

As a professional Tarot reader, teacher & author I get asked lots (& lots) of questions. I have tried to answer some of them in this book.

Just to be clear; this book does not cover individual cards. It is designed as a resource for those irritating questions that can cause confusion.

If you'd like to find out a little about me, my Tarot path & other Tarot books I have published, there's lots of information on my website- take a look; www.maddyelruna.co.uk

Can I buy my own Tarot deck- Or should it be gifted?

Your Tarot deck is (in my opinion) simply a tool. If you want to buy your own deck it will not bring you bad luck in any way, nor will it slow down your use of them. It is of course delightful to receive a deck as a gift, but only as long as it is the right one for you!

Nice as it is to keep your deck in a silk bag or wooden box, this is more about good care of a well-used tool than any "magical" need.

My experience is that the important magical connection when you read tarot is through you. So if something needs magical protection or cleansing (for example after a reading) I suggest it is you!

How do I cleanse Tarot cards?

As mentioned above- I cleanse myself, and not the cards! I do like to put a crystal on the deck between readings, but this is more to mark the end of a reading than to cleanse the deck.

Personally I like to use the Cologne "Florida Water", as not all clients & venues appreciate a smudge stick! If I am using Florida Water or

smudge smoke I like to use it on my throat, third eye & crown chakra. I find this very clearing. I also use it on the back of my neck, I know I hold stress there.

It is important to find a routine that works for you and feels right- rather than following some-one else's cleansing routine.

If you use crystals, Reiki, energy healing, or follow a specific Spiritual path look to this for inspiration in your cleansing.

Are The Tarot cards Evil (or bad, or dangerous?)

Nope, not, not at all!

They can however cause harm- either intentionally or by accident.

The harm is the fault of the reader, not the cards though. There are several ways to prevent yourself from causing harm with the tarot;

- Always offer a prayer or affirmation that the reading be for the individual's "highest good" or whatever phrase feels right for you. This is good practice every time you read, even for yourself.
 - If you don't feel like the reading the cards, for whatever reason; Don't. Once people know you read the Tarot you may get a lot of requests for free readings. It is important to set boundaries.
 - If in doubt an advice spread; "How should I best deal with this" is much easier to navigate than a prediction spread "what is the outcome if I do this"
 - If you have read for someone else it is always good practice to ask if they have any questions at the end of the reading.
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Can anyone read the Tarot (or do I need to be a 9th generation witch?)

Anyone who wants to read the tarot cards can.

There are so many ways to read the tarot, just find the way that suits you.

They can be a psychological tool to support counselling, a gateway to speaking to guides & spirits, or anywhere in between the two.

I think it is important to decide HOW you think the Tarot is working for you, and where the information is coming from, even if your view changes with time. Here are some possibilities;

- You are connecting with your unconscious (and helping your client connect with theirs)
- You are connecting with a deeper, shared level that Jung called the “collective unconscious”
- You are connecting with your intuition
- You are connecting with spirit guides (angels)
- You are connecting with a universal, divine energy
- Everything is interconnected, if only you can see the pattern- and tarot helps you to see this pattern.
- And I’m sure there are many, many more explanations, each equally valid!

Which is the best Starter deck?

There is no “one” perfect deck. There are defiantly easier and more complex decks, though at the end of the day it is a very personal choice. Here are my (personal) opinions;

Rider-Waite deck;

If I were stranded on a remote island with just one deck, this would be my choice.

When I read with the Rider-Waite deck it seems to have the deepest range of meanings for each card, so it is my go to deck for difficult problems and complex readings.

On a practical note, the majority of tarot books will be based either on the Rider-Waite deck, or one of the many many decks based closely on the Rider-waite deck. So, if you can read with the Rider-Waite deck you can easily learn and connect with a lot of other decks.

On a personal note, I love the art work; the simplicity of the design, the colours (so reflective of the time, 1910) and the symbols woven into the cards.

So although deck choice is a deeply personal thing, if you are a serious tarot enthusiast I think somewhere in your collection there has to be room for this deck.

Druid-Craft tarot

Rider-Waite may be my "go-to" deck, but the Druid-Craft is my favourite deck.

The pictures are so beautiful, evocative and engaging. Sometimes it is as if the pictures are actually whispering to me.

I love that this is a British deck, with British animals, plants, landscape and places. My cultural history is perfectly reflected in the beautiful native countryside.

It is a gentle, uplifting and helpful deck. It doesn't shy away from the difficult cards, but seems to be very nurturing.

The court cards are the most alive and easy to engage with of any deck I have come across. They look out of the cards as genuine people, and make connecting with this part of the deck a little more fun.

So, if you are looking that perfect blend of easy to learn, but with a depth to allow a lifetime to master, engaging pictures and an uplifting feel, this is the deck I suggest.

Robin-Wood deck

This was my first ever deck! It's closely based on the Rider-Waite deck, so most tarot books will help you understand it.

I find the pictures very evocative of the meaning, if you just want to pick a deck and read straight away this is an excellent choice.

The symbolism within each card is cleverly woven into the picture, leaving seemingly simple pictures but with great readability.

What this deck does better than any deck I have seen is use colour to clearly portray extra layers of meaning. Not as a border or code, but in the pictures themselves. If you are looking for clear visual clues, this can be very helpful. Especially if you are looking at a spread, you can see which colour/s dominate and use that within your interpretation.

I find this a gentle deck, some people find it is a little too friendly, they like their dark cards, well, to feel a little darker. I do think each card has its full depth of meaning, just a little lighter than many decks.

The Thoth deck

If you are a tarot junkie or collector, I would argue this deck has to have a place in your collection.

It is very beautiful, completely original and inspirational.

However it is very different to the Rider-Waite deck and not easy for a beginner to swap between. If you are starting out choose where you begin: Rider-Waite or Thoth. Personally I think most people will do better starting with a Rider-Waite based deck and moving on to Thoth in time.

It is a "Marmite" deck, people love or hate it. I do love it, but because I have focused so much on the Rider-Waite deck I rarely read with it. It is packed with sacred geometry, magical symbols and hidden secrets that would take a lifetime to unravel.

It is on the darker side of most decks, not to say bad or evil in anyway at all (!) but it pulls no punches when dealing with difficult energies. With cards named futility, sorrow & worry it's hard to be gentle with your message.

If you want to read with this deck I suggest a book that specifically focuses on it (I like Akron Hajo Banzhaf, The Handbook to the cards)

The Mythic tarot

If you like Greek mythology (or would like to learn more about Greek mythology) this is an amazing deck.

You need at least one specific book based on the deck to help you understand why that particular myth has been used for that card. But the joy of reading tarot is that the information is all in the story of the card, and this deck is like a story book unfolding before your very eyes.

A very specific deck, but if you like the subject matter it is easy to engage with and understand.

The Wild Wood tarot

Any project that includes Mark Ryan, John Matthews & Will Worthington will delight me!

In case you didn't know, Mark Ryan played Nazir in the 1980's T.V. show "Robin of Sherwood"

This is a powerful deck, looking deep into our native spiritual past and connecting with the Wild Green Wood that holds the archetypes of our European culture.

It can be harsh, has a clear environmental message and is deeply connected to the ancestors of this land.

In my opinion it isn't the easiest of decks to read, in particular the court-cards are animals, not people, which some will love- but not all.

I would recommend this as a second deck, once you have an understanding of how tarot works and are looking for a more personal and unique deck.

It is a wonderful for meditating with as each card seems to open onto another world.

Steam Punk Tarot

I think this is a beautiful deck with rich background detail that makes it easy to read. The people in it are painted as if they could step out of the deck.

I have found it to be very similar to the Rider Waite, with a few interesting changes that deepen the messages. It would make a great first or second deck as it has the beauty of being easy to read, yet surprisingly complicated too!

I guess if you like the drama and style of H.G Wells and steam punk (as I do) then this is a great deck. I have found it to be gentle, whilst not afraid to confront some of the darker sides of tarot. Glad I am to own this deck.

Morgan Greer tarot

Bold, simple, beautiful.

I often feel with this deck that the artist has closed in real tight on the Rider Waite deck, and clarified exactly what matters.

The imagery seems really up close there is a simplicity about this deck. If a symbol, image or colour is in the card- it is there for a reason.

Always a deck I refer to when writing about the tarot, because of this- it seems to have bought tarot right down to its basics, but none of the depth is lost.

The imagery is key, if you love it, it is likely to serve you well, if you prefer more detailed imagery choose a different deck!

Dreaming way Tarot

A whimsical deck, part manga, part fairytale, almost childlike, but surprisingly deep answers every time.

There is a surprise in every card, and I have spent hours simply looking through this deck sinking into the pictures.

How the people are drawn is really important to me, and in this deck they each seem so full of character they almost steal the show.

But it is the use of colour that is most appealing to me, not a stark code like symbol. But the more you read with deck, the more you realise how the colours are not random, but carefully chosen to underline the message in the card. Thus by looking at a large spread you can see the patterns of colours change and get a very unique view of how the reading is developing.

Some changes from the Rider-Waite, some of which I do find annoying. But the deck is so beautiful, I overlook them easily.

The Mary-El tarot

Every now and then a tarot deck is published which breaks new ground, and is simply extraordinary. This is one of those decks!

It blends the Thoth deck with the Rider-Waite deck and offers original ideas for many of the cards, which have given me genuine shudders as I realise just how insightful they are.

It is not an easy deck, it is not a gentle deck. Expect to be nudged out of your comfort zone every step of the way.

But, the images are - well I'm speechless really, they range from funny to challenging to utterly beautiful.

The book offers a fantastic companion, and if you love to explore symbols and compare traditions to find deeper wisdom this is a great deck. Best used as a companion alongside the Rider-Waite if you are a serious student that likes a challenge.

The question?

What is it you that you, or your client, want to know?

I read for a young client the other day who had a list of questions about job, boyfriend. Clear questions that would help her shape the next year of her life. She had recently been to a different Tarot reader who had focused on her life in the future, marriage and middle age. Whilst much of what this tarot reader said may well have been astute and inspired- it didn't actually help, or answer my client's questions.

Sometimes it is the client that causes the problem. "When will Simon fall in love with me?" Is a closed frame question I have to unpick before I can read because an hour cannot be filled by saying "He won't". (And that my leave my client with more questions than answers)

So let's focus on getting the question right, whether for yourself or a client.

Ethics

My first point of consideration is am I prepared to read for the general question? Everyone's ethics will be slightly different. I am sharing my current ethics for interest, not to suggest they suit everyone.

- Third party questions (questions about someone other than the client) I am happy to read for these as long as they are focused on my clients relationship with the other person. After all, any Tarot reading is likely to be about relationships (love, family, friends, work) somewhere along the line.
- Health. I always stipulate that anyone worried about health should see their health care practitioner. I will read for how to best improve/support health, but only from a holistic point of view. Never to predict, diagnose, or interfere with current health care.
- The impact of hearing the answer. I always consider whether the answer could cause harm to a client. Someone in a vulnerable state could ask me a question about health, money, or loved ones & if the answer is very negative my reading could cause them harm. I have no "rules" for this, just an awareness that I believe I am responsible for how my reading affects my client. I know not all readers work this way, some believing the tarot gives the right message no matter how traumatic. This is my choice, and it works for me.

Phrasing the question

Once I have decided I will read for a question I then believe it is my job to phrase that question for two purposes;

- One that the tarot can easily answer.
- One that will provide my client with the guidance they are requesting.

For example;

"Will I ever get a good job?"

Can be re-written as

"What job would give me the best prospects?"

"Will Mark come back to me?"

Can be used as part of a bigger, multi layered reading;

"Could mark come back to me?"

What can I best do to make that happen?

Is it in my best interests to have a relationship with Mark?"

"Is my partner having an affair?"

A simple question, the answer of which may be very defeating, so perhaps;

"Is my husband having an affair, and why is my husband having an affair?"

I have read for this question many (and many!) times, and the why part of the reading is the one that helps the partner get some perspective on the situation, find some help to guide him/her.

Difficult Questions

We will all have our own idea of difficult questions.

Knowing what you find hard and planning for how you will deal with them is the only way forward.

It is perfectly fine to say that you don't wish to read for a specific question.

It is harder to regulate this for yourself. Just remember- once you've read for a question you can never forget the answer. When my husband had a health issue I waited sometime before I read for it, when I was certain I had formulated a question that would help- and I felt ready to deal with whatever the cards said.

Difficult readings, bad news & hard times...

Life is complicated, you will not always see happy times and good news in your tarot cards. I have a few ideas to help;

- If you see difficult times ahead you have not created or influenced these by tarot reading. The difficulties were coming anyway. What you have given yourself is a little warning, time to plan ahead.
- My experience is that the future is not fixed. Often a difficult time can be eased, softened, or perhaps even avoided with careful thinking and the right actions

Some years ago the cards were clear that my marriage was over. All the big bad ugly cards were there. I considered hard, and used the cards for advice. With 3 children under 5 & my husband working very long hours, we were on a path to divorce. I changed the path & made a few key simple changes. We are still happily married and even had another child. The Tarot reading was a warning, and I heeded it.

- If you are faced with a difficult reading leave the reading out. Shuffle the remaining cards and pull three advice cards asking the deck “How should I best deal with this?” (or a more specific advice question)
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Scary & “bad” cards

There are no bad cards!

Every card has a difficulty, a warning and a blessing.

The Tower is classically a feared card, but it means change- is your life so perfect that you want it to remain exactly the same, no room for growth, change & improvement?

The 3 of swords & 5 of cups are sadness and grief, but often they refer to processing pain that you experienced some time again.

Your attitude to the cards is key. Use them to guide, inspire, plan. You will face difficulties in life, and the cards can help you face those difficulties in the best possible way.

Repeating the same reading

This has to be the biggest (and easiest) mistake to make. You lay the cards out with a mixture of anticipation & excitement. Look at your reading. And it really isn't happy. You quickly gather the cards together, and start again- hoping for a better answer.

OR, you read for the same question, day in day out, becoming obsessed by small differences.

My best advice is to use the advice cards mentioned above to help you understand a difficult reading.

Keeping a journal is really helpful, and if you want further clarification you can pull advice cards on a daily (or weekly basis)

Let's say you have done a big reading focused on moving house. The cards were clear it could happen, but there were plenty of warning cards. Write the reading down, with your initial thoughts and understanding.

You are now, a week later, feeling overwhelmed and worried about the move. Instead of repeating the reading- open your journal, remind yourself about the initial reading. Now pull 3 advice cards for this week. Write them down and use them to support you through the week- instead of repeating the whole reading.

Time scales

I don't have rigid rules for how often I repeat the same reading for the same question. When change or progress has happened is my benchmark. That could be a week later, or 6 months later. However additional advice cards can help on a daily basis!

How do I know if my readings are accurate?

Simple, start your reading with something measurable.

I often start a professional reading with a "reflection spread" a spread designed to catch a glimpse of the psychology of the person sitting in front of me. I hope to get a feeling of what is the main worry on their mind.

Any spread can work as a reflective spread; from a simple 3 card spread to a complicated longer spread. It is your intention whilst shuffling that focuses on reflecting the present person or situation. If I can gather from the cards a feel of who they are, then I know I am connected, and they know my reading is accurate to that point. You could also do a reading looking at their past.

So, if you want to establish that you are connected with the reading- either to yourself, or someone else, start with a reading you can measure as accurate. That has to be either the present or past.

How to shuffle, cut and lay out the cards.

Honestly? However you want!

With the shuffling, it helps to be very focused on the cards, to engage with what you are doing. Don't chat or talk about anything unless it is what you are reading about. In time (be patient with yourself) you will know when to stop.

How to lay out (choose) the cards- how ever works for you. I simply take them from the top of the deck. Others split the deck into piles, or spread them out to choose. There is no right or wrong, find what works for you.

I do think it is important to be consistent. Find a way that works for you, and stick to it. It is like a trigger to your brain- "switch off she's going into Tarot mode" I can even be seen (on occasion) pretending to shuffle cards- it relaxes me!

I shuffle quietly until it feels right, then split the deck into 3 and put the deck back into one pile. That's it. Nice and simple. If you like complicated and flamboyant- fine too. Just make it right for you.

Should I read reversals?

My honest opinion is that for a beginner, it is easier & builds better skills if you do NOT use reversals.

I will explain why;

- The art of tarot is the art of reading the wisdom in the cards, so looking at the cards is the primary thing you are doing. In a spread you are looking for the message, the story, within the cards. So being able to see all the cards the right way up seems sensible to me.

- Reversals (if not careful) simplifies tarot and can lead to sloppiness. No one card is blocked, negative or difficult. Every card has a message which is read by reading the story between the cards. Reading all the cards the right way up teaches you to find the subtle balance in the reading, and trains you to learn about each card in depth.
- I believe that when you are dealing a spread your mind remembers which cards were reversed, and this will influence your interpretation anyway!
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Having said all of that, if reading reversals works for you- read them!

Timing

Oh the big bug-bear of Tarot. But when **will** it happen? (leaving no room for it **may not** happen!)

The easiest way to read for timing is to use a spread that covers timing;

- You can specify before shuffling the cards that the spread covers the next week, month, 3 months. (the bigger the time, the harder to read...)
- You can pull cards to represent specific time chunks. I like to pull three cards to represent the 4 seasons; doing a general years spread in 12 cards. I have used this for people with specific questions for example; when will I move house, when will I fall in love.

Pop-outs (those cards that randomly fall out)

If it's one or two I tend to put these to one side and use them as clarification cards, looking to see if they add any extra meanings to the reading.

If it's more than one or two I tend to put them back.

Curious how many times I have put a pop-out back into the deck, shuffled, and there it is in the reading!

So, as a complete beginner- How do I start?

The best way to start reading the tarot, is to start reading!

I suggest a daily 3 card spread (or most days!) and focused on advice, not prediction.

In the morning (or night before if that works better pull 3 cards to offer advice for the day ahead. My personal spread is;

Card 1; main focus

Card 2; a slight warning

Card 3; advice

1. When you first do your spread sit quietly, let your eyes gaze at the cards and note down in a journal any ideas, thoughts or inspiration you get.
2. Now look up the meanings of the cards (*I have an excellent crib-sheet designed for this spread. You can find more details*

here; www.maddyelruna.co.uk/my-tarot-book). See how your inspiration & the traditional meanings of the cards work together.

3. Write down any insight gained.
4. At the end of the day re-read your notes and consider the day. With hindsight did the cards offer any workable insight or advice?

In this way you are learning about the tarot through wisdom (traditional meanings), inspiration & practical applications.

As an example;

The night before reading at a fair in Brighton I did a 3 card reading using the Thoth deck. I can't remember the individual cards but there were all warning cards. I decided to prepare as much as possible the night before. Obviously something would go wrong. Perhaps preparation could help a little.

I made my lunch, packed by bag, left it all by the back door.

The next morning I was having my coffee and checking my emails.

There was a very hurtful, personal (and public) email. It really shocked me, until I heard the bus pulling in.

The only bus that could get me to Brighton in time.

I ran, picking up my bag in passing.

And the day went really well after that!

I have always wondered, without that reading whether I would have missed the bus, or in my panic have turned up without something vital-like tarot cards!

Keep a Journal

Learning to read the tarot is a gentle blend of traditional meanings (what book learning will tell you), your intuition & how the tarot reflects your experiences.

The best way to learn tarot is to record your spreads, what you think they mean, and how your understanding evolves as you live through what you previously read for.

Different people, books & decks say different things?

Yes. There are many different ways to read & interpret the Tarot. From a clear and simple predictive style, to using the Tarot as a tool for self development.

Some authors & decks are very focused on Astrology, numerology and the like. Others are much more focused on the psychological or archetypal side of tarot.

Try different authors, find a blend that suits you. Tarot is an art not a science, there are no absolutes.

You will also notice that different decks will slightly alter the meaning of specific cards. This is the joy of Tarot! The diversity leaves room for your choice, your understanding. If there was only one deck, one right interpretation it would all become a little bland and restrictive.

If your intuition gives you a message that is different to the traditional meaning of the card, or the book you are reading, go with your intuition.

Books and traditional meanings are a fantastic way to support your skill in Tarot reading. They will challenge you to think deeply, but they are there to support your intuition.

Learn to trust yourself.

I've done a reading- and I get nothing!

Readers block happens to everyone.

If you are reading for yourself;

- Then I suggest “cooking” leave the spread out. Meditate on the spread last thing at night, sleep, then look at the spread first thing in the morning. Your unconscious works hard whilst you sleep!
- Pull 3 cards to help you understand or “unlock” the reading.
- Write the reading down in your journal (you do have one, right!) and have a look at it in a day, or a week. It might make a lot more sense with a little hindsight.

If you are reading for someone else (great tips for reading for yourself too)

- My best tip is to start describing what you see. Literally start describing what ever catches your eye about the cards in-front of you. Often this evolves into a stream of consciousness and the message becomes clear.
- Ask the person for clarity. Be honest and say “I’m just not getting anything”

I was reading for a client. I laid the 10 card spread, looked at it, & it was total chaos. I saw nothing. She'd asked about her love-life, and I could see no connection. I told her and she said “I'm in love with a

married man” Immediately I saw the chaotic spread was three people, three stories intertwined- and I could read the story!

- Sometimes the reading isn't working because you, or the person you are reading for, don't really want the reading.

This has happened several times now, often at parties, where someone is having a reading because they feel obliged to. Once I have pointed out they don't want a reading and picked up the cards- they are often curious enough to try again, and it usually works this time!

Which is the best spread?

The one that tells you what you want to know!

I don't like one card spreads, because I like to look at the story between the cards, I like 3 as a minimum.

Other than that, it is down to character & reading style.

I think a more formalised spread helps beginners- where the spread defines what each card is representing (like a Celtic cross). As you become more confident you can literally make your own spreads up as you go along.

My one word of warning- decide whilst shuffling how many cards you will pull (e.g. “I am going to draw 5 cards to offer me the best advice to write my book, and 3 cards to show me the likely outcome of my published book”) otherwise it is just too tempting to keep pulling cards until you get to the one you want!

What does “psychic” really mean?

The word "psychic" has so many different understandings and uses. I thought I would take the time to explain what it means to me.

For me the word psychic covers that feeling when you **just "know" something**, which you haven't logically thought through. And you "knowing" turns out to be helpful, correct or true.

The "knowing" can come to you in **lots of different ways**. They are all equally valid, just different. As an example;

- A feeling, hunch or gut reaction. (perhaps the most common)
- Words that come to you, perhaps you "hear" them in your head, or write them without thinking (often called automatic writing).
- Using a tool such as tarot, pendulum, oracle cards.
- A vision, guided meditation, shamanic journey- where you see images. perhaps as on a screen, or just flashes, or as if it was actually happening.
- You may experience smells, sounds, or physical experiences (shivers, feeling cold or hot)

There are lots of explanations as *where* the "knowing" is coming from;

- Your own unconscious (which stores every memory & experience of yours)
- The collective unconscious.
- Angels/guides/spirit animals/Gods- a pantheon of non-physical beings.
- People that have died.
- A divine source; perhaps universal energy or a universal God/ess

It doesn't really matter to me where you believe the "knowing" is coming from. I believe they are all reflections of the same universal source, and we use the words to describe the source that fits with our cultural heritage.

I believe often our psychic understanding is connecting to a "wiser" part of ourselves. It is offering an extra sense of understanding that can really help you in life; whether it's navigating relationships, finding your soul path in life, or working out which job offer to accept.

How to develop your psychic skills

If I was to limit it to the absolute basics, what would I choose? I narrowed it down to 2 things. (yes even I was surprised).

1;Breath Control

By controlling your breath, you are controlling your mind and body. There are lots of fancy techniques out there with counting and the like, and if they work for you-great. But all you really need is good technique, and a gentle slowing & deepening of the breath.

Good Technique; Have you ever stopped to think about how you breath? It is best to breath from the belly, put your hand on your stomach and breath deep and slow. Feel how your body moves when you breath. Enjoy the process.

Slow & Deep; Breathing deep and slow relaxes the body, calms the mind, cleanses the aura and can root your energies deep into the earth.

Earth breathing is a wonderful tool, for preparing to connect spiritually, for relaxing, for raising energy...

1. Sit (or stand) with your feet flat on the ground. bare foot outside is wonderful, slippers in the bedroom is fine!
2. Breath in, deeply and gently, and focus on the breath rising from the soles of your feet, up your legs, your spine, to your mouth.
3. Breath out and release the tension in your body. Feel your belly, your shoulders, your body move with the out-breath.

Repeat for the length of time needed.

When you deepen and slow your breath your body relaxes, your mind relaxes. It is the perfect preparation for psychic work (and much, much else)

2; Intention

I could have written a long list of words with a similar meaning, and they are all covered by the word "intention"; self belief, trust, confidence, understanding, ...

The easiest way to set and confirm your intention is to use an affirmation (prayer or wish if you prefer). Consider carefully what you what your psychic connection to do, and create an affirmation to help your mind & unconscious (and guides/angels) know what you want.

With my Tarot work I always ask that the tarot reading be "For my clients best help". I say that in my mind before every reading. Partly this is due to my style of reading, I read from a guidance point of view, I want to set the intent very clearly.

Before you pause to connect with your psychic self, set your intention. You are;

- Stating your belief in your psychic skills
- Asking for help

- Increasing your self confidence
- Clearing & focusing your mind
- Communicating with your unconscious.

I can not think of a more powerful way to start any session.

My top tips to connect with your tarot cards

1. Habit (ritual if you prefer) try to read for yourself regularly and create a personal habit that becomes automatic. How you store your cards, how you shuffle & chose your cards, any candles, crystals, prayers or affirmations you may use. Your brain will associate this ritual with being calm and connected. Exactly what and how you prepare for a reading is less important than the regular practice.
2. A prayer, blessing or affirmation, asking your guides to help. I know there is a wide variety in how people see the tarot. Whether as a psychological tool, a way to connect with guides, or somewhere between the two. I work with guides, so I always invite my two main guides to help me. You may prefer to use a personal affirmation that the reading may "be for the clients highest good". Our words and minds are so important, having a positive statement helps you to mark the transition from personal to reader, from your wisdom, to tarot wisdom. I find this an empowering and helpful step.
3. A clear connection with who/the question you are reading for. I have found it important if shuffling and the client wishes to talk off topic, to put the cards down until they are ready to focus with me. With email readings I find headphones and (don't laugh) whale music helps me to stay focused on my clients email. I believe the connection comes from the reader, so maintaining a clear focus whilst reading (and not thinking about dinner) is your responsibility.

4. Relax and trust the process. I think an important part of a Tarot reading is to switch of the ego, logical side and let the intuition flow. It is very easy to feel a story from the cards, and not have the courage to say it because your logical brain talks you out of it. I have found learning to trust the process has made the biggest difference to my readings. But how to trust? That's number 5...
5. I always start a reading with looking at the client right now, or their past. That way (presuming it is not email) they can confirm that I have formed a good insight. Reading for their past or present is measurable, and allows me to then read for possible futures- which is not measurable. Try this out with friends and family members; it's a great way to hone your tarot reading skills.

What I can I use the Tarot for?

Almost anything! Here are some ideas;

- Planning (holiday, business, house move...)
- To help you free up your mind when thinking of new ideas for, well, anything.
- Resolution of arguments (partner, family, child, friend, work issues)
- Self reflection & personal development.
- Helping to resolve personal issues- anxiety, lack of self confidence, depression, grief...
- Looking clearly at finances
- Creative projects.
- Vision boarding, spell casting and manifesting.
- Setting goals & objectives.
- Predictions
- Fun (with friends, or on your own!)

I hope you have found this tarot question busting book helpful. I hope it has inspired you to find your own tarot voice. If you'd like to look at the individual tarot cards with me, and work through some specific tarot spreads take a look at my website; www.maddyelruna.co.uk/my-tarot-book to see the other books that I have published.

If you find e-books really annoying and would rather print these pages out, head over to my website on this page; www.maddyelruna.co.uk/p-d-f-tarot-questions where you will find the PDF's for you to print.

More than anything I hope you find joy and confidence using the tarot. It really is a most magnificent tool & can help in so many ways.

If you have any questions, do feel free to email me;
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