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TAROT READER, SHAMAN & HEALER

Tarot is a wonderful tool to help you connect to your intuition, or gut instinct if you prefer.

It helps you to make the best choices, even when life seems chaotic.

Intuition & intent come together to create a living map of the best way forward- that is the magic of Tarot.

I have created this small booklet to help you make the wisest choices using the tool of Tarot....



How to use this guide...

#1 Focus on your question, or the day ahead & ask "What should I best do?"

#2 Choose one card from the deck (Rider-Waite or DruidCraft are recommended)

#3 Look at the card and let your unconscious read the symbols.

#4 Find the card in this booklet and apply the practical advice to your question or coming day.

The tarot breaks done into groups;

10 wand cards- Energy, spirit, passion & enthusiasm,

10 cup cards- Feelings, emotions, relationships.

10 sword cards- Logical mind, communication & thoughts.

10 pentacle cards- Anything physical- money, work, health, home & community. Action.

16 court cards- Reflecting different psychologies- how should you best be.

22 Major Arcana. Each card is named- these are things you can not change- they may the wider society, people around you, things that are going to happen. Sometimes they are internal awakenings that you need to experience.

Ace wands	Take a chance, jump at something new. Find a little peace and allow yourself to “know” what you must do.
2 Wands	You need to make a choice, commit to a decision. Step out of your comfort zone today and just get on with it.
3 Wands	Pause and appreciate just how much you have achieved- through hard work & careful planning
4 Wands	This is a card of celebration. Whether it is small and more to cheer you up, or a big step forward. Celebration is good for the mindset.
5 Wands	Things seem a little muddled- Sort out your desk, write a list. Get everything in order to allow you to focus.
6 wands	Confidence is key with this card. Walk tall & fake that confidence for today.
7 wands	Just be yourself- nothing else is needed. Don't allow yourself to be distracted by what other people think.
8 wands	Lots going on- don't try to micro manage, but ensure everything is running smoothly
9 wands	A card of rest and preparation. Try an get ahead of yourself, but do take time to rest and recharge your batteries.
10 wands	Simply too much! Stop, organise a to do list, delegate, ask for help. Too much (this could also be procrastination through being busy- cleaning the kitchen to avoid doing tax returns!)

Ace Cups	You can't give what you don't have- look after your own emotional needs today. A little self-nurture!
2 Cups	Partnership- spend time with some one else today- who you find inspiring. Friend, colleague or lover!
3 Cups	A little help today will go a long way. Spread the load, reach out, connect.
4 Cups	Pause and take the time to dream, doodle, vision. Connect with your dreams a little.
5 Cups	Stop focusing on all the little things that may be going wrong. Focus on what is working today.
6 Cups	A day for simple pleasures &a little fun. Lighten your mood with ice-cream, comedy or a walk in the park.
7 Cups	Open your mind to new possibilities & solutions by imagining what you would most love to achieve.
8 Cups	A different perspective is needed today. Make changes to your routine so you can see the wood for the trees.
9 Cups	The "wish" card. Act as if everything is hunky-dory, just for today. It can make quite a change.
10 cups	Relationships are key today. Whether family, work or friends. Make time for people.

Ace swords	Get your ideas straight- you might want to write them down and get them in order- or speak honestly to someone about this.
2 swords	Stop thinking, stop listening to anyone else. Trust your intuition, your gut reaction today.
3 swords	Speak form the heart, speak really honestly.-at work, to a friend, lover, or just to yourself.
4 swords	A mental declutter is needed. This could be a duvet day, clearing your desk or meditation.
5 swords	Other people's words only hurt you when deep down you believe there is truth in them. Believe in yourself today & don't get pulled into stupid arguments.
6 swords	Try not to micro-manage. Trust the process, allow others to help, try and keep things smooth (don't rock the boat!)
7 swords	Originality is needed. Take a risk, be original, think outside of the box. Blend your ideas & be unique!
8 swords	Don't allow other's words, or your thoughts, to hold you back. Monitor your own thoughts carefully and try to not box yourself in.
9 swords	You can not think yourself out of this card. Stop thinking and do something- write a list, go for a walk, talk to someone. Do & don't think!
10 swords	Mental de-clutter to allow a new start, a new way of thinking. Shout, throw things out, clear some space, talk with honesty.

Ace pentacles	An opportunity is opening for you- but you must step out of your comfort zone to make this happen.
2 pentacles	A lot is going on stay calm and focused then you can juggle this successfully.
3 pentacles	Be confident enough to ask for fair exchange today- ensure everyone is pulling their weight (including you!)
4 pentacles	You need firm plans, to be well organised and pay attention to details. Conserve money & energy.
5 pentacles	Conserve your money and energy and watch out for unexpected delays and problems.
6 pentacles	Be careful that you are not trying to control others too much, or that someone isn't trying a power play on you. Just don't get involved!
7 pentacles	Pause to reflect- what has worked well before. This is the key to success today.
8 pentacles	Do you need to learn something to help you get this done? Or do you just need to set aside time and focus?
9 pentacles	You have all the skills and resources you need to be successful- you now need self discipline and self-belief.
10 pentacles	Don't allow comfort, or material focus to stop you from enjoying relationships & having fun. This card is reminding you to take time to connect to people.

The Court-cards are 16 different psychological approaches to life & your question.

Wands- high energy & inspirational.

Princess wands	Be enthusiastic, creative, involved. Wear your heart on your sleeve and jump right in!
Knight wands	Just go for it! Don't think, face any fears and race right in- you'll work the details out as you go.
Queen wands	Time for the upmost confidence. Believe in yourself, and others will believe it to.
King wands	You have a knack of making things work- a charisma, charm and inner confidence.

Cups- feelings, emotions & right brain thinking

Princess cups	Trust your intuition, be playful and emotionally honest.
Knight cups	Either be creative and soulful, or charming- which ever best fits your question!
Queen cups	Self. Focus on you. Self-nurture, self-care, what you believe in & feel will be reflected back to you. So work on you.
King cups	Put your emotions to one side and try to think of the bigger picture.

Forget gender or rank- just look at the attitude the card embodies.

Swords- Logic & clear planning rule the day.

Princess swords	Watch what you say- your honesty may cause problems if you are not careful.
Knight swords	But utterly focused. Write down a goal, a plan, and then stick to it.
Queen swords	Clear boundaries are needed. Be honest and do what needs to be done.
King swords	Delegate, plan, order. You may have taken a lot on but with careful planning and gentle honesty you can do this!

Pentacles- Practical & gets the job done.

Princess pentacles	Pay attention to details- you might need to set a clear budget or learn something new to make this work.
Knight pentacles	Preparation is called for. Take your time, don't rush, and prepare prepare prepare.
Queen pentacles	A practical head is called for. Balance is needed, a little kindness a little preparation and get the job done.
King pentacles	Attitude is all. Focus on appreciation, gratitude and enjoyment.

The Major arcana- “big cards” that often talk about the bigger picture, psychological break throughs and things you cannot change.

1 Magician	You have all you need to achieve this, even if it is only the very start. Be the change you want to create.
2 High Priestess	Quiet introspection will really help. Rest, find time to be alone, reflect- feel your strength increase.
3 Empress (Lady)	Fun, a little of what you fancy, let the creativity flow. Trust the process- you'll be amazed how things can work out when you relax!
4 Emperor (Lord)	Self-discipline is called for. Focus on creating and following a clear plan. You need to be logical, organised and delegate as needed.
5 Hierophant (High Priest)	Reach out for some guidance to make this work. Whether this is a book, teacher, mentor, or even delegating to those with a better skill set than you.
6 Lovers	It is your attitude that is the key today. Even if you can't control the circumstances, your reaction is always your choice. Choose wisely.
7 Chariot	Balance your hopes & fears and get this sorted. There is never a “right” time- only today.

8 Strength	Work on your weaknesses, be very honest about them- but do be kind to yourself today.
9 Hermit	A little help will go a long way - a mentor, inspiring book or friend will be a big help. Reach out and ask.
10 Wheel of Fortune	Things are changing fast, accept that and go with it. Try and find a little time to be peaceful & trust the process
11 Justice	Everything has a consequence- Put a lot of effort into today and it will be worth it (but be fair & honest!).
12 Hanged man	This is a day for trusting your heart, not thinking it through logically. Aim to look at things from a different perspective.
13 Death	Try to let things go today, make space for new growth. Let anything go that is not working for you!
14 Temperance Fferyllt	Keep everything balanced, trust the process this is a magical card. A little spontaneity will be really helpful.



15 Devil Cernunnos	Do not make excuses or put stuff off today. Be confident, step into your power!
16 Tower	There may be change, arguments, flashes of insights. Be bold & ready to adapt as things change.
17 Star	Balance is needed- 50% positive thought & reflection. 50% getting on with it.
18 Moon	You may not have all the facts. Take it one step at a time and do not make fear-based decisions.
19 Sun	A fun card reminding you to enjoy life- get outside, shout about your successes & embrace a sense of playfulness.
20 Judgement Rebirth	You just know what you need to do – a nagging inner voice is telling you, and it is right!
21 World	A card of genuine success and things coming together- be brave and do what you know needs to be done.
0 Fool	A leap of faith, mad trust in an insane scheme, potential is there you need to trust.

Often the Tarot is a key to your own higher guidance, reminding you of what you know deep down.



....”We were in the shed, setting up her old loom. She pointed to the vertical lines of the yarn fixed to the wooden frame. “There are circumstances in our life that cannot be changed: when and where we are born, who our parents are.” She tugged hard at the yarn. “This is the warp. It’s fixed, see?” I nodded, and she placed my hand on the lines running across the frame from side to side. “This is the weft- the yarn that goes over and under the warp. This part we can change.” I looked at her, confused, and she hugged me close. “A person who has a poor start in life can still weave a good tapestry, if they make the right choices.” She whispered, **“Strengthen what’s there, my child, and no one will notice the holes. “**

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