



Martha's Tarot

Angel readings, meditations and classes.

Learn Tarot Reading

*You don't have to memorize
each card in order to read the Tarot.*

Starting out to learn the Tarot, we think we have to learn all the meanings of the 78 cards, upright and reversed. The cards are a tool for you and your higher power to develop a language of communication. They are supposed to make it easier for you to communicate with your guides. If you're trying to memorize all the meanings, you may never get to read a spread. To develop that language you need to have a basic understanding of the cards, and learn how to connect with your higher power, and practice, practice, practice.

To gain the depth of wisdom, to fill out those basic card meanings is what the books don't often teach us. Learning how to connect to your higher self, your guides, to access your intuition.



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First, let's go over the Tarot Basics

A Tarot deck has 78 cards

The Tarot is divided into two sections:

22 Major Arcana - Tools for us to use for spiritual evolution.

56 Minor Arcana - Guidance on everyday life matters.

The Major Arcana

The Major Arcana contains 21 numbered cards and 0 the Fool. They represent major life lessons, karmic influences, and archetypal themes that influence your soul's journey. The structure of human consciousness and ancient wisdom.



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Within the Minor Arcana there are 4 Suits:

Fire/Wands Water/Cups Air/Swords Earth/Pentacles

Fire: drive, willpower, passion, action, enthusiasm, sexuality. It prompts us to look at how we reach our goals.

Water: emotions, love, feelings, relationships, caring. They can ask us to consider what is deeply important to us.

Air: the mind, intellect, inspiration, creative expression. Our decision making capabilities.

Earth: the physical world, money, resources, success and prosperity.

Within each Suit, there are Court Cards

The Court Cards may represent people:

King and Queen: Older, wiser figures. Knights: younger adults or teenagers. Page: curious children.



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Court cards may also represent stages we go through:

King: adept at using the qualities for external applications.

Queen: one who has deeply learned the lessons of that suit to grow personally. Knight: inquisitive, inspired action. Page: curious, inviting.

The numbered cards in each Suit represent:

The stages of each experience.

Ace/One: potential, opportunity, beginnings.

Two: partnerships, union, opposites, harmony.

Three: creativity, collaboration, growth, groups.

Four: foundations, stability, manifestation, disappointment.

Five: growth through change, conflict.

Six: realignment, harmony, reconciliation.

Seven: steadfastness, re-evaluation, knowledge.

Eight: achievement, positive change, advancement.

Nine: materialization, transition, nearing completion

Ten: culmination, completion, rest.



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Understanding

Recognize that reading Tarot or Oracle cards are not necessarily about predicting the future or telling you what is going to happen in any given situation, here and now or in the future. Reading tarot is about gaining understanding and insight to help you see things from a different perspective. They are here to help you navigate life, changing your perspective where needed, to help you get where you want to go.

*It is through the new understanding that accurate predictions
for the future are revealed.*



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Connecting with your higher self to obtain deeper meaning from your Tarot Card Readings

Step 1

Meditate. Clear your mind and open to receive the information from your guides. To clear your mind of any preconceived ideas and judgements.

Spend at least 10 minutes in meditation before you're reading.

Find a quiet place, free from distraction, where you won't be disturbed for a while. Sit comfortably, feet on the floor, back straight, hands resting in your lap. Take several deep, slow breaths. As you exhale, feel your body relax that much more. Pay attention to your breath as it flows in and out. Feel your heartbeat slow down and regulate. Keep breathing naturally.

Set your intention. This is my process and I find it works beautifully.

“Thank you my Guides and Angels for helping me create a safe and sacred space. Thank you for helping me release all lower energies and vibrations that are no longer necessary. Thank you for helping me



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disconnect from people, places, situations and dramas that are no longer necessary. Thank you for connecting me and re-aligning me with the Divine. Thank you for surrounding me in your light of divine love and protection. I feel so safe when you are near.”

Meditate for a few minutes. Imagine or feel a light growing in the center of your chest by your heart. As you breathe, imagine that light growing larger and brighter. Imagine or feel it filling the entire chest and filling your body. See or feel it expand all around you - several feet around or even fill up the room you're in. And say “Thank you my Guides and Angels, Infinite Intelligence and Divine Love for stepping close to me and allowing me to feel your presence. Thank you for making me a clear channel of communication for the Divine.”



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Meditate a few more minutes just sitting within this connection you've created. Soak it up. Then close it with: "Thank you for creating this safe and sacred space for this reading, thank you for providing evidential information so I know this reading is right and true. Thank you for providing the answers I want, the information I need, and thank you for delivering it in a way that is profoundly understood, that allows my healing, clarity, understanding and forgiveness."

Reading for Someone Else

When reading for someone, you can do this meditation before you meet. During the meditation, visualize a beam of light coming into you from the Celestial Realm, moving into your heart and linking to theirs: "Thank you for creating a safe and sacred space for this reading, thank you for providing evidential information so we know this reading is right and true. Thank you for giving {say their name} the answers they want, the information they need, and thank you for delivering it in a way that is profoundly understood, that allows their healing, clarity, understanding and forgiveness."



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If you are reading for someone else you don't have to meditate *with* them. Do, at the start of your session with them, aloud, invoke your guides and theirs to work with you. I like to say this before I read with someone:

“I thank our Guides and Angels for working together to put into the cards the information that is most helpful to you. I ask that only the truth is told, that it is accurately represented and clearly understood. I thank them for surrounding us in a light of love, peace, healing, understanding, clarity and protection.”

Why is meditation so important in reading?

During meditation we learn to let go of distracting thoughts. We set aside the ego (the need to be right). We learn to listen deeply rather than focus on external stimulation. Focusing on the heart energy will help you raise your vibration and allow you to connect with your higher power and your Guides and Angels. If you can hear your deeper self, you can hear your Guides, Angels and the Divine.



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Meditation raises the brain frequency. You leave the Beta wave frequency (active, external focused) and move to Theta or Alpha wave (very relaxed)

Intentions and Vibration

As you go into meditation, that is the right time to set the intentions. Your intentions will set the stage. Be clear about your intention. Ask that the truth be told, clearly understood and accurately represented.

Consciously raise your vibration by asking that your guides work with you to create a safe and sacred place for you to connect. Ask that they help you raise your vibration so you may be a clear channel of communication for the Divine.

It's great to ask your grandma who was psychic to work with you, but raise the vibration by asking that your Guides or Angels, or even The Source of All Creation work with you. You also can call on Ascended Masters, Archangels or Infinite Intelligence as well.



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Heart Center

Feel your heart center expand. This is super helpful and important as the heart is where we connect with Divine, spirit, love and gratitude.

That's a vibration shifter.

Breathe into your heart, and see the light emanating from your heart expanding out to surround you and fill your space up. By building your heart energy and expanding the heart light, you raise your vibration to gratitude. This allows your Guides to reach you. They are always present, but it is our lower frequency which prevents us from hearing them.

This brings a deep, loving, protected connection with Source Energy, loved ones, your Guides, Angels and the person you are reading for.



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TIP:

Start a Spiritual Practice

This process of meditation and intention setting will allow you to access your intuition for a reading. Plus it's a really good way for you to develop a daily meditation practice. If you're reading for yourself everyday, and meditate each time, you are establishing a spiritual practice. You can continue the meditation practice even if you don't pull cards every day.

You can use a guided meditation designed to raise your vibration, or open your heart-center. Just do a silent meditation setting the intention to release unnecessary cords, and connect with Divine Love as described.

Establishing a few moments of time each day to connect through meditation will help you release tension, reduce anxiety, feel better, manage stressful situations and heal your emotional wounds. It is a powerful self-care practice that will help you grow, find happiness, peace and manifest what you want. Prayer is asking and meditation is receiving.



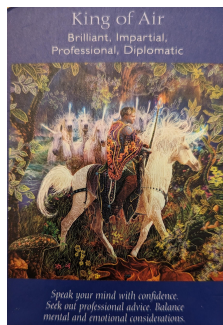
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Step 2

Spend a little time with your cards to get to know them. Each deck is created with the unique lens of its creator. While the general meaning of the Tarot cards remain the same deck to deck, each will have a slightly different spin on them. Just get the idea of what your deck of Tarot cards mean.

Each day, pull at least one card.

Pull 1 card in a brief reading, asking for guidance on the day. Sometimes, I like to use the Major Arcana for these. You can ask questions like: What will help me to understand what happened today? What message do you have for me today?

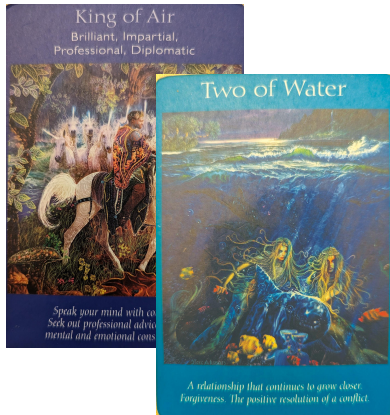


Show me what I can improve upon within my relationships today?

The King of Air may be asking you to speak up, be truthful and diplomatic, to reach out to others for their advice. Use your own feelings to help guide you to the message. Perhaps it means offering your professional advice to someone. Maybe it means you need to speak up for yourself in a way that is not overly emotional. This card does speak to separating your emotions from your decisions and being honest.



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Add a second if you feel it necessary.

The Two of Water may indicate that the results of your asking for advice will bring partnership or cooperation. In any case the clear advice here is to be truthful, diplomatic and seek cooperation from others.

Keep it general and write down what you get and check in at the end of the day to see how you may have done. Writing it down helps you recall the information you did receive, and even months down the road you may find you hit upon something that you did not notice when you first wrote it.

Fun Exercise to get to know the cards:

Practice storytelling. Separate the Arcanas and the Suits. Choose one suit at a time and select the first 3 cards and lay them out in front of you. Start telling a story, and add to that story as you go through the cards. Write it down. Add another two or three cards to that story until you've gone through the entire suit.



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Step 3

*Understand the significance of the positions in which you lay out the cards.
Assigning a context to the card positions will help you understand how to
interpret the tarot cards.*

Exercise:

Using the entire Tarot deck, Start with a 4-card spread.

Position 1:

What I already know? What's my strength?

This will identify a strength or what tools you have available to you in this situation. This context will become an important understanding for future detailed spreads. Guides often begin their sessions with important positive information about the person or situation. It may be to let them know that they are seen and understood - validated. It may also be to let the client recognize what gifts, skills, understanding they already have and use to their advantage.



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Position 2:

What is the challenge I'm facing? What's my resistance in this situation?

This provides you with insight into what you may or may not be seeing about the situation you're asking about. Maybe it goes under the surface to show you what's at the heart of the situation, what you're struggling with.

Position 3:

What do I need to understand in order to transcend this challenge? What do I need to learn or apply to this in order to move through this situation?

This gives advice on how to change your perspective on the situation. After all, if you are struggling with an issue, you're looking at the problem. To find answers we have to focus on solutions. It can point out what skills you need to develop or what you need to be facing up to, offering you a new perspective.



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Position 4: Where the results could lead?

This can give you an idea of what lies ahead when you apply the guidance. I found I wanted to always pull an additional card to see where following this guidance would take me. Would there be resolution? Would I get to the conclusion? Would it lead to more learning? I found working the “results” into the spread gave me clarity. And it lessens the need to pull clarifying cards.



Position 1: What's active. Here the 7 Wands tells you you are ready to defend yourself or maybe a little bit on the defensive.

Position 2: The challenge. The Queen of Pentacles is showing the challenge may be remaining patient and responsive.

Position 3: What tools you have to work with through this challenge. The Magician shows you already have the tools to remain calm and patient and caring. Focus on solving problems rather than reacting.

Position 4: Outcome may indicate that you will be successful in your efforts and find pleasure in the results.



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Tip:

Resist the temptation to keep the pulling cards to clarify. Keep it to 4 cards in the spread. Continuing to pull more cards to clear your confusion will only create more confusion.

If you find you are still struggling to find the guidance, rephrase the question. When you hit on the right way to ask that question, the answer will become clearer.

A good focus for questions may look like this: "What do I need to understand about...?". "What needs healing in this situation?"

Yes Or No Questions

Avoid them. It's really easy to ask questions that have Yes or No answers like "Should I take this job?". But figuring out the answer isn't so clear.



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Instead go deeper by asking: What opportunities and experiences will this job bring to me?" You'll be discovering through the asking of the questions, what you are really looking for.

"Is he cheating on me?" Really, if you're asking that question, there is an issue. Ask instead "What can we improve on in our relationship?". "What can we do to foster better communication?" "How can I heal myself?"

Practice, practice practice.

Pull cards for yourself each day. At the beginning of the day or at the end of the day. Write it down. Any time you want more insight or deeper understanding of a situation or a feeling, pull some cards.

For more spreads to practice with, visit my website!



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Intuition activated

Meditation and practice readings allow you to tune in more deeply. As you practice you will start to tune into your intuition. You will start letting your higher power into your conscious mind. The information you get during a reading will be triggered by the card but not necessarily the exact meaning of the card according to a book.. You may find that when you look at a card, you will see the keywords or recall its meaning and in an intuitive flash or wave, you'll see a message that may be different from the card's typical meaning. Your intuition will take over - it may come as a feeling, a picture, a mini movie, or just a stream of consciousness or just "knowing" that you interpret.

You may see it differently than what you've read in a book because of its position and your intuition. The cards are now helping you to create a new language of communicating.



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Ethical Behavior

Avoid bad karma. First rule of karma is to mind your business!

Of course it's perfectly fine to read about your relationship with someone. You can certainly offer to read for your friends, having them sit with you and ask a question. Please don't read "on" someone else without their explicit permission. Read "for" them, with their blessing. Otherwise you're mucking about where you don't belong.

Take the Spiritual approach to reading the tarot

Each Tarot author has a different approach to what the purpose of Tarot reading is, and they encompass a broad range of interpretations for the cards. Many held traditional views of "fortune telling". The purpose of the tarot reading was to see what the future held. I never understood this approach because I always felt there was "trouble coming" and being prepared for it didn't help me change the future. All it did was make me anxious and worried about what was coming and added to my feeling helpless and incompetent.



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Change the Future

It was when I left behind the traditional Tarot interpretations and embraced a spiritual connection with the Tarot, that the Tarot began to offer what I was searching for - guidance on how to make life better and change my future.

That is exactly what a spiritual approach to reading Tarot offers. It offers the chance to see what's going on deep inside. Illuminating what you can do to shift the energy and when you do that, it offers a glimpse into the future - which we like to call predictions!

It's through viewing our questions from a different perspective that we learn. We are able to move into a deeper place of understanding, allowing us to make way for change we crave.

The accurate predictions of what is to come unfolds as we do a deep dive into our hearts and minds and strive for growth. Tarot readings are about the process of growing and helping you get where you want to go.



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Notes
