

THE MOMENT IS NOW

You know you are intuitive.

You dabble in numerology, oracle cards, angel numbers, Tarot, maybe Runes or charm casting.

But so far, it hasn't really come together.

You think: Maybe I'm not "gifted" or "meant for this."

You're not alone.

Today is a good day.

Today is the day you start your Tarot journey.

I'm 35 years into my Tarot journey, and it has been an amazing one. It's been filled with intuitive insights for myself and others that are subtle but strong and undeniable.

A journey begins with the first step.

Your first step is today.

Welcome to your Tarot journey. The moment is now.

THIS BOOK IS FOR YOU IF YOU...

- are a Tarot newbie, just getting started
- have had a deck of Tarot cards laying around but aren't sure what to do with them
- are looking for a way to tap into your intuition as a compass or guide for your life
- are struggling to read Tarot, have to look up definitions, and/or have a hard time with it "all coming together" in a reading
- have been reading on your own for a while but want greater depth to your readings

MY JOURNEY WITH TAROT

When I was a kid, you could find me in section 133 of the library. Looking up the Dewey Decimal Classification for 133 you will find specific topics in parapsychology and occultism. I investigated all sorts of topics from Tarot and astrology to numerology, palm reading and the like. I followed the behavior of a hummingbird, flitting from flower to flower and sipping the sweet nectar of new information.

When I went to college in the late 80s, I browsed the shelves of New Age Bookstores. That's when I found Tarot. I bought a Marseilles deck and Tarot for Yourself by Mary K. Greer. I followed the book and taught myself how to read. I had a friend who also read cards and we'd read together.

Tarot stayed with me, though I continued to behave like a hummingbird, dipping in and out of other esoteric or "occult" topics. As with anything, I went through periods of engaging with it more and engaging with it less.

In the year 2000, I put the cards down.

I met my husband that year, and he made it clear he was not in alignment with such things. No, he wasn't a Christian. He is actually an Apache Indian, though his intolerance for my work really had nothing to do with Apache belief systems. It was a control thing.

I put the cards down for about 10 years and returned to them after getting divorced.

Returning to the Tarot cards was like reuniting with an old friend.

The breakthrough in my reading skills happened when I created my own deck in 2013. I challenged myself to create a card a day for 78 days, since that is how many cards there are in a Tarot deck. (Though, in actuality, it was 79, because the back of the deck is an image as well.)

I created a digital deck, which you can still [download for free](#) on my website.

In order to create a unique deck, part of my process was to intuitively connect to the card I was creating that day. Intuition is a very quick way to gain information and worked exceedingly well to help create the cards day by day.

Prior to this point, I was still looking up definitions a good portion of the time. Sometimes I struggled to put a reading together. I didn't always see the connections among the cards.

After creating the deck, I found my reading ability really skyrocketed. I had created an intuitive connection and started a conversation with the cards in a way I never had before.

It was in that year, 2013, that I began to share my Tarot knowledge and experience through my [website](#) and [YouTube channel](#).

Now, 10 years later, I am writing this workbook to share with you. My hope is this book will help you jump right into intuitive reading and lay a sturdy foundation for decades of Tarot reading, self-exploration, tuning into the universe and your destiny, ultimately helping you live a Tarot-stained life.

You develop your intuition by applying it consciously through practice, not reading about it. Reading is primarily an intellectual act, and your thinking mind can interfere with your intuitive mind.

-Laura Day from Practical Intuition

HOW TO USE THIS WORKBOOK

Welcome! I'm so glad you are here! The key to success with this guide is in the title right above these sentences. **This is a WORKBOOK.**

This is NOT an intellectual exercise in how divination works, an in-depth recounting of the history of Tarot, or a book of meanings and spreads.

It is, however, a **series of exercises** that, when performed, will help you access your intuition and “gain an in” to the symbolism of Tarot. Once you find the doorway, you can enter and explore on your own and build your tarot card reading skills.

In no way am I implying that the history of Tarot or some of the “traditional” meanings or symbolism are unimportant. Nor am I saying that esoteric studies are outdated or not of value.

What I am providing here is a method to quickly connect with the cards via your intuition, so you don't have to spend years studying multitudes of occult texts before beginning your Tarot journey.

We'll begin with some basic context and some simple exercises to familiarize yourself with the cards. We'll then briefly cover the cards themselves and the related vocabulary, from Suits to Minor Arcana. Finally, we'll tackle various spreads and how to prepare for and conduct readings. By the end of this experience, you will have the tools and resources you need to move forward on your Tarot journey.

Here are my recommendations for how to get the most out of this workbook.

1. Please begin a journal; this is probably the most important step for a beginner.

2. Follow the exercises in order as they build upon one another.
3. **Most importantly, get out there and read for other people.** This is the number one activity that will increase your skills exponentially. When you read only for yourself, there is not enough “thinking on your feet” and immediate feedback to make progress quickly.

As cliché as it might sound, I encourage you to have fun with this guide and how you interact with it. Are you ready to experience Tarot in the moment?

Let's begin.



GETTING TO KNOW THE CARDS

Materials needed:

- Deck of tarot cards
- Spiral notebook, blank journal, or 3-ring binder

CHOOSING A DECK: THERE ARE SO MANY!

Choose a tarot deck (for now) based on the Rider Waite, and with pictures on the number cards or “pips.”

Look at the pictures on the number cards and try to find ones that are full of action, cards in which the people on the cards are engaged in an action or doing something. Some decks, even though they have pictures on the cards, are a bit static.


The best deck is one that catches your eye and holds your interest. The style and images are pleasing and attractive to you.

Love cats? Perhaps a cat-themed deck is the one for you.

Don't worry about what other people think about the deck, or if it's a “true” deck, historically accurate, or the one somebody you look up to uses.

Also know that you don't need to keep this deck forever. There are so many decks available, and most are reasonably priced. You can always choose another deck.

RESOURCES FOR CHOOSING A DECK

 Picking a tarot deck | best deck for beginners

Pinterest Board of suggested decks:

[Decks for Beginning Tarot Readers](#) board.

GOTTA GET A JOURNAL

Feel free to use anything you want as a journal. A ten-cent spiral notebook from Walmart is just fine, or you can choose a leather bound expensive one.

A 3-ring binder with dividers and notebook paper works great as well. You can add additional printouts that you find online or anywhere else.

YOU ALREADY HAVE THE ABILITY TO READ TAROT

INTUITION AKA YOUR 6TH SENSE

You don't need to go out and buy it. You don't need to study or look into it. What is it?

Intuition.

Intuition is the broth to which we will add our other ingredients to make a delicious Tarot soup.

Every human on the planet has intuition; the difference is whether or not you acknowledge and act upon it or ignore it.

Examples of your intuition at work:

- you are thinking about someone and then the phone rings and it's that person
- you have a "bad feeling" about something, tell yourself it's okay using logic or the evidence at hand, and it doesn't work out
- you feel like taking a different route to work, but ignore that feeling and discover there is road construction on your normal route

Please don't discount your intuition, saying it's not strong enough or unreliable or not developed. By working through the exercises in this book you will hone your intuitive skills. When you pay attention to your intuition, it will show up more frequently.

STORYTELLING OR NARRATIVE

I can remember my son standing in front of the TV, riveted. He was almost two years old. On the screen were Hopper and Flick.

My son wasn't even talking at this point, but he could follow "A Bug's Life." Who knows how he was processing it in his toddler mind, but I think it's safe to say he was caught up in the story.

All of our lives are stories. Big ones, small ones, scary ones, happy ones, boring ones, sad ones. We tell stories to give our lives meaning and context.

When I arrived at work this morning, my boss rushed up to me looking annoyed...

What happens next?

Being a good Tarot reader involves telling stories. As a Tarot reader you will weave narratives together within a context to answer questions and predict the future.

Unfortunately, in our culture, storytelling can have a negative connotation. It implies not “telling it like it is” or embarking on fantasy.

However, for a long time, storytelling, and fairy tales in particular, were ways in which life lessons were passed along, including the wisdom of how to live life, what’s important, and messages of morality.

Life is not just a series of news stories - facts presented objectively with a date and time. As humans, we need events to have meaning.

As a Tarot reader, you hold the position of storyteller and meaning-maker. People come to you with specific questions, but really what they want to know is, “what does it all mean?”

That may seem like a tall order, and it is. But, it all starts with a story.

A simple story.

EXERCISE- LET'S TAKE TAROT FOR A QUICK SPIN

We've talked about what you will need on your Tarot journey. Not many materials are needed beyond yourself and your intuition.

Once we enter the dojo, I will have specific exercises for you to work on and record in your journal. But for now, let's do a bit of practice as you pick a couple of the following questions to write about.

Note: When the prompt says "choose," that is an invitation to go through the deck and deliberately pick out a card that represents the prompt. Then write about that choice.

You may want to sketch the card you pulled or print out an image and glue it into your journal.



If you get stuck or want to mix it up, draw a card sight unseen.

Journal Prompts

- Choose a card that scares you. Why?
- Choose a card that excites you. Why?
- Choose a card that is someone you'd like to know.
- Choose a card that is you in the past.
- Choose a card that is who you'd like to be in the future.
- Choose a card that is a place you have visited.
- Choose a card that is someone you admire.
- Choose a card that is someone you hate.
- Choose a card that depicts your favorite movie.
- Choose a card that depicts a secret desire.
- Choose a card that depicts someone you would have dinner with.
- Name someone you admire, a friend, relative, celebrity, living or dead. Choose a card to represent them. Write them a letter and tell them why you chose this card for them.



HELP! I'M STUCK!

Did you feel inhibited doing the previous exercise? Or worse yet, did you find yourself completely unable to write?

Bookmark this section and visit whenever you get stuck or doubt yourself.

1 - The first thing to know is that there is no Tarot Police! There is no one to judge your interpretation, viewpoint, choices, feelings, or intuition around Tarot.

What you write in your journal is for you and you alone.

You are learning.

Learning involves missing the mark every now and then.

You have to do it "wrong" to do it "right."

2 - Whenever you are stuck, just make it up. Intuition and imagination are cousins.

If you don't know what a card means or is trying to say, use your imagination and make it up. This should help unblock you and get the intuitive juices flowing again.

3 - Lastly, you may want to personify your intuition by giving it a name.

Draw a picture of your newly-named intuition and place it by your reading space, or take it out and place it near you when you read.

When you get stuck, you can call your intuition by name and ask for help.

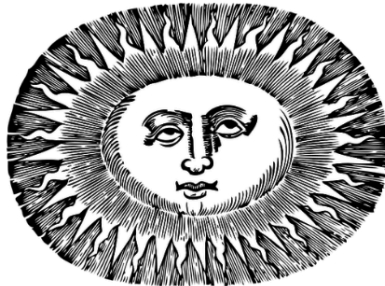
Suggested Decks

Any deck that speaks to you is fine. Just be sure there are pictures on the numbered cards.

- Rider Waite
- New Palladini
- Aquarian Tarot
- Radiant Tarot
- Gaian Tarot
- Tarot Illuminated
- Deviant Moon
- Wild Unknown
- Tarot Mucha
- Morgan Greer
- Thelema Tarot
- Lightseer Tarot
- plus hundreds more

To consider:

- decks with a variety of scenes or action
- decks that have realistic images or photographs of people
- decks that draw you in



YOUR TAROT JOURNEY ITINERARY

Welcome to your Tarot Journey. Here's an overview of the stops we will make along the way.

Intuition Dojo. Our journey begins here. Through various exercises, we will practice using our intuition to connect to the cards.

After becoming comfortable with using our intuition we will pack up and begin our journey towards Tarot Land.

Market. The next step is a stop at the market. Here we will pick up some suits and numbers to add to our intuition. By mastering the suits and numbers, we will have command of 50% of the tarot deck!

Riddle of the Sphinx. Next we solve the riddle of the Sphinx. Actually, we figure out who those Court Cards represent! Once we pass through, you will never be confounded by the Court Cards again!

The Court Cards guard the boundary of Tarot Land...

As we travel into Tarot Land we see massive temples and statues on the horizon.

Garden of the Ancients. Here in the garden of the ancients, massive statues of Gods, Goddesses, heroes, and strange animal figures are arranged among stone walkways and reflecting pools. Everything is carefully arranged, evidently with a master plan in mind.

Who created this garden? What is its purpose?

We will find out as we explore the Major Arcana of the tarot deck.

After spending time in the Garden, we head to the Temple of the Oracle...

Temple of the Oracle. Inside the temple of the Oracle we learn the art of asking questions and the art of storytelling. We become versed on how to approach the Oracle and how to handle the sometimes cryptic responses given by the Oracle. We also learn how to see stories in the cards and apply them to the divination process.

After our last bit of intense training, we enter the Arena...

The Arena. In the arena we put our skills to the test! We test out spreads and participate in the games by “doing a reading.” Don’t worry, you won’t be facing the Minotaur on your own. We will be in the arena together, jousting and sparring.

The last step in the journey is becoming a Tarot Initiate...

Tarot Initiate. Congratulations! You did it! As a Tarot Initiate you should have a pretty good degree of confidence in reading Tarot. Of course, Tarot is a lifelong learning practice, but you are well on your way.

Thank you for trusting me to take you on this Tarot Journey.

From Tarot confusion to Tarot clarity

