

Tarot Teaching Class

1. **Introduction to Tarot:** Explore the history, structure, and purpose of tarot cards, including major vs. minor arcana.
2. **Understanding the Deck:** Learn the meanings of each card, focusing on imagery, symbolism, and keywords.
3. **Basic Spreads:** Discover simple tarot spreads like the three-card spread and the Celtic Cross, and how to interpret them.
4. **Intuition in Tarot:** Develop your intuitive skills for interpreting cards beyond their textbook meanings.
5. **Reading for Yourself vs. Others:** Understand the differences in approach and ethics when reading for yourself compared to reading for others.
6. **Journaling Your Readings:** Learn how to keep a tarot journal to track readings, personal insights, and card meanings.
7. **Common Mistakes to Avoid:** Identify pitfalls beginners often encounter and how to navigate them effectively.
8. **Using Tarot for Self-Reflection:** Discover how to use tarot as a tool for personal growth and introspection.
9. **The Role of Intention in Tarot:** Explore how setting intentions can enhance your readings and clarity in questions.

Care and Handling of Tarot Cards

1. Respect Your Cards:

- **No One Touches Your Cards:** It is essential to establish personal boundaries with your tarot deck. No one should handle your cards without your permission, as they hold your energy and intention.

2. Cleansing Your Cards:

- **Frequency:** It's beneficial to cleanse your tarot cards at least once a week to remove any stagnant energy.
- **Methods of Cleansing:**
 - **Smoke Cleansing:** Pass the cards through the smoke of sage, palo santo, or incense to clear away negative energies.
 - **Salt:** Place the cards in a bowl of salt for a few hours to absorb any unwanted energies. Be sure to remove them afterward and gently wipe them clean.
 - **Sound Cleansing:** Use a singing bowl or chimes to create sound vibrations around your cards, which can effectively shift energy.
 - **Visualization:** Hold the cards in your hands, close your eyes, and visualize white light enveloping them, cleansing them of any negativity and restoring their positive energy.
 - **Moonlight:** Leave your cards in the light of the full moon for a night to recharge and cleanse them naturally.

3. Spiritual Preparation Before a Reading:

- **Invite the Holy Spirit:** Before starting your tarot spread, take a moment to center yourself. Close your eyes and ask the Holy Spirit to take over your mind, words, and actions during your reading. Then, say:
 - "Can you please deliver clear messages that [insert the name of the person you are reading for] needs to hear to further her path for the greatest good? Thank you, Holy Spirit."
- **Call for Assistance:** Request the support of all beings of light to guide you through the reading process.
- **Sealing the Intent:** To further focus your intention, knock three times on your cards while repeating the name of the person you are reading for. This helps to infuse the reading with your focused energy and intention.

By following these practices, you create a sacred space for your tarot readings, allowing for clearer insights and a more empowered connection to the cards.

Chapter 1

History of Tarot

Tarot cards have a rich and intriguing history that dates to the 15th century, originating in Europe as playing cards used for games rather than divination. The earliest decks, such as the Visconti-Sforza, were hand-painted and often commissioned by wealthy patrons. By the 18th century, tarot began to shift from a game to a tool for divination, heavily influenced by mystics and scholars like Antoine Court de Gébelin, who linked the cards to ancient Egyptian wisdom. This transformation paved the way for modern tarot reading, allowing it to flourish within the realms of spirituality and self-discovery.

Structure of Tarot

A traditional tarot deck consists of 78 cards divided into two main sections: the Major Arcana and the Minor Arcana. The Major Arcana comprises 22 cards, each representing significant life themes, lessons, and archetypes, such as The Fool, The Lovers, and Death. In contrast, the Minor Arcana contains 56 cards, which are divided into four suits (Wands, Cups, Swords, and Pentacles), each reflecting everyday events, emotions, and circumstances. Each suit connects to specific elements and aspects of life, offering nuanced insights into the querent's questions and situations.

Purpose of Tarot

The primary purpose of tarot cards is to provide guidance, insights, and clarity on various life situations and personal dilemmas. Although many people associate tarot with fortune-telling, its true power lies in self-reflection and understanding one's inner landscape. By drawing cards, individuals can tap into their subconscious, revealing hidden thoughts, feelings, and obstacles that might be affecting their lives. Ultimately, tarot serves as a mirror, helping readers gain perspective, make informed decisions, and foster personal growth through intuition and symbolism.

Major vs. Minor Arcana

Understanding the difference between the Major and Minor Arcana is crucial for interpreting tarot readings. The Major Arcana cards represent significant life events and spiritual lessons, acting as landmarks on one's life journey. They often signal pivotal moments that require deep reflection or change. The Minor Arcana, meanwhile, deals with day-to-day experiences and challenges, offering insights into the querent's current situations and emotional states. By combining both arcs, readers can gain a comprehensive view of a person's circumstances, blending the profound with the everyday to provide a holistic reading.

Chapter 2

Meanings of Each Card

Tarot decks typically consist of 78 cards, divided into the Major Arcana, representing significant life events and spiritual lessons, and the Minor Arcana, which deals with everyday situations. Each card carries its own unique meaning that can vary depending on its position in a spread and the context of a reading. Understanding these meanings is crucial for interpreting the messages the tarot provides. As a beginner, start by familiarizing yourself with the general themes of each card and gradually dive deeper into their nuances.

Imagery

The imagery in tarot cards plays a vital role in conveying meaning and emotion. Each card is rich in symbols, colors, and visual narratives that tell a story and evoke feelings. For example, the imagery of The Tower might depict chaos and destruction, while The Star can radiate hope and serenity. Beginners should take the time to study these images, as they often provide intuitive insights that align with the card's traditional meanings. Observing details can inspire personal interpretations and enhance reading depth.

Symbolism

Tarot cards are imbued with layers of symbolism that connect to various aspects of life, culture, and psychology. Common symbols, like water for emotions or swords for thoughts, can be found throughout the deck and often help to decode the card's message. Beginners should learn to recognize these symbols within the cards as they can unlock deeper insights. By understanding the underlying symbolism, readers can cultivate a more comprehensive view of what each card signifies beyond its surface interpretation.

Keywords

Keywords serve as the foundational vocabulary for interpreting tarot cards. Each card typically has a set of keywords that encapsulate its essential meanings, such as "new beginnings," "conflict," or "balance." For beginners, creating a personal list of keywords for each card can be a helpful study aid, allowing for quick reference and enhancing memory retention. Over time, readers can refine these keywords based on personal experience and intuition, making readings more tailored and insightful.

Each of these points provides a starting framework for understanding the tarot deck in its entirety, emphasizing the combination of meanings, imagery, symbolism, and keywords in the art of tarot reading.

Chapter 3

****Basic Spreads****: Tarot spreads are essential tools for readers, providing a structured way to lay out cards to gain insights on various questions and situations.

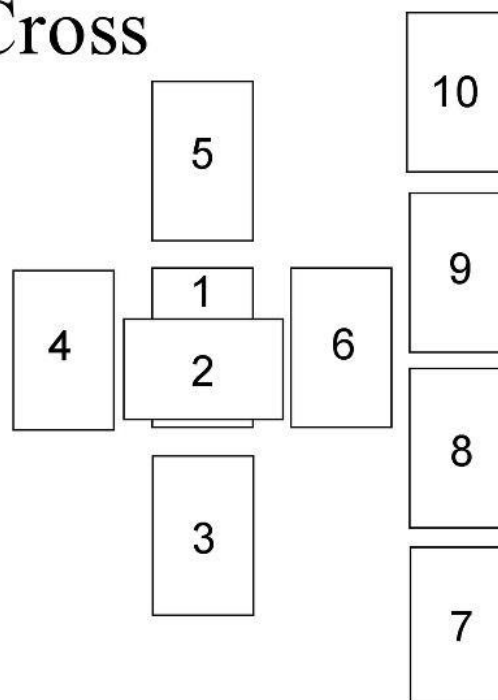
****Three-Card Spread****: The three-card spread is an easily accessible and versatile layout suitable for beginners. Typically, the first card represents the past, the second the present, and the third the future, allowing the reader to see a progression of events or energies. This simple format encourages intuitive interpretation, making it perfect for those just starting out, as it focuses on immediate contexts and outcomes without overwhelming the reader.

1. The past card reflects the events and decisions that have shaped the current situation.
2. The present card symbolizes the current situation.
3. The future card hints at what may lie ahead

****Celtic Cross Spread****: The Celtic Cross is one of the most well-known and intricate tarot spreads, consisting of ten cards that delve deeper into a query. This layout addresses various aspects of a situation, including the challenge, subconscious influences, external factors, and potential outcomes. Although it may seem complex, beginners can benefit from breaking it down into smaller sections, allowing for comprehensive insights into specific issues while learning to navigate multiple dimensions within a single reading.

Traditional Celtic Cross

Card 1 represents the situation.
Card 2 represents the current challenge affecting the issue.
Card 3 represents the basis of the situation.
Card 4 represents the past relevant to the situation.
Card 5 represents the present.
Card 6 represents the near future.
Card 7 represents your power in the situation.
Card 8 represents the effects of people around you.
Card 9 represents your hopes or fears.
Card 10 represents the outcome.



****Interpreting Spreads****: Interpretation is where the art of tarot truly comes to life. With each spread, readers must synthesize the meanings of individual cards and their positions in relation to the inquiry. Beginners should focus on initial impressions and intuitive responses before diving into the traditional meanings, allowing for a more personal and resonant reading experience. Over time, honing the skill of interpretation will develop deeper connections between the cards, the spread, and the questions being asked.

Chapter 4

****Intuition in Tarot****: Tarot reading is not just about memorizing card meanings; it's an art that thrives on intuition and personal insight. In this class, participants will learn to tap into their inner voice and instincts when interpreting cards, allowing for a more nuanced and personalized reading. We will engage in exercises that encourage participants to observe their emotional and physical reactions to each card, fostering an understanding of how these initial impressions can enhance interpretations. Additionally, techniques such as meditation and visualization will be introduced to help quiet the mind and open the channels of intuitive thought. By the end of the session, students will be equipped to trust their gut feelings and integrate their intuitive insights, making their readings richer and more meaningful. Through this journey, learners will appreciate that tarot is as much about personal connection and interpretation as it is about traditional meanings.

1. ****Meditation for Clarity****

- ****Exercise****: Find a quiet space where you won't be disturbed. Sit comfortably and close your eyes. Take deep breaths, focusing on inhaling positivity and exhaling negativity. After a few minutes, visualize a tarot card in your mind's eye. Reflect on what emotions or images arise when you think of that card. After 10 minutes, journal your thoughts and feelings, noting any insights or messages the card might hold for you.

Emotions: _____

Images: _____

Thoughts & Feelings: _____

*Enter your findings in your Journal.