now it is not in the scope of this book to explain this further, so, for now, please accept my word that this 'shutting of the door' is something you need to do for yourself.

Observing your candle:

After the hard work of the last five minutes, you need to give yourself a rest, so **look at the candle flame for a minute or two**. Concentrate on the light held within the flame. Feel the warmth flooding towards you, making you feel cosy inside.

If you are finding it hard to stay in the quiet zone, and feel yourself becoming restless, **why not try some Counted Breath cycles**. Soon you will be back on your life. But for the moment, see yourself as having a bit of a holiday from all your life stresses and demands.

Putting away your cards:

Pick up the cards which you have used, and put them together with all the rest. **Keep all the cards face down**. This stops you from becoming too familiar with the graphics, so that when a card is turned over by yourself in the future it will feel fresher.

Now mix them up in whichever way you want to, meanwhile staying concentrated on your breathing. Try not to let your mind wake up just yet. It might be hard!

Put the cards in their container, still face down, as if you are snuggling them down in bed so they can have a rest. This will help you stay connected to them. Try not to see them as inanimate objects, but see them as your friends even though they are, in effect, only pieces of thick paper.

Put the container to one side, taking it off the tarot cloth. Your cards are asleep. See them as being so.

Putting away your Q's and A's notebook:

Close your notebook. You can have a look at what you have written later. Don't be annoyed, or anxious, about what your intuition has just said. Don't be frustrated if nothing much has happened. Be pleased that at least you made an effort to get in touch with your intuition. Keep on

practising, and one day you and your intuition will be more in harmony with each other.

Close the book, and as you do so, **visualise a door shutting.**

Put the book, together with your pen, to one side, preferably with your tarot container. All must be off the cloth.

Now the glass of water, the candle, and a quiet thought:

Once again, and for the last time this session, **spend a few moments looking at the candle.**

In your mind, or out loud, **say 'Thank you' to the Universe for working with you.** Because that is the root from where your intuition comes.

Even if nothing happened, still make your thanks. It is a good habit to get into, and will help you keep an awareness that there is a higher energy who is working with you, even if you don't have a clue as to what it is or how it does so.

Now extinguish the flame of your candle. And put your candle holder to one side.

Now take up your glass of water, and sip the contents until all is gone. Do so slowly, and with thought. Feel yourself getting ready to get back into the saddle of your life. Take time with this process. No need to hurry.

Feel yourself coming back out of your intuitive state. And **put the empty glass to one side.**

And clock, and cloth.....:

Still resisting the temptation to hurry up, still with quiet concentration, and if necessary, using Counted Breath to keep you moving along towards the end of your fifteen minutes:

Take your clock off the cloth, if it is on it. Put it to one side.

So now **you should have just the tarot cloth in front of you,** and without anything on it. An empty space. It is an empty space now. See it as such.

Now fold up your cloth, carefully, without hurrying. As you do so, think of it as 'closing down', 'putting away', or 'completion'. Do this with concentrated thought.

When can I ask questions again?

As many times as you like. But **maybe two or three times a week is best**. Your keenness in the beginning will probably have you practising quite often, perhaps more than you ought to, and you risk over-kill.

So **try to pace yourself**, and try to make special times set into the daily and weekly routine of your life. You will learn quicker if you do.

Watch for patches of frustration and boredom, which are likely to happen if you are to expecting marvellous results and don't get them.

Be therefore patient with yourself through the early stages of intuitive development. 'A journey of a thousand miles starts with a single step' is a useful motto to have when learning new things!

If you set aside time to make one fifteen to thirty minute training session per week, and make a super duper effort to concentrate and follow the guidance I have given you here, then that is better than rattling your way as fast as you can through the fifteen minutes for as many times that you can during your week, believing that quantity is better than quality. It is not.

You will get bored.

You will get frustrated.

You will put aside your cards.

You will not get in total touch with your intuitivity.

You will never be able to become a higher energy psychic.

Be good to yourself.

Give yourself the chance.

Be patient.

Pace yourself. A good session once a week is preferable to loads of sessions per week.

To recap:

Getting in touch with your intuition will open many doors for you, and working with your tarot cards will help you make a start.

First, you will need to make a list of the questions, and then write them in your Work in Progress book, putting each question on a new page.

For getting those questions answered, you will need: Your list, your Q's & A's book, Your Intuitive Tarot equipment, and at thirty minutes of quiet time.

Lay your tarot equipment out as usual, laying out a tarot circle of eight cards, with one in the centre. Light your candle, and spend about five minutes letting your mind settle using Counted Breath breathing. Your Work in Progress book should be immediately in front of you.

Open your book at the first question, keeping an empty mind while you focus on the words. Look at the candle for a moment, holding the words of the question still in your mind. Then let your mind drop to that centre card.

Take a deep breath, and with your mind still focussed and calm, **turn the card over.** Immediately words should arrive in your head. Write these words down in your book beneath the question. **Intuition is immediate.** If there is delay of a second or two before something comes into your mind, then it is likely to be connected to your own thoughts.

Repeat the process for any other questions you want an answer to. Go slowly, take your time. The answers to each question should be different to the previous one. If you start feeling tired, stop for a minute and do some Counted Breath exercises. If that doesn't work, then stop altogether and move on to the last five minute section.

For the last five minutes you will be sending back to sleep your intuition. Take time in putting your tarot equipment away, do not hurry but try to be methodical each time you reach this stage because it helps shut the door to your intuition.

Try to pace yourself with these Question and Answer sessions, especially in the beginning when your enthusiasm will be high. Be good to yourself. Give yourself the chance. Be patient. One good session is preferable to several quick of sessions per week.

[Chapter 11: What next?](#)

If you practice, and are patient with the process of getting in touch with your intuition, then most definitely your skills at working with your tarot cards intuitively will increase. There are no boundaries, because the more you practice, the more experienced you will become.

And the benefits?

You will start hearing your intuition when away from your cards. Now this might have been happening anyway, before you learnt the Intuitive Tarot, but you would have probably ignored that inner voice. Now, after your experience with working with your cards intuitively, you will have learnt to take notice of it, and grown in trust that it is a very wise part of yourself.

As I mentioned earlier on in this book, connecting with your intuition will also open a doorway between you and the Universal energies, or The Powers That Be as I call them.

Now I don't want to go into how they do this here because it would make this book too long, but to give you an idea of what could happen if you continue to listen to your intuition.....

So you wanted to become a psychic....

Or perhaps you didn't! Maybe all you wanted to do was have a go at reading the tarot cards, picked up this book, managed to work your way through the endless pages of advice, and somehow or other managed to find your elusive intuitive self, which actually came as a surprise to you because you didn't have the foggiest idea about what being intuitive really meant, and secretly thought it was all hocus pocus but you thought you would have a go anyway, and found that there was such a thing as an 'intuitive response' because you are now experiencing such an effect!

Working intuitively with your cards will lead you into psychic development, if you would like for that to happen, but you have control over whether you allow this or not. Sort of. I mean, you can push away your intuition, and refuse to allow any sort of ongoing psychic development, but it will always stay there in the background, the opportunity to enjoy this state of being quietly waiting for you to uptake.

What is 'psychic development'?

It came into my head to give you the first chapter of my book 'My Psychic Toolbox' in the hopes that it will give you an idea of what could happen if you allow yourself to continue with your intuitive tarot work.

But I must mention that it is not an advertisement for the book, nor do I expect you to buy it.

Taken from 'My Psychic Toolbox'

Chapter 1: The Psychic Toolbox

My 'tools' are:

Clairvoyance: This is 'seeing' pictures, or parts of pictures that are 'posted' into our minds.

Clairaudience: This 'hearing' voices, which are silent in tone therefore different to those that come from other human beings.

Clairsentience: This is 'sensing', and 'knowing', and having 'heightened intuition'.

Mediumship: This is channelling by direct voice: it is not 'talking to the dead'.

Healing: This is being part of a transfer loop of specific energies designed to holistically heal us.

And all of these 'tools' combine to make the '**Psychic Toolbox**'. To me, being 'psychic' means the lid of my own psychic toolbox is open and the tools have become awake.

Does that sound simple to you? Thought not! It would have sounded just as complicated to me when my psychic toolbox lid was padlocked and closed, which was in the 'before' time of my psychic awareness. Through circumstances which I wrote about in 'The Psychic Virgin' (the sister book to this one), the lid of my psychic toolbox gradually opened so that I now regard myself as a psychic craftswoman, with the tools of clairvoyance, clairaudience, clairsentience, mediumship, and healing, all becoming active when the need arises. But for most of the time I have the lid closed, my busy life and chattering mind keeping it locked.

Ah but then there are times when the toolbox lid springs open: sometimes I have asked for this to happen, other times it seems to fling itself open of its own accord, then off I go like a steam train, the various tools waking up as required.

We are not on our own here on Earth:

We live in a multi-dimensional Universe, you and I, and coming from another dimension is a certain type of energy that is going to help us in whichever way it can. It stands outside of our sphere of living and never are we going to truly understand the nature of it, but that energy has total understanding of us. It is our friend, and will help us through the ups and downs of our life, keeping us company through all of our days. *Always* it will be trying to help us make it through to better times,

shepherding us, guiding us, and showing us the way, although most times we are likely to ignore the help on offer.

It is the quiet voice within us, which most times we disregard, preferring instead to follow our own pattern of thoughts. Nevertheless it stays close by.

Some of us welcome it. Some of us are afraid of it. Some of us are sceptical. Some of us couldn't give a damn. Nevertheless, the energy remains constant and unflinching in its resolve to stick by us through good times and bad.

The purpose of our Psychic Toolboxes:

As I have said, here on planet Earth, we aren't on our own. Coming from another dimension there is an energy that tries to help us, and it is through the tools of our psychic toolboxes that it does so.

The energy is at one end of the tool, and we are at the other. If there is a need for this energy to give assistance to us then one of our tools will become active, and help will be provided through it. That is why we have these 'tools': to connect us to that source of help.

However, independence may be one of your driving forces and you might regard being helped as an unwelcome interference. Well, you do have free will choice so can stay in command of yourself, but never will you shine, and all you will do is become a herd-member, staying the same as everyone else. But the way in which the help is brought through, via the tools, can be inspirational to our individual lives *if* paid attention to: it is offered to us, and it is up to us to uptake that offer.

Working with your toolbox will enable you to be successful in your own right, standing you apart from the majority, and enabling you to become a person who makes their mark in the world. Like me, you could also become psychically well endowed, becoming a direct-link channeller for those other-dimensional energies. Wow! What a thought!

The 'power tool' effect:

Electrical Loops:

Let me try and simplify the way in which our psychic tools work:

Say you have an electrical appliance, like an electric drill, which is sleeping away in the darkest recesses of your tool cupboard because you do not have a use for it at the moment. And then along comes the day when you do need to use it. No good it being asleep then: it has to be taken out of

the cupboard and woken up! And to get it to do this you have to get some energy moving into it otherwise it will stay asleep.

So you plug the tool into a wall socket and switch on the switch, thus sending a surge of electrical current into the drill, waking it up so you can now use it.

You, as the user, now have a tool that has the potential to be active because a transfer loop of energy has been created: electrical energy can now be transferred into manual energy. And hey presto! You have movement and the job can be done.

An electrical loop has therefore been established.

Psychic Loops:

And so it is with the psychic toolbox tools. Like any electrical tool they won't work if they don't have an input of energy and this comes from the energies of the Universe, or Universal energies, or my preferred term, which is The Powers That Be.

I am at one end, my psychic toolbox is in the middle (equivalent to the drill), and at the other end zooming energy through when a need for help is required are The Powers That Be (equivalent to the mains electrical supply).

A psychic loop is therefore established.

Energy translators:

So, a power tool is a translator of electrical energy and a psychic tool is the translator of another type of energy, but both are carriers of an energy which makes them work.

Once they are switched on they are active, otherwise they will stay asleep, but they are always there to be used if the need arises.

When the lid opens....

I can become psychically awake, which means the lid of the toolbox has opened and one or more of the tools has become awake, anywhere and at any time: in the bath, out walking the dog, idly watching TV, frequently during middle-of-the-night loo trips, or when I am professionally required to psychically perform which is either during one-to-one consultations, or standing in front of many people.

There are times when I expect the toolbox lid to open and that would be when I need to channel for other people. Other times, I don't expect it to open, but it does anyway. If The Powers That Be are presented with an

opportunity to help someone in need, then providing conditions are right, they will do so. Always they are watching over us and shepherding us along.

When working for other people:

The Powers That Be and myself, via my psychic toolbox, work as a team so that I can channel their help and advice to wherever it is needed to go. At best I go onto 'automatic pilot', with the information effortlessly streaming through.

At worst, though, I can keep slipping out of the link which makes bringing the information through a lot harder both for myself and The Powers That Be. However, this would be *my* fault and not theirs. Perhaps I am tired, or not well, or the people for whom I am hoping to channel are being difficult and unhelpful, which can corrupt the channelling link. But I try to carry on as best I can, although now tend to be more respectful to the amount of energy I have to channel with. I am also aware that if I am not in the right state of being, that this can also drain the energy of The Powers That Be, although they would say that they have unlimited power. I agree with this, but I am of the mindset that if I am not in full balance then it is going to be harder for them to channel through me.

However, despite such potential difficulties, I enjoy channelling. As I've mentioned before, it could be in a one-to-one consultation or in front of many people when fronting a seminar, which is when I expect my toolbox to be active. Or it could be on the surprise occasions when I am talking to someone and off the lid comes because The Powers That Be need to get some information across to that particular person.

Incoming messages for me:

The Powers That Be find it harder to channel info through to me personally because of my chatterbox mind, which is equivalent to me sitting on the lid of my toolbox, which has the effect of stifling my psychic tools.

This means that The Powers That Be can't connect to me properly although they are able to manage bits and pieces of info, which normally come through when I am occupied with activities that don't take up too much headspace, which then gives them the opportunity to partially activate one of the tools so they can communicate with me.

But it is only a brief chunk of information that flits in and out of my mind quite fast, which even then I tend to disregard because of the busyness of the other thoughts that are chasing about in my mind.

As I say, my mind is the culprit because it doesn't allow me to be quiet for any length of time. My life would be much easier if I was to make more effort at shutting down this clattering machine in my head.

Oh well, I was never going to be an easy person for them to help and I am amazed that I have become such a craftswoman with the tools, because for most of the time I don't feel deserving.

I was the most sceptical of people once:

Once I was sceptical about all that I am writing about here, but that was a long time ago. Now I have had that scepticism removed by yards of experience gathered over the years, and can acknowledge the true reality of our multi-dimensional Universe and The Powers That Be that sit therein.

Yet even now I can still turn a deaf ear to their words of encouragement, or if I do listen, put up an argument and make a fuss because I don't like what I am hearing. And all the while I am being difficult I can feel those energies standing gently to one side, waiting until I calm down, which, during my early days of psychic development, used to make me even angrier with them.

It took a long time to become used to them being nearby while I was raging, but, like a wise parent waiting until the child's tantrum blew itself out, so they would wait for me to do the same. They knew I would eventually listen.

And I always did.

The feeling of them staying close despite my mood of outrage at them, was one of the ways in which I grew in awareness of there being an energy that is watching over me, because *never* would I be able to imagine that sense of being watched over while I was blowing hot with temper!

Do you think me weird and mentally bent over?

I don't mind if you do, because I would have thought precisely the same if I had met someone like me in the days before my psychic toolbox became active. My psychic development came at a time when the subject of the psychic and paranormal was considered taboo by most, and if one did show interest then it had to be done discretely and behind closed doors.

Therefore, as I say, if I had met someone like me I would probably have thought of them as ‘weird and mentally bent over’ as well.

Or perhaps I wouldn’t.

I have a generous nature so it is likely that I would have listened and then taken the line that ‘whatever you think is great but don’t involve me as well!’

For myself, the benefits are huge:

Learning to be comfortable with my psychic tools plus battling away with the many life lessons that have come my way has given me an inner strength. And unlike many others in my age group I have not become hardened or embittered about what has happened in my life and neither do I look back with regret, always I am looking forward to the next adventure.

Working with my psychic tools has given me the energy to do this, plus learning to listen to The Powers That Be when they give me guidance. So understanding my psychic toolbox and learning to work with The Powers That Be has been worth all the effort it has taken because of the opportunities that have come my way. I would wish the same for you.

That is why I have written this book - to inspire you to connect with your own psychic tools so you can receive equal benefit in your life.

Sometimes I am involved with many people, sometimes one person, but the best of the work is ‘behind the scenes’, when I am quietly channelling help from my corner of the world and no one knows I am doing it.

You can do the same if you want to: all you have to do is be willing to work with your own psychic toolbox. The benefits will be huge both for yourself and those you help; in whichever way you help them.

So that is what could happen if you continue to work with the Intuitive Tarot! You could have your own psychic toolbox wake up, and then off like a rocket you will go as well! Seriously, though, I hope that by giving you my experience, you will feel encouraged to let yourself keep onwardly developing. You will find more help in how to do this in my book, ‘The Fledgling Psychic’, or look on my website

But back to this book, and ‘What next?’

Once you have mastered the art of working with the cards yourself, you could start working intuitively for other people, and here I give you some brief guidelines.

Working intuitively for other people:

This is different to working intuitively for yourself, because you would not have written questions to focus and work with, but instead you would have a person sitting in front of you.

Briefly: You would have your tarot equipment laid out, including the tarot card circle, the same as for working for yourself. However, you would not need to have any writing equipment because you would be making your intuitive responses verbally.

In the centre of the tarot card circle, you would have one card in place, just as you would for yourself.

When you are sure that your mind is calm enough to hear your intuition, you would look at the person sitting opposite you, and then spend a second or two looking at that centrally positioned card before turning it over and hopefully receiving input from your intuitive self. This input you would speak out loud so the other person can hear you what you have just received.

And remember: That the person has to be sitting opposite you, and not lounging about in a haphazard manner.

That they have to be respectful of your intuitive self, and not butt in with chatter when you are in the middle of making a focus for them.

That you must spend time balancing yourself both before and *after* the session, the same as you would if you were working for yourself.

This is not a play-play past-time, so don't get out your cards and flick them over so you can see their faces just for the fun of doing so, or showing off to your friends and family, because anything which came into your mind would be anything but your intuition. Sorrow to show sternness about this, but I want you to get the best for yourself and others when working with your tarot cards, and this you can do if you take the advice I have given you in this book.

Don't jump into working for others before you are satisfied that you are hearing your intuition for yourself.

Chapter 12: And Finally

On the subject of money:

I have known people take up a deck of tarot cards with the sole intent of earning some extra cash. They learn a few interpretations from a book, and think that they are clever enough to read for people in the expectation that they will be paid for their services.

How do I know that they do this? Because during my time on Mind, Body, Spirit festivals, I used to hear them doing exactly that. It was quite common for me to hear virtually the same message being given to different members of the public time after time by so-called 'professionals', and the distress this caused me was one of the reasons I eventually pulled away from these types of meetings.

So if all you want to do is earn some easy money by 'reading the tarot cards' then this is not the right book for you.

Why?

Because your need to make money is likely to flatten your intuitivity and make you impatient with regards to getting in touch with that part of yourself. Your driver will be the need to find a fast track route, probably without too much effort on your part, so this is not the right book for you. Good luck to you, and I hope you are able to rearrange your thinking at some point in your future.

But if you want to help yourself find a way forward, are curious as to how the cards work, would like to help others if you could, and respect the work that can be done via the cards, then read on: this book will be of use to you, and in time you will become a skilled helper of others via your intuitive use of your set of tarot cards.

We have come to the end of this book now, and I hope you feel inspired to carry on with your intuitive development, and take it to its fullest extent, which is to allow yourself to become psychic.

Frequently I have mentioned my website, and I built the site to act as a support for the books so that you don't have to buy the books if you don't want to. But it is difficult to put all the information on a website

page, hence the need to write the books. All this information you will find at www.aspectsofself.com

Curiously I feel quite sad as I write this last page, as if I am saying goodbye to you! Normally I am happy to get to this stage of writing, but for some reason not this time! Ah well, time will tell why this is. Perhaps I should give myself an Intuitive Tarot reading to find out why!

Anyway, I hope you have taken something of value out of these pages, but if you have found the information difficult to understand although you are still keen to have a go at getting in touch with your intuitivity, then put this book away for a while, then pick it up again in the future. Perhaps then the info and advice will click into place for you. What you don't need to do is throw it away in frustration! Be patient. This has been an ongoing message throughout these pages, but patience is a must for learning anything new, and don't give up if your patience sometimes evaporates.

That's it. That is all I can do to help you at this stage.

So go forward and enjoy your tarot cards, and let doors open for you, which they undoubtedly will, and don't forget that there are support videos and CDs to help you.

In love and light,

Vera Coe

[Further information about my work, about the author, and other books I have written](#)

About the author

Born in 1947, I did not start psychically developing until my mid thirties, and that was with some reluctance on my part, but develop I did eventually becoming a skilled craftswoman at channelling help and advice from The Powers That Be.

I now live in France, and am busy rebuilding our ruin of a house into a holistic retreat. All the proceeds from the sale of the books go towards this project. At the moment we have managed to get the roof on, and are in the middle of having a loo and shower room built, the ceilings done, and a kitchen sorted out. We have moved out of the caravans we were living in for three years, and are now living in the house. (2011) Life is good.

For more information about my psychic work you can visit my website.
(Address below)

For more information about how the retreat is coming along you can visit my blog, which is <http://vera-labartere.blogspot.com>

Please note that I no longer available for readings due to time constraints: I am concentrating on writing the books that The Powers That Be have given me the titles for, which should keep me occupied for years and years and years!

For further information about my work:

You can purchase a paperback edition here:
<http://www.Lulu.com/spotlight/Labartere>

Or you go on to my website for the book and video listings, and that is <http://www.Aspectsofself.com>

There are also videos on YouTube which give more information about my work. Go to: Veramaycoe Psychic. (The full video listing is on my website.)

Other books I have written and self published:

Psychic Virgin

This has already been published and here is the synopsis...

Bounce. Bounce. Bounce. Like a ping-pong ball I was bouncing along in relationships and not doing very well. I was also psychically asleep, in effect a psychic virgin. No energy other than my own flowed through me, and anyway, I wouldn't have let it. I was as I was and that was that.

But through a certain set of circumstances all was changed and I became proof positive that you don't have to be born a psychic to be a psychic. The subsequent years were a glorious galloping tangle of developing psychic awareness with loads of exciting and surprising experiences including visits from Bible folk and celebs, rescues of lost souls (ghosts) which included a World War Two pilot and a sexy Frenchman, and sundry other experiences too numerous to mention just for the moment.

Intertwined with all this was a shed-full of wide ranging life experiences, which included numerous men-folk and various life adventures including nearly dying. But I didn't. Like a phoenix rising from the ashes I picked myself up again and got back on to my feet.

All in all it was a grand gallop of a life. I eventually fetched up with a goodly amount of psychic ability plus I got to fall in love, and stay in love with, my soul partner. I discovered that there is no secret to being psychic. No 'gift' from birth do you have to have. All you need to do is pay attention to the energies of the Universe when they decide it is time to wake you up.

So have a walk with me through the following pages. I hope you enjoy your read, that it makes you smile, that it helps reassure you that we are not on our own here on planet Earth, that there is a mighty powerful energy which walks beside us every step of the way.

My Psychic Toolbox

This has already been published and here is the synopsis....

You don't have to be born a psychic to be a psychic. For over half of my life I was a definite non-psychic. I 'saw' nothing out of the ordinary, was not 'spoken to' by voices coming from out of the air, never had my voice run away with me speaking words of wisdom which I could never hope to own in a million years, and neither was I ever conscious of feeling a whoosh of something going out to others from me.

Then the Universe intervened. 'Enough', it said. 'It's time to wake you up. And it did. (As told in the sister book to this one, 'Psychic Virgin'). From a standing start I eventually became clairvoyant ('seeing'), clairaudient ('hearing'), and clairsentient ('sensing'). I also got to become a medium ('direct voice' work) and a healer. These abilities I regard as my 'psychic tools'. Put them all together and they produce the 'Psychic Toolbox'. And what they do is enable the energies of the Universe to communicate with, and through me. I have become a sort of portal between us and them.

It's a bit of a weird thing being psychic though. Lots of people think me weird as well. Even I think that of myself sometimes when I am 'seeing' swirls of colour in the air, or a cross legged many armed lady sitting in the air in front of me, or 'hearing' voices in my head which are silent in tone, or when I am 'sensing' someone's future and 'feeling' that something is absolutely right, or when my voice is galloped away with and speaking wisdom that never in this lifetime can I hope to ever achieve, or when a whoosh of energy surges out from me to someone who is sick in themselves.

Or when certain ‘celebrities’ who have passed over come and sing to me when I am on the loo feeling sorry for myself, or when I am lying in a hospital bed about ready to pass over and a whoosh comes into me to stop me from doing so.

Or when I tumble down a ladder and put my foot in a bucket of wallpaper paste meanwhile ‘seeing’ a misty ovoid shape in the corner of the room while I unstick myself from the bucket.

This, and lots more, I write about in My Psychic Toolbox.

The Fledgling Psychic

Helping you to understand the nature of what being psychic actually is, and showing you what is needed if you want to become a psychic person yourself.

The Professional Psychic

Giving help and advice for those of you who would like to become a professional psychic.

The Healing Psychic

For showing you a way to channel healing both for yourself and others.

And that’s all for now,

Thank you for spending time with me, and I hope that you have found something of value to take away with you.

In love and light

Vera Coe