

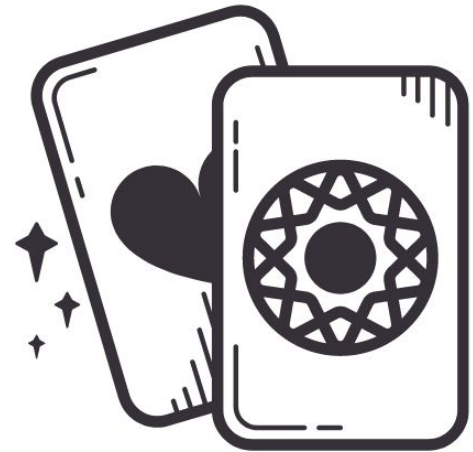
Introduction to Tarot

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Tarot began as a card game back in the 1400's. It wasn't actually used as a divination tool till about the 1800's and more recently in the 70's. You can use tarot for divination, personal development or healing, daily guidance, journaling, connecting with spirit guides and much more!

How to choose your first deck

- 1) Look for imagery you are drawn to
- 2) How do the images help you interpret the cards?
- 3) Are there roman numerals or regular numbers used?
- 4) Are the suits typical?
- 5) Size counts – too big (hard to shuffle) too small (hard to read)
- 6) What is the guidebook like?
- 7) How are you going to use your tarot?



Great Beginner Decks

- Rider/Waite/Smith
- The Modern Witch
- The Dark Mansion
- Light Seer's Tarot
- The Everyday Witch Tarot
- The Crow Tarot
- Zombie Tarot
- Modern Love Tarot
- The Robin Wood Tarot
- The Housewives Tarot

Get to know your deck

- look through each card, colours, what you first see, first feelings, faces etc
- shuffling can be used to clear old energy (or use the elements). Shuffling can also be a form of meditation.

Carry your cards with you, store them on your altar or place them near your bed. Try to use them every day such as daily draws, meditate on a card or

Storage – In a box or bag, on your altar. If you take care of your tools, and show them respect, they will last a lot longer.

Stigmas, fears and anxieties

- portrayed in Pop-culture
 - ex) Death, the Devil
- Tarot cards are only tools. The magic is within YOU. You control your own fate

Misconceptions

- you must be psychic to read tarot
- letting others touch your deck
- being gifted your first deck

Types of questions to ask

- ask questions that are open ended
- keep your questions focused on yourself
- keep your questions focused on the present

Ex) What should I be focusing on right now? What challenges do I face today? What do I need to let go of?

The Tarot Deck

Reversals – don't have to use if you don't want to. Could use them as blockages to work through

Major Arcana – major life events. The Fools Journey, the Temple of Knowledge

Minor Arcana – more mundane / day to day events

Suits:

Swords: Air – Communication & Intellect

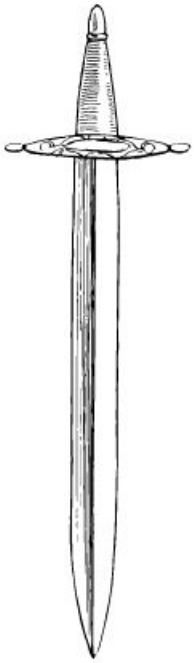
Wands: Fire – Creativity & Work

Cups: Water – Emotions & Relationships

Pentacles: Earth – Home, Health & Wealth



Numbers:



- 1 – New beginnings, abundance empowerment & hope
- 2 – Duality & balance, unions & opposites, decisions
- 3 – Birth of new things, growth & development, community, support
- 4 – Security & stability, discipline, control, solid foundation
- 5 – Stress, loss, chaos, disorder, sense of instability, silver lining
- 6 – Restoration of balance between yourself and those around you, give & receive
- 7 – Momentum while navigating challenges, introspection
- 8 – Reflection & transformation, finding inner strength
- 9 – Final moment of reflection
- 10 – Completion, initiation, recognize what you learned

Court Cards:

Page: (Child) Full of lively playful energy, innocent, eager to learn, will probably make mistakes along the way, lighthearted, easy going

Knight: (Teenager) Know-it-all without maturity, tireless, single minded, movement & action, can't sit still, explosive & energetic

Queen: (Adult) Deep strength, quiet, internal energy, growth, development, don't underestimate their power

King: (Adult) The masters of their suit, external energy, knowledge, stability & discipline, mature

Colours and Their Meanings

White: Beginning (in the sense of a blank page), or ending, healing. Union through the mind or new intellectual frontier.

Grey: Unawareness or deliberate indifference.

Black: The unknown, the centre of a situation, the dark side of the soul or new psychological territory

Red: Matters of the heart, soul willpower and vitality.

Yellow: Joy, consciousness, zest for life.

Blue: Open sky/space, clear water, spirituality.

Green: Fresh, young, promising, inexperience, immaturity & growth, envy.

Brown: Connected to nature and the Earth, rooted in the soil, grounded.

Violet: Experiencing boundaries, intuition.

Spreads

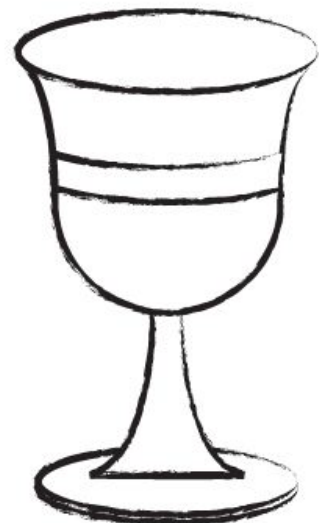
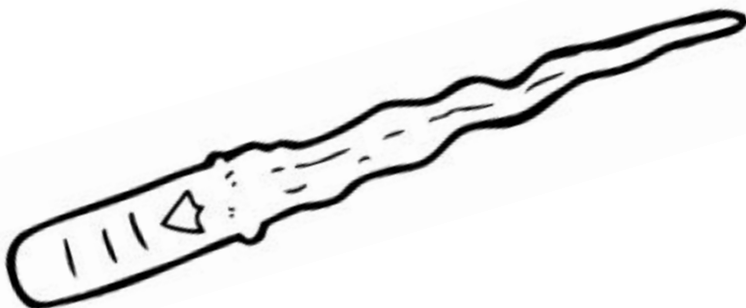
Tarot spreads help layout the cards in such a way to help tell the story of what your deck is presenting. You can look at the cards in reference to those close by and see connections forming. You can always pull more cards to gain more clarity and ask more questions. Common spreads are the Celtic Cross and 3 card spreads

Celtic cross: this is an in-depth spread that gives a wide-ranging look at where you are and where you are headed.

3 Card examples: past/present/future, mind/body/spirit, challenge/action/outcome,

Create a Tarot Journal

- You will start seeing patterns and connections emerge.
- You get acquainted with tarot easier as you are asking yourself questions. You will spend more time looking at the cards and see fresh perspectives each time.
- If something in a reading doesn't make sense, you can check back at a later date to see if the signs were there all along.
- You can use the cards as journaling prompts or to help with creative writing.
- You can look at the images from different decks for the same cards and draw more insight comparing them.
- If you have any tricky cards, you can spend more time delving into them and why they cause you trouble. (court cards perhaps?)
- When you write stuff down you remember it more.
- You will grow in your practice the more you use it.



Books ☐ Recommended Reading

- Tarot for Yourself – Mary K Greer
- Your Tarot Court – Ethony Dawn
- Modern Tarot – Michelle Tea
- The Creative Tarot – Jessa Crispin

Websites

Ethony – www.ethony.com Free tarot spreads, lots of knowledge, tarot decks, books, Awakened Soul Coven

Biddy Tarot – www.BiddyTarot.com Lots of learning resources, books, tarot decks, super knowledgeable

The Tarot Lady – www.TheTarotLady.com Spreads, books, astrology, podcast, classes etc

Healing Thru Tarot – www.HealingThruTarot.com Podcast, spreads (pinterest board)

My Website – www.SusieGourlay.com Classes, spreads, zines etc

Inspirational Instagram Accounts

@ethony

@emeraldlotusdivination

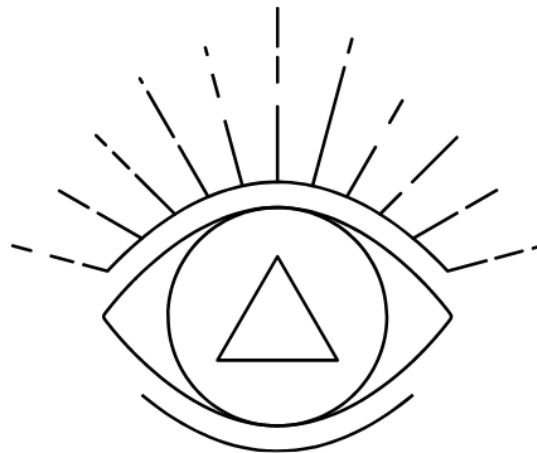
@wellnessfoundry

@lionhearts

@owlandbonestarot

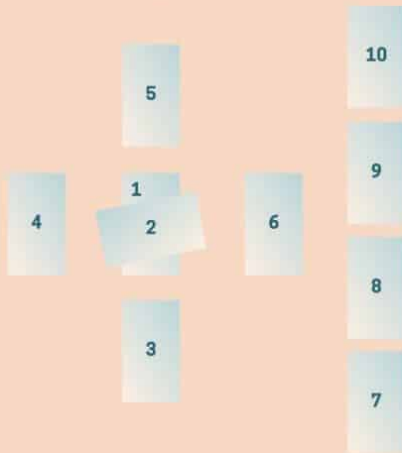
@woolly_witch

@theteawitchtarot – Sign up for her newsletter!



Enjoy the Journey ☐

CELTIC CROSS TAROT SPREAD

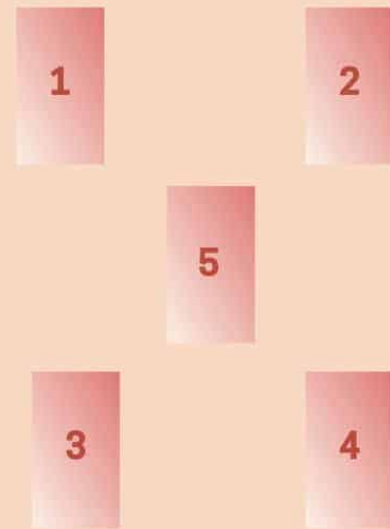


LEGEND

- | | |
|-----------------|------------------------|
| 1. Present | 6. Near Future |
| 2. Challenge | 7. Internal Influences |
| 3. Subconscious | 8. External Influences |
| 4. Past | 9. Hopes and/or Fears |
| 5. Future | 10. Outcome |

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FIVE CARD TAROT SPREAD



LEGEND

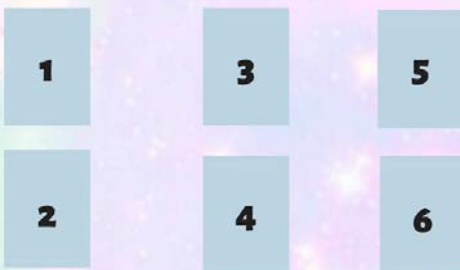
- | | |
|----------------------|------------------|
| 1. Present Situation | 4. Final Outcome |
| 2. Influences | 5. Theme |
| 3. Challenges | |

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Deck Interview

FOR NEW TAROT DECKS

Ohm Terra



1. DESCRIBE YOURSELF
2. WHAT TYPE OF READING ARE YOU BEST SUITED FOR?
3. WHAT ARE YOUR STRENGTHS?
4. WHAT ARE YOUR WEAKNESSES?
5. HOW CAN WE WORK BEST TOGETHER?
6. A MESSAGE YOU WOULD LIKE TO GIVE ME

Tarot Spread

SELF-REFLECTION

The diagram shows 5 numbered positions for the Self-Reflection spread. Position 1 is at the bottom, 2 is in the middle, 3 is to the left of 2, 4 is above 2, and 5 is to the right of 2.

- 1: How is my self-talk affecting my ability to be true to myself?
- 2: What am I hiding from myself out of shame or fear?
- 3: What is a healing aspect/influence that I can access right now to help me overcome this?
- 4: What do I need to let go of?
- 5: What do I need to embrace and nurture right now?

Davyandtracy.com

Move in the Flow Spread



Use this tarot spread when you're navigating change or trying to move better in the flow of things.

1. What you can do to ease your way.
2. Something or someone that can help.
3. What to let go of.
4. Where you'll be or what you'll gain if you let things flow.
5. A piece of advice.

By: Jessica The Tea Witch

Court Cards

<i>Swords</i>	<i>Wands</i>	<i>Cups</i>	<i>Pentacles</i>
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<i>Gifts</i>				
Page	Inspiration	Creativity	Emotion	Nature
Knight	Action	Adventure	Romance	Endurance
Queen	Truth	Confidence	Intuition	Healing
King	Clarity	Leadership	Sexuality	Stability

<i>Archetype</i>				
Page	The Detective	The Con Artist	The Empath	The Naturalist
Knight	The Warrior	The Adventurer	The Romantic	The Soldier
Queen	The Judge	The Performer	The Mystic	The Healer
King	The Specialist	The Entrepreneur	The Humanitarian	The Manager

<i>Pop Culture</i>				
Page	Nancy Drew/Sherlock Holmes	Peter Pan/Shaggy	Phoebe Halliwell/Deanna Troi	Hagrid/The Hobbits
Knight	Bruce Lee/Wonder Woman	Indiana Jones/Lara Croft	James Bond/Romeo & Juliet	Forrest Gump/Maverick
Queen	Cersei Lannister/Galadriel	Carrie Bradshaw/Dreamgirls Cast	The Oracle/River Tam/Dr. Strange	Dr. Quinn/House
King	Spock/Dr. Brown	Oprah/Steve Jobs/Mark Zuckerberg	Batman/Professor Snape/Aragorn	Scrooge/Ron Swanson



TAROT CHEAT SHEET

UPRIGHT

MAJOR ARCANA

0 - The Fool - beginnings, risks, leap of faith		
Consciousness	Subconscious	Superconscious
1 - The Magician - ambition, manifesting, as above-so below	8 - Strength - inner strength, endurance, management, courage	15 - The Devil - addiction, limiting beliefs, temptation, restriction
2 - The High Priestess - secrets, intuition, knowledge, listen to your truth	9 - The Hermit - analysis, solitude, introspection	16 - The Tower - abandoning old ways, fast end, breakthrough
3 - The Empress - creativity, fertility, nature	10 - Wheel of Fortune - luck, fate, destiny, cycles	17 - The Star - hope, guidance, inspiration, purpose, trust
4 - The Emperor - order, power, boundaries	11 - Justice - decisions, balance, fairness, reason	18 - The Moon - deep emotions, fear of the unknown, something hidden
5 - The Hierophant - education, tradition, counselling, spiritual guidance	12 - The Hanged Man - waiting, sacrifice, change of perspective, surrender	19 - The Sun - growth, radiance, happiness, recovery
6 - The Lovers - unity, reconnection, trust, balance	13 - Death - rebirth, change, endings	20 - Judgement - second chances, forgiveness, transition
7 - The Chariot - progress, determination, choices	14 - Temperance - moderation, peace, negotiation, harmony	21 - The World - success, completion, fulfillment, triumph

MINOR ARCANA

	Swords	Wands	Cups	Pentacles
Element	Air	Fire	Water	Earth
Time Frame	Months	Weeks	Days	Years
Season	Winter	Spring	Summer	Autumn
Sabbats	Samhain, Yule	Imbolc, Ostara	Beltane, Litha	Lughnasadh, Mabon
Witches Pyramid	To Know	To Will	To Dare	To Keep Silent
Jung's 4 Functions	I Think - The Mind	I Desire - The Soul	I Feel - The Heart	I Possess - The Body
Keywords	the intellect, communications, thoughts & decisions	travel, passion, life purpose, action	emotions, relationships, intuition, nurturing	home, practicality, money, achievement & health
Ace	new thoughts & ideas, a new understanding	a spark of inspiration, time to begin	open yourself to love, be compassionate, new relationship	plan & begin creating, stay focused
Two	decision making, look at something from a different view	building momentum, a path forward	supportive energy, partnership, unity	multitask, remain patient, find balance
Three	emotional release, pain is part of life, taking words to heart	remain open minded, move forward with confidence	be sociable, enjoy life, lift others up, reunion	team work, collaboration, focus
Four	rest, take a break, time to recharge	celebration, community, security	boredom, missed opportunities, remorse	trust, give up some control, find flexibility
Five	self-destruction, pick your battles, things aren't as bad as they seem	struggle, feeling distracted	despair, abandonment, mourning, loss	material hardship, health problem, financial worries
Six	transition, travel, move forward	celebrate, victory, inspire others, lend a hand	inner child, nostalgia, a safe place	abundance, give back to others
Seven	deception, manipulation, working too hard	perseverance, challenge, competition	wishful thinking, lots of choice, illusions	internal waiting period, good things take time, be patient
Eight	feeling trapped, anxiety, victim mentality	quick action, a busy time, stay in control	soul searching, it's ok to walk away, don't look back	apprentiship, hone your skills, put in the work
Nine	nightmares, feeling haunted by fear, insomnia	don't give up, your goal is within reach	fulfillment, take pride, be grateful, rewards	alignment, fulfillment, confidence in your work
Ten	major difficult ending, submit, loss	work hard to maintain your success, more responsibility, strength of will	feeling content, a state of harmony, a sense of freedom	a focus on family, connect with ancestors, security & sustainability
Page	change in thinking, know-it-all, thirst for knowledge	a change or new beginning in work, good news, confidence	a new opportunity with emotions, an offering or message	opportunity or gift from the universe
Knight	charging forward with bravery	it's go time, brave, take risks, travel	slow moving, romantic, loving, dreamy	slower energy, staying grounded
Queen	can cut through the BS, crystal clear thinking, direct	confidence in decisions, grace, independent	empathy, sure of emotions, giving	rooted, abundant, down to Earth
King	forward thinking, understanding of the situation	a strong sense of what is needed (and will get it done), born leader	caring, kind, compassionate	successful, practical, dependable



TAROT CHEAT SHEET

REVERSED

MAJOR ARCANA

0 - The Fool - naivety, lack of direction, fear, reckless

Consciousness	Subconscious	Superconscious
1 - The Magician - lack of energy, confusion, manipulation	8 - Strength - self doubt, feeling powerless, lack of awareness	15 - The Devil - doubt, not aware of the things causing you harm, struggle
2 - The High Priestess - secrets, withheld information, not listening, frustration	9 - The Hermit - loneliness, withdrawal, exile	16 - The Tower - breakdown, obstacles, downfall, weak foundation,
3 - The Empress - lack of energy, being a control freak, low self-esteem	10 - Wheel of Fortune - bad luck/karma, misfortune, resisting change	17 - The Star - missed opportunity, focusing on the negative, despair
4 - The Emperor - being too rigid, an abuse of power, lost control	11 - Justice - dishonesty, imbalance, not talking responsibility for your actions	18 - The Moon - worry, unable to reconcile emotions, confusion, path is hidden
5 - The Hierophant - waste of knowledge, feeling jaded, no motivation to learn	12 - The Hanged Man - too afraid to surrender, a situation has turned upside down	19 - The Sun - difficulty finding answers, overly optimistic, unrealistic
6 - The Lovers - separation, uncertainty, unbalance	13 - Death - illness, resistance to change, fear	20 - Judgement - being too hard/soft on yourself, haven't learned from past actions
7 - The Chariot - lack of direction, feeling run-down, indecision	14 - Temperance - lack of balance, tension, holding onto the past	21 - The World - failed plans, stagnation, giving up, skipping steps

MINOR ARCANA

	Swords	Wands	Cups	Pentacles
Element	Air	Fire	Water	Earth
Time Frame	Months	Weeks	Days	Years
Season	Winter	Spring	Summer	Autumn
Sabbats	Samhain, Yule	Imbolc, Ostara	Beltane, Litha	Lughnasadh, Mabon
Witches Pyramid	To Know	To Will	To Dare	To Keep Silent
Jung's 4 Functions	I Think - The Mind	I Desire - The Soul	I Feel - The Heart	I Possess - The Body
Keywords	the intellect, communications, thoughts & decisions	travel, passion, life purpose, action	emotions, relationships, intuition, nurturing	home, practicality, money, achievement & health
Ace	keeping ideas secret, lack of clarity, slow start	distraction, lack of direction, frustrating delays	sadness, repressed emotions, bad news	lost opportunity, unbalanced budget, health concerns
Two	indecision, not seeing enough information, a stalemate	lack of planning, fear of the unknown, at a crossroads	arguments, losing friendships, imbalance, abuse	unorganized, over committed, stress affecting your health
Three	rejection, heartbreak, grief, overly sensitive	lack of foresight, unexpected delays, over commitment	overindulgence, cancellation of events, gossip	working alone, under appreciated, no motivation, competitive
Four	restless energy, passive approach to change, burn out	conflict with others, being too modest, insecurity	being proactive, focusing on the positive, appreciate what you have	overspending, greed, a strong desire for security
Five	feeling scattered, doing too much, conflict, reopening an old wound	being too passive, avoiding conflict, avoiding discomfort	accepting help, grieving, moving on, healing	positive change, recovery from loss, forgiveness, moving forward
Six	reluctant to change, unfinished business, unresolved conflict	falling from grace, egotistic, selfish attitude	feeling stuck in the past, growing up, lack of creativity	being undervalued, poor financial decisions, getting scammed
Seven	keeping secrets, self deceit, feeling like a fraud	exhaustion, overwhelmed, giving up, defensiveness	indecision, being materialistic, poor choices	workaholic, procrastination, not putting in the effort
Eight	escape, facing your inner critic, letting go	delays, lack of action, out of control	fear of moving on, faking happiness, stagnation	misdirected activity, poor quality, lost love for your work
Nine	releasing worry, seek help, on the way to recovery	refusing to compromise, fatigue, unexpected trouble	sadness, underachievement, disadvantage, immaturity	lack of stability, theft, over investment, gold digger
Ten	transformation, regeneration, renewal	avoiding risks, restricted options, anti-climax	struggling relationships, misalignment of values	financial failure, rocky foundations, domestic disputes
Page	haste, holding back, annoying others	gullible, spoiled, lethargic, feeling uninspired	attention seeking, ignoring inner voice, emotional vulnerability	lack of progress, unhealthy lifestyle, bad news, money trouble
Knight	slow down, replenish yourself, too impulsive	arrogant, not finishing what you start, cancelled travel	jealousy, moody, disconnected from reality	feeling stuck, impatient, a loser, disloyalty
Queen	cold-hearted, overly emotional, aggressive	overbearing, manipulative, unfriendly, pushy	co-dependency, time to take care of YOU, uncontrolled emotions	health problems, disorganization, ungrounded
King	manipulation, misuse of power, showing off	tyrant, unreliable, powerless, lack of experience	playing with emotions, being too dramatic, manipulation	obsessed with wealth, fear of commitment, corruption