

Intuition is that strange state when our right brain whispers something to us we shouldn't practically know, and yet it is accurate. Everyone has this ability- its just some of us have been taught over the years not to trust this special sense.

This document contains practical ways to reconnect with your intuition. And if your intuition flows naturally- then this document will help you to be more grounded, and in control of the intuitive flow.

Altered state of consciousness

The first thing to understand is how you best enter that slightly dreamy altered state of consciousness where your right brain is more listened to, and your left brain quietens down.

You might consider this deeply relaxed, meditative, peak or flow. There are many different descriptions.

Basically you are totally in the moment, relaxed, calm, and everyday life seems a step away. Random solutions may come to you, or you may have answers you've been searching for a while.

It may be through music, nature, meditation, art, sports, a bath, breathwork, ritual. There is not right or wrong way.

Work out some of the ways you access this relaxed focus mindset, and make sure you are scheduling these in to your diary in a regular way.

Creating a trigger

Next you need to link this altered state of consciousness to your Tarot work.

A slight word of caution. I did this in the 90's with a beautiful CD of drumming and Native American chanting. Worked like a charm- until I realised so many alternative shops were playing the CD, and I would enter and then become very dazed and disorientated!

Later during my first pregnancy I associated deep relaxation with a Medieval Babes CD (if you haven't heard of them- do look them up.) This one CD was played through all 4 labours and worked wonderfully. They now play locally at a festival near us each year. You'll find me, often crying softly because their music still transports me to a deeply healing state.

So pick wisely- if you are using music, try not to pick something others will play!

Whatever gets you into the zone- try and create a little routine where you use your trigger- and then go straight into a Tarot reading.

This might be going for a walk, then coming into to read. Or even pausing to shuffle and draw three cards on your walk.

Doing a small yoga routine before reading.

Or drawing, singing, creating- before moving into a reading.

You are training your mind to connect this deeply relaxed state with reading Tarot. It can take a little time, and definitely consistency. But in time you'll pick your cards up and feel that deep state of relaxation without needing to do the activity first.

You may notice I often shuffle cards, even when teaching or not reading. Shuffling cards is so connected with this deep relaxed state it calms me!

You can also incorporate a particular scent, crystal, etc training your mind to associate these things with deep relaxation.

Connect a deeply relaxed state with reading Tarot, until intime reading Tarot will trigger the state automatically.

Let go of expectation

When we work with Tarot as a tool to move from A to B we are in the Sensation (Pentacles) headspace. We have defined expectations we are looking for- and our left-brain will look for them, overshadowing the more subtle right brain.

Let go of expectation, story, judgement.

Step into iNtuition, flow, narrative.

Yes you may have a defined question, but that is for the shuffling and the spread.

As you gaze at, and read, the cards- allow yourself to see what is there, not what you expect to see.

Look

NEVER reach straight away for the book, crib sheet, or google. Look at each card- as if with fresh eyes- and allow your intuitive self to read the pictures.

Move into a pages headspace. Be fascinated, playful, open to see what is there- not what you expect to see logically.

Feel into the Narrative

As you turn over each card feel into the narrative. Now its hard to describe this- when we watch a film, or read a book we enter the authors world. We leave our expectations behind, believe the world view, and start to have a knowing of what will happen next. There are many clues- (lets use an example of a film) the Title, genre, music, plot foreshadowing- we are feeling into the world view of the Author.

This is how to get that intuitive narrative flow with tarot.

Not to approach it as you, with your experiences and expectations.

But to lean into your reading and develop a knowing of what you expect to come next.

Don't worry if this feels hard (or even impossible) with practice it will come- but not if you stress about it!

Validate

No point in being an intuitive reader if you are so off point there's nothing valid there!

If you are reading for someone else- share your thoughts, validate your reading.

If you are reading for yourself- journal, and look back to see where you were accurate.

Practise

Anything worth learning takes time!

Build Tarot into your life in a playful, enjoyable way. Don't see your readings as a chore or a job to be rushed through.

Find a way of enjoying them, build a ritual around them (even if it's a lovely cup of tea and favourite biscuit!) so you look forward to reading for yourself.

Our spiritual practise works so much better when we look forward to it, enjoy it, ring fence it as important.

Reach for your cards as if reaching for a favourite book or calling a close friend. Build a relationship with them.

These skills will take a lifetime to master (still learning myself) yet hopefully begin to improve your readings almost immediately.