AN INTRODUCTION TO

Tarot

& Tarot Reading

WHERE ARE YOU?

IN THE TAROT

Phoenix Rising

Become Who You Are
PHOENIX RISING PRESENTS

AN INTRODUCTION TO TAROT & TAROT READING

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WELCOME TO THIS MINI EBOOK AND WELCOME TO PHOENIX RISING, MY WORLD OF TAROT AND REIKI.

I have put this together in the hope it will give a very simple overview of Tarot reading. I feel that Tarot still can hold a lot of misguided notions and really wanted to clear that up!

Tarot is available to all of us as a wonderful tool for guidance, self development and increasing our awareness. It provides guidance and clarity to our daily struggles, hopes and dreams.

It is the mirror of our Soul. It can be your best friend, telling you what you need to hear, rather than what you want to hear. It can give you the confidence and power to just keep on going at times when you feel like you have to give up! It offers everything a best friend should.

I have provided keywords to the cards, deeper interpretation is for you to discover, and you hold your own interpretation of each card. Use these keywords as a spring board into your own intuitive mind. Allow your own life experience, personality, inner voice and imagination to capture these images; and turn them into your story. Enjoy this journey, weave the Tarot into your life and allow the magic to unfold.

With love,
Kat x
An Introduction

THE TAROT HAS ALWAYS HELD A GREAT DEAL OF MYSTERY THROUGHOUT THE AGES.

With regards to the historical origins of the Tarot, many different explanations can be found. The traditional Tarot deck dates back to Italy, to fourteenth-century, where a nobleman commissioned a hand-painted deck to commemorate the marriage of his daughter. Further back, it has been thought that the Tarot was developed from Rune stones, the markings on the Rune stones later being developed to the earliest Tarot. It is also believed they were used by royalty, dating back to the fifteenth century, hence the use of the Court Cards.

What is clear today is that the Tarot remains something of a mystery and can provoke strong reactions; it can carry an air of mystery and darkness. This can be said of many things we fail to understand. The Tarot is after all, a deck of cards. What we see, what we project on to the cards, and what we generate via our sub-conscious and intuitive minds is the essence of a Tarot reading. It is not the cards which generate this mystery, it is the information given when we use them as a tool for understanding our human experience. We are after all spiritual beings having a human experience.

Over the years the Tarot has shown me that it is our projection, our intuition, which ‘predicts’ the reading and provides answers. I believe this to be true, this is my direct experience. However (yep, here comes the rub!), there is something else going on here. It would be very easy and convenient for me to leave the above paragraph there (that is enough to be getting on with as it is), but there is more. There is something else, the magic, the completely unexplainable, which happens repeatedly with the vast majority of readings that cannot be ignored, or... explained. Why two cards could be drawn at complete random from 78 cards and directly answer our proposed question. This is one of the main reasons that you are reading this manual, and why you own a deck of Tarot Cards.

Welcome!
There are many different beliefs about the Tarot, below are some common held ideas.

**Your Tarot Pack Has to Be Bought by Someone Else and Presented as a Gift**

Far back in history it may have been that Tarot was passed on as some sacred gift. Today that is not the case, Tarot is, and should be available to all who want to use it. Choose a deck that you like, one which is close to the original work in the Rider-Waite is considered the best to start with. There are hundreds to choose from and you can use different decks when you are more experienced. There are many which are full of astrological signs, fairies, vampires and even film stars but best to keep it simple to start with!

**There Are ‘Bad’ Cards**

There are some cards which are more negative than others, this has to be the case as life works with positive and negative. The Tarot does not predict death or any kind of terrible event. A reading which predicts this is due to an in-sensitive reader, not the cards.

**You Have to Keep Your Cards Covered, No-One Else Can Use Them**

This is not strictly true. Keeping your cards in a bag or box will protect them, however, they are your cards so have them out and around you. They hold your energy and should be part of your home/life. You can cleanse your cards by blowing on them and imagine a white light flowing through them. If you use Reiki, use the Reiki symbols to charge or cleanse them. It is entirely up to you if you would like anyone else to use your cards.

**You Have to Be Psychic or Gifted to Use the Tarot**

Anyone can use the Tarot, all you need is enough curiosity, an open mind, and a desire to guide others on their journey. The Tarot can open your mind to higher vibrations and can be a tool to aid Psychic development. For those who are already on a spiritual path, and are open to using their psychic and intuitive energy, the cards will feel much gentler and give enhanced understanding. They will allow an easy flow of consciousness as the story begins to unfold. As long as you offer Tarot to others with good intentions, for healing, for personal growth and insight, the Tarot will respond accordingly. We will discuss this later in the book and have the opportunity to engage with exercises which enhance your intuition as it is an essential element if you want to truly engage with the Tarot.
The Tarot

**WANDS**

**CUPS**

**SWORDS**

**PENTACLES**

**THE MAJOR ARCANA**
The Major Arcana

A STANDARD DECK OF TAROT CARDS CONSISTS OF 78 CARDS DIVIDED INTO TWO SECTIONS. THESE ARE KNOWN AS THE MAJOR AND MINOR ARCANA (ARCANA MEANING “PROFOUND SECRET”).

There are 22 cards of the Major Arcana; and they are the ‘heart’ of the deck. Each of these cards symbolizes some aspect of human experience. They tell us of the various life phases we need to pass through, to fully understand our human experience and the world around us. The initial card (marked 0) the Fool, marks the beginning of the journey and ends with the World card (21). Each card marks a particular life phase that we as spiritual beings, having a human experience, are familiar with.

This collection of cards offers deep insights to any Tarot reading. When a Major card appears, we know there is a significant theme. This informs us of the thoughts, feelings and motivation behind the current situation. It is possible to use only the 22 cards of the Major Arcana to give an entire reading. The focus would be on personal and spiritual development, rather than the on-going circumstances of our daily lives, and of the people who influence us. The Minor Arcana is the other 56 cards which provide those details.

The Fool’s journey is one of perfect timing. In order that he achieves all he requires at each stage of his life, he moves from one life phase to another, until he reaches complete fulfilment and awareness. The most functional being that could ever possibly exist! Needless to say, our journey is never so smooth and perfect. We are born into various life lines, arriving with a whole range of experience, and a need to gain a whole lot more! We have many lessons to learn. We may fail to learn how to love, to forgive, how to assert ourselves or how to access our inner strength. We may live fully in accordance to our path, reaching our full potential or we may live in ignorance and fear. Many of us struggle to overcome difficulties and experience these lessons out of order. Each level of experience is represented in the Major Arcana. Our mission, (should we choose to accept) is to pass through them all, taking the best of what they have to offer, for our highest good.

These fascinating images have so much to teach us. They are the ultimate tool for increasing personal and spiritual awareness. With this in mind, I invite you on a fascinating and inspirational journey, which promises magic, mystery and profound insight.
THE MAJOR ARCANA

Card Interpretations

2 THE HIGH PRIESTESS
Instinctive and Psychic
Psychic Awareness
Intuition
Power

3 THE EMPRESS
Creative and all that is nurturing
Children
Mother Earth
Unconditional love

4 THE EMPEROR
Perfect partner to the Empress
Father
Authority

5 THE HIERNOPHANT
Rules and regulations, Education
Moral Code
Belief Systems
Authority

6 THE LOVERS
Love on all levels
Self Love
Relationship
Sexuality

7 THE CHARIOT
Riding home after Victory
Action
Movement
Victory
Will

8 STRENGTH
Courage and strength to face your fears
Strength
Patience
Compassion

9 THE HERMIT
Seeking truth and personal development
Spiritual Development
Introspection
Solitude

10 THE WHEEL OF FORTUNE
Destiny and fate playing their part
Destiny
Turning Point
Personal Vision

11 JUSTICE
Balanced and fair judgment
Responsibility
Balance
Cause and Effect

12 THE HANGED MAN
A time of letting go
Letting Go
Change
Sacrifice

13 DEATH
Rebirth, end of an era
Ending
Transition
Elimination

14 TEMPERANCE
Patience, Archangel Michael
Patience
Balance
Moderation

15 THE DEVIL
Bondage
Control
Excess
Materialism

16 THE TOWER
A bolt from the blue
Sudden Change
Downfall
Revelation

17 THE STAR
The calm after the storm
Hope
Inspiration
Calm

18 THE MOON
Tuning in
Secret
Dreams
Illusion

19 THE SUN
New Beginnings, happiness and success
Enlightenment
Greatness
Vitality

20 JUDGEMENT
Moving to the future with a new understanding
Rebirth
Inner Calling
Letting Go

21 THE WORLD
The world at your feet!
Accomplishment
Fulfillment
Completion
THE MINOR ARCANA HAS 56 CARDS.

There are four suits in the Minor Arcana, as there are in traditional playing cards.

The Minor Arcana provides the detail and the circumstances, the people and the events that play a part in our daily lives.

The Four Suits are known as: Cups, Wands, Pentacles and Swords.

**CUPS**

The Cups is the suit that represents emotions and spiritual experience. In the Cups water is shown running in and out and they are used as symbols for the element of water which signifies our emotional experience. The suit of Cups show our emotional state, our relationships and our inner feelings.

**WANDS**

The Wands is the suit that represents action and movement. The element if fire, showing the power of force and creativity. The Wands can be seen as staffs or rods, used for working and tell us of our working lives, the projects we are involved in and where our creative energy lies. Optimism, hard work and enthusiasm are found with the Wands.
**PENTACLES**

The Pentacles are the suit of security, abundance and material aspects of our lives. The gold Pentacles can be seen as gold coins (money). The element is earth, as they are grounded in our nature to bring comfort and security to our life. They represent not only material wealth but abundance in all areas of our experience.

**SWORDS**

The Swords are the suit of intellect and reason, of rational thought. The associated element is Air as this gives mental clarity and vision. The Swords can show us the many challenges we face when the ego state is left without vision and boundaries. When we allow our thoughts rule our hearts we find unhappiness, conflict and confusion. The Swords within the Tarot can assist us in looking at our ego and shadow self, that of which we can deny.

**ACES**

The Ace of each suit represents the very best the suit has to offer, given it is of the highest order. The Ace of Cups for example tells us of abundance, love and emotional security. All the positive qualities are carried with the Ace cards.

**COURT CARDS**

The Court Cards are the royal cards and belong in each suit. We have the King, Queen, Knight and Page of each suit. They carry the qualities and elements of the suit which they belong to. Their personality types are stereotypical of the roles that they have. The King is masculine and with authority, the Queen feminine and nurturing within the family. The Knight is typical of a young adult, full of excitement, energy and gaining experience needed to be King. The page, younger and inexperienced but keen to learn.
The Minor Arcana

Wands

ACE
Confidence
Success
Enthusiasm

TWO
Personal Power
Boldness
Optimistic

THREE
Exploration
Foresight
Confidence

FOUR
Celebration
Excitement
Gathering

FIVE
Disagreement
Competition
Conflict

SIX
Triumph
Success
Pride

SEVEN
Aggression
Conviction
Competition

EIGHT
Quick Action
Conclusion
News

NINE
Hard Work
Perseverance
Stamina

TEN
Overwhelmed
Burdens
Struggle

KING
Forceful
Charismatic
Successful

QUEEN
Wholehearted
Energetic
Self-Assured

KNIGHT
Charming
Self-Confident
Adventurous

PAGE
Be Creative
Be Confident
Be Enthusiastic
The Minor Arcana

Cups

Ace
- Intuition
- Intimacy
- Love

Two
- Connection
- Union
- Attraction

Three
- Friendship
- Community
- Celebration

Four
- Self-Absorption
- Bereavement
- Going Within

Five
- Loss
- Bereavement
- Regret

Six
- Support
- Innocence
- Childhood

Seven
- Wishful Thinking
- Options
- Opportunity

Eight
- Searching
- Moving On
- Weariness

Nine
- Wish Card
- Satisfaction
- Abundance

Ten
- Joy
- Security
- Family

King
- Wise
- Caring
- Tolerant

Queen
- Loving
- Intuitive
- Spiritual

Knight
- Romantic
- Imaginative
- Sensitive

Page
- Be Intuitive
- Be Loving
- Announcement
The Minor Arcana

Swords

ACE
Truth
Justice
Clarity

TWO
Blocked Emotions
Avoidance
Confused

THREE
Heartbreak
Betrayal
Loss

FOUR
Poor Health
Rest
Quiet Preparation

FIVE
Disharmony
Discord
Open Dishonour

SIX
Moving On
Recovery
Travel

SEVEN
Dishonesty
Hidden Agenda
Self Interest

EIGHT
Restriction
Confusion
Powerlessness

NINE
Worry
Exhaustion
Anxiety

TEN
Victim Mentality
Ending
Blockage

KING
Intellectual
Analytical
Articulate

QUEEN
Forthright
Experienced
Honest

KNIGHT
Direct
Authoritative
Logical

PAGE
Be Truthful
Be Just
Have Fortitude
### THE MINOR ARCANA

**Pentacles**

<table>
<thead>
<tr>
<th><strong>ACE</strong></th>
<th><strong>TWO</strong></th>
<th><strong>THREE</strong></th>
<th><strong>FOUR</strong></th>
<th><strong>FIVE</strong></th>
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<tr>
<td>Prosperity</td>
<td>Juggling</td>
<td>Teamwork</td>
<td>Possessiveness</td>
<td>Hard Times</td>
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<tr>
<td>Practicality</td>
<td>Flexibility</td>
<td>Study</td>
<td>Control</td>
<td>Ill Health</td>
</tr>
<tr>
<td>Security</td>
<td>Turbulence</td>
<td>Competence</td>
<td>Rigid</td>
<td>Low Energy</td>
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<th><strong>SIX</strong></th>
<th><strong>SEVEN</strong></th>
<th><strong>EIGHT</strong></th>
<th><strong>NINE</strong></th>
<th><strong>TEN</strong></th>
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<td>Resources</td>
<td>Assessment</td>
<td>Diligence</td>
<td>Self-Reliance</td>
<td>Affluence</td>
</tr>
<tr>
<td>Resources</td>
<td>Reward</td>
<td>Knowledge</td>
<td>Reﬁnement</td>
<td>Convention</td>
</tr>
<tr>
<td>Sharing Power</td>
<td>Direction Change</td>
<td>Hard Work</td>
<td>Abundance</td>
<td>Extended Family</td>
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<tr>
<th><strong>KING</strong></th>
<th><strong>QUEEN</strong></th>
<th><strong>KNIGHT</strong></th>
<th><strong>PAGE</strong></th>
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<td>Enterprising</td>
<td>Nurturing</td>
<td>Cautions</td>
<td>Be Practical</td>
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<tr>
<td>Reliable</td>
<td>Down-to-Earth</td>
<td>Realistic</td>
<td>Be Prosperous</td>
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<td>Supporting</td>
<td>Resourceful</td>
<td>Focused</td>
<td>Be Frugal</td>
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When you have set the scene, centred yourself and have tuned into your cards, decide on which spread you are to use. Are you going to ask a direct question, or do a general reading? Have you chosen a spread that suits the enquiry?

There are many things to consider, try as always to go with what feels right and don’t put too much pressure on doing it ‘right’, there is no right and wrong if you are working with the best of intentions. Experiment with various styles until you find your own, try different spreads, questions and ways of working. Be brave!

Decide if you want to ask a question or just have a general overview. You could have a general look, and then re-shuffle or use what you have to build on to gain more information if you need it. When doing a general reading, simply ask ‘what do I need to learn right now?’ The Tarot will tell you what you need to know, rather than what you want to see! Simply add more cards to the ones you have (from the top of the deck) until you feel ready to stop. I always stop at a Major Arcana card.

How to ask questions

When you are learning the Tarot it can be really tempting to ignore cards you don’t fully understand, or to latch on to just one or two cards that you enjoy. Try to be as clear as possible when reading for yourself, for others you are putting the story together in a more fluid way. Journal the cards and take time to find out more about those that you find most challenging; they normally have the best advice for you.
How to Begin a Reading

THE VERY FIRST STEP IS TO GROUND AND TUNE IN AS WE HAVE DISCUSSED.

You will find this a very personal and unique experience and I can offer guidance, as you will find your way very quickly with this. It can be anything from a few simple breaths to centre, asking for protection and calling on inner guidance. It can be as simple or as elaborate as you wish. Tuning in, and being in the right ‘space’ is essential if you want to get the best from the experience.

If the person you are reading for has limited experience you may want to offer some guidance, let them know a little about the reading, what you feel you can offer? Find a way to introduce yourself and the cards.

Discuss your client’s needs; decide if you are going to do a general reading (no questions) or if they would like to ask a question.

Choose a spread (you may always use the same one or two, or you may go with your instinct) and when you are ready ask the client to shuffle the cards and give them back to you when they feel ready to do so. Spread the cards face down and the client can then choose cards (left hand preferably).

Take your time, don’t rush in trying to impress and please. Look for the Major cards, are there many? If so, is there a ‘theme’ running through the reading with the Major?

Inspect the Minor cards, are they the same suit? Can you find a correlation with different suits?

Most importantly, what are you feeling as observe the cards? Ask your client how they feel about the images?

If you want to ‘build up’ on any cards, take one at a time from the top of the deck, the remaining cards that you have collected. Add cards as it feels right to do so, stop at a Major Card as this would indicate a major change to the existing circumstances.

When the reading is over, take the time to give thanks for the guidance and to ‘close down’ from the higher vibration.

ABOVE ALL, FIND YOUR OWN STYLE, YOUR OWN WAY. THERE ARE NO RULES; THE ABOVE IS ONLY A SUGGESTION TO GET YOU STARTED. I HAVE USED THE WORD CLIENT BUT THIS OF COURSE CAN BE FAMILY MEMBER OR FRIEND.
Basic 3 Card Spread

1: Past

2: Present

3: Future

Using keywords for each card and the position they fall into, what is the story of this spread? How would you tell this story, reading from right to left. Think ‘Once upon a time...!’

Additional cards can be added to each from the top of the deck if needed.
Using your keywords, spend some time working on the relationship of these two people. How would you begin to describe it to them? Pair up the cards from right to left as you move down each column, keep in mind the connection they have also. Let your intuition guide you. Use your own cards to lay out another spread in these positions - experiment!

Additional cards can be added to each from the top of the deck if needed.
Using a journal to record your insights and your journey with the Tarot can be a wonderful way to connect with the cards, and to assist you in your understanding of them. How you do this is entirely up to you.

Here are some suggestions you may find useful:

* Mark aside a section for the Major and each suit of the Minor. Then give space for each card. This is where you will record your feelings and thoughts as you go along.

* Have a readings section and record your experiences here. Keep it confidential and note how you prepared for it and feedback you received.

* As you encounter different experiences in your life, journal how the cards would reflect this. As you live the story, choose the appropriate cards and write your own ending with the cards!

* List the people in your life, describe them and find the card that relates to them. You can also use fictional characters, this will help you describe the meaning of each card with more depth.

* Make your own story... write your own destiny!
Phoenix Rising is owned by Katrina Clark, a registered member of Tarosophy and an endorsed reader with the Tarot Association of the British Isles (TABI). For more information please visit phoenix-rising.co