

# Develop Your Intuition Through Tarot



**Amanda Goldston**

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## **Acknowledgements and Thanks**

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Thank you to Hazel Payne, my first teacher for your belief in me.

**Thank you to everyone else who has made this project possible.**

## Welcome

Thank you for investing in this book. I am Amanda Goldston.

I would like to share with you the very simple method of reading Tarot cards that I was taught when I first started reading cards in 1993.

This is a straight to the point book, with no fluff. It is the information that I use on a day-to-day basis to read for myself and my personal clients and friends.

There is no need for any complex rituals, candles, incense or any other mystic trappings- although you can add these yourself if they make you feel good.

You don't need any psychic ability to be able to read Tarot cards. When I started reading cards, I did not think I had any psychic abilities. Over time my intuition improved and developed.

The easiest way to read Tarot cards is to really look at each card, look at the Colours, any Symbols that leap out at you and the pictures. What is going on in the card? How does it make you feel when you look at it? Does it remind you of a person or a situation? Trust that feeling or that voice. It is your Intuition and it will be absolutely correct for you.

In this book I am going to show you some quick and easy methods to develop your intuition and ways to use the cards to trigger that inner wisdom, so that you can build a personal relationship with your cards and they speak to you.

Reading Tarot cards is a bit like story-telling. You use the cards to build a picture and a feeling of what is going on and let the story unfold with each card you put down. Tarot is a wonderful journey and is tremendous fun.

**With abundant blessings.**

**Amanda Goldston**

**Tamworth, UK, 2009**

## **Introduction**

The Tarot is a fantastic tool for stimulating your Intuition and you can develop it at your own pace. Like anything, the more you can put into it, the quicker you will get fantastic results for yourself.

### ***Intention***

Set yourself an intention that you will quickly and easily learn and absorb everything you need to know from this book, to be able to tap into your Intuition at will, and know that it will give you exactly the answers you need-anytime and every time!

### ***What is Tarot?***

Tarot cards have been around for centuries and have been in one form or another for understanding yourself and the world around you. No-one knows for certain exactly where they came from, although the first documented use seems to have in 14th century Europe.

Tarot cards have frequently been used as a tool for fortune telling or divination and have appeared throughout history and literature as a make or break time for people- often kings and royalty.

People who could interpret the cards were given great power and often today still are.

Tarot cards have often appeared where great misfortune is about to befall someone and that would interpretation would be taken as "the truth" and exactly what was going to happen and nothing could be done to change that.

There are still numerous people today who take that same approach.

However I am of the opinion that very little is fixed and we can influence and change most things in our lives, if we choose to take responsibility for our own lives.

### ***Where does the information come from?***

I believe we all have "helpers" in the Universe, which can be called by a variety of names. I also believe there is a Universal source of energy which we can all tap into All the answers we will ever need are either within us and we can tap into them.

This is a bit like a Universal bank where everything is stored and when we are "plugged into" our source energy, we are in tune with ourselves and we can allow wonderful things to come to us. Any reading can be coloured by your current thoughts, feelings and experiences and the cards reflect this.

In terms of outcomes, what the cards indicate is the general direction of your life, if you did not make any changes. A tarot reading cannot make any decisions for you. It can offer guidance for you to make the best decisions for you.

### **Tarot can help with the following:**

Tap into your own intuition and inner wisdom, so you can "know" with laser sharp accuracy when something is right for you. It can help confirm your own feelings as to what the correct next steps are for you.

You can consider an "alternate future" to the one which is currently unfolding and make better, more informed choices for yourself. You can explore various options to create the future you desire, and look at ways of enabling you to get to where you really want to go.

See some light at the end of the tunnel, when all looks dark, bleak and hopeless around you. It can bring some hope, optimism and encouragement to your life. Often that will be enough to open up your own inner resources such as creativity, problem solving, intuition and the ability to notice a different way forward.

If you have a difficult choice to make, the tarot can help you to safely explore different options, before you rush in and commit yourself to something, so you can choose the path that is best for you.

It can indicate challenging situations and difficult people ahead of you, where "forewarned is forearmed" and you can then make different choices, so you can either head off a potential problem or lessen its effects or maybe have a "Plan B" in place.

Show you the energies around you and indicate what maybe blocking you from having the success you deserve or from moving forward.

Very often it will also show the ways to overcome the blocks. The biggest blocks can be in allowing success, money, happiness and love to flow into your life.

It is a fantastic opportunity to take control of your life and to make changes that need making, ahead of life making them for you.

## ***What Tarot isn't***

Tarot does not tell you categorically what is going to happen in your life, as you have ultimate control over the direction of our life. It cannot give you specific advice and it cannot make decisions for you. It cannot "make" you do anything.

It does not offer you fixed or unchangeable things and it is very unlikely to predict death, doom and destruction and other things you can't do anything about, apart from worry about their arrival.

There is nothing to be scared of, as it is purely a deck of picture cards. As with anything the power lies in the interpretation and the lofty status that is often given to the person doing the interpretation. It is totally subjective and everyone will see the cards in a different way.

Tarot has nothing to do with any religion, strange cult, devil worshipping, witchcraft, voodoo or any other weird and wacky thing.

You do not have to have any special skills and you do not need to be a natural clairvoyant, medium or psychic to be able to work with the cards.

## ***Choosing a deck***

Traditional decks consist of 78 cards, which are made up of the 22 Major Arcana cards and 4 suits called Cups, Wands, Swords and Pentacles. There are many more modern decks which use different history, legends, culture or mythology as their base.

One of the easiest decks to start with is the Rider Waite deck, designed by Arthur Waite and illustrated by Pamela Coleman Smith, as the images are very clear and easy to understand.

This is the deck we are working with in this book.

You don't have to know any particular mythology or legend to use them.

They are also very easy to explain to someone else when you are doing a reading and they can often see for themselves what the message is.

Ultimately it is about finding a deck you feel comfortable with and is easy for you to work with.

You don't have to be given a deck of tarot cards by someone else. Sometimes it is better to buy your own because you can resonate with them.

## **Major Arcana**

The Major Arcana is made up of 22 cards. Some decks will only have these and some readers will only use them. They can be looked at in many ways.

If you see a lot of major arcana cards in a reading or a spread, then it is likely that those issues are very important issues in a person's life and that the impact of the situations may well be there for some time.

The major arcana cover virtually every aspect of someone's life. It can also be seen as the journey through life or a more spiritual journey and the lessons that need to be learnt.

The Major Arcana also indicate personality archetypes. Although the figures in the cards may show as male or female, the characteristics can relate to either gender. They point to some major lessons or qualities we need to find in ourselves to be able to move forward with a situation and often with our lives.

Major arcana cards can also represent events.

## **Suits**

The rest of the deck is made up of 4 suits. These can be compared to the suits in a deck of playing cards.

The first is the Suit of Cups, which usually represent matters to do with emotions and feelings.

Astrologically they represent the element of Water and the signs of Cancer, Scorpio and Pisces.

The next is the Suit of Wands, which refer to matters to do with action, work, career, business, creativity, moving forward.

Wands are represented by the element of Fire and can point to the zodiac signs of Aries, Leo and Sagittarius.

Then we have the Suit of Swords, which points towards mental activity and head stuff with thoughts, ideas, fears, logic.

Swords represent the element Air and the astrological signs of Gemini, Libra and Aquarius.

Lastly, we have the Suit of Pentacles, which represent money, material things, matters to do with the earth and the home.

Pentacles represent the element of Earth and the astrological signs of Taurus, Virgo and Capricorn.

## ***Storage***

Traditionally Tarot cards have been stored in a black or purple silk cloth, as silk tends to protect from negative energies. You can also now buy little silk or velvet pouches, which are very good.

I use a wooden box, as wood is also a good protector and stops negative energies from getting to the cards.

However, you do not need anywhere special to store your cards. You need to find a place where you can keep them all together, so that none of them get lost.

## ***Cleanse your deck of energies***

This can be done after a reading or when you pick your cards up for the first time. It is designed to remove residual energies from the last usage or previous person.

Passing your cards backwards and forwards through the smoke from an incense stick can do this.

I usually give the cards a good shuffle and imagine all the previous energies leaving and a completely fresh neutral energy coming in the cards.

A great cleanser is the blue flame of St Germain. I see it up in the sky and ask for all negative energies to leave the cards and go there. It is a very powerful cleansing flame that transforms negative energies into positive ones.

This is something that is totally personal to you and you can use whatever feels right for you. There is no right or wrong.

## **Protection**

It is also important to cleanse your own energies, as you may have inadvertently picked up the negative energies of your previous client.

Imagine drawing a triangle from the top of your head and cutting off under your feet, and then imagine all the previous energies being lifted off you and rising up to the blue flame of St Germain to be turned into positive energy.

This is simply a blue flame, which can be hot or cold, which takes negative energies and converts them to positive. It is a great cleanser.

You can also imagine a sieve of golden light starting under your feet and lifting any negative energy up to St Germain. Then ask to draw back all your own positive energies for your highest good.

I tend to surround myself with Golden Light and fill the space with Golden Light. This allows positive energies to come into your space, whilst dissolving negative ones.

It is crucial to protect yourself while doing a reading, as you never know what energies might appear during the reading. It is equally important to make sure you have cleansed yourself, your cards and your space after a reading.

Find something that you personally feel comfortable with. It does not have to be any strange ritual.

## **Relax and Connect**

Sit comfortably and breathe deeply. Imagine Golden light coming out of you and shooting down through your feet to the centre of the Earth.

Draw the golden light back up and surround yourself with it. Then imagine that light going up into the stars and coming back down and surrounding you as a golden light.

I always ask the Universe and my Angels and Guides for support and protection for both me and my client. It is important that you protect your space, so that only helpful energies come in while you are reading for someone.

I also ask to be connected to my guides and angels and that they are connected to the angels and guides of my client (if the client is not able to connect for themselves). I also ask that the information coming through be for the highest good of my client. That takes me out of the equation and I am there in service of my client. The information merely comes through me and I have no attachment to it.

## ***Professionalism- do's and don'ts***

There are a few key things to remember when you are doing readings, especially if you are doing readings for other people.

### **DO:**

Listen to what people are saying to you.  
Ask questions and ask for feedback.  
Take your time with a reading.  
Find some hope or optimism or something positive for the person to take away.  
Remind your client that nothing is fixed and they can change things in their life.  
Give your client the responsibility for the actions they take.

### **DON'T**

State anything as fixed.  
Predict doom, gloom, death, destruction or anything else that the client can't do anything about.  
Take responsibility for the client's life.  
Try to fix your client's life for them.  
Leave the client feeling worse at the end of the reading than they did at the beginning.

## ***What is Intuition or gut feeling?***

According to the Cambridge English Dictionary, it is knowledge obtained from an ability to understand or know something immediately without needing to think about it, learn it or discover it by using reason.

In my understanding it is a way of just "knowing" that something is right or wrong, without any rational explanation for it. Often there are no external signs to back up this "knowing." You just KNOW!

As a Tarot consultant, I am often asked whether everyone has this ability to see and hear information, which is not immediately obvious to the five senses. The answer is most definitely YES, although it is more developed in some people than others.

For a long while it was considered that women used their intuition more than men, although I am now meeting more and more men who use this guidance system to help them.

## How to develop your Intuition

Know when your intuition is trying to connect with you. Think of a time when you absolutely knew something was right or wrong - and you listened to that knowing.

How did you know? Was it a feeling in your body? Where was it? Was there a voice? How was the knowing voice different from all the other chatter in your head?

Can you remember the sounds, feelings, and pictures?  
Where in your body did you feel the knowing?

For a lot of people that feeling is in their stomach (or solar plexus) area.  
What kind of feeling was it? Warm? Cold?

Maybe it was a voice you heard? Where was the voice? What was the tone?

The more of this you can recall, the easier it is to know when your intuition is trying to get through to you. For me, when I know something is right, I get prickles running right up my legs and up my back.

It may be a completely different sensation when you know something is wrong. When you can identify that knowing, you can practise listening to it.

Relax and be still. The quieter you can get your mind, the easier is it to connect with your intuition. It is hard for it to get through to you when you are stressed. Take a few deep breaths, breathe out tension and breathe in a feeling of connection and love.

For some people this works best as a guided visualisation. For others a simple breathing exercise is brilliant.

I have found that, for me, breathing in deeply to the count of 7, holding for 7, breathing out to 7 and holding for 7 is a terrific way to calm mind, body and spirit in minutes.

The more you can quiet the chatter in your head, the easier it is to be aware of your intuition and to hear the creative insights when they come to you.

Practise. Next time the door bell rings, pause, take a deep breath and try to get a sense of who might be at the door and whether they are bringing you good news or something more challenging.

Have fun. Listen to your feelings or to the little quiet, knowing voice that is there to guide you. Before you make an important decision, pause, take a deep breath, ask yourself what is the best course of action for you at this moment and quietly wait for an answer.

Once you can learn to trust your intuition or gut feeling, it won't let you down. It will help you in any situation.

## ***How Tarot can help you to develop your intuition***

Tarot is a tool to give you choices in your life. It can help with developing your intuition, or give you the confidence to trust your intuition.

It can also help you safely explore potential options before you commit yourself to making a decision and can give you guidance in any area of your life.

Our minds think in pictures and the Tarot consists of images, which makes it one of the most visually powerful ways of connecting directly with your unconscious mind.

A picture literally says a 1000 words and you can get an immediate feeling reaction when you look at a picture.

Pictures are the oldest form of teaching and learning. Pictures tell stories and that is the first way our early learning took place.

Pictures tap straight into the right side of your brain, which is all about creativity, imagination, inspiration, ideas and insights.

The more you can trigger the can trigger the right hand side of your brain, the more you can tap into your intuition or gut feeling.

It is like any muscle. The more you use it, the more it will work for you and the more it will be there for you when you need it.

The Tarot is one of the quickest ways to develop your Intuition or gut feeling and have it on tap 24/7 for whenever you need to make an important decision.

## ***How to develop your Intuition Using the Tarot***

Our intuition or gut feeling is there to help us all of the time. Sometimes we have so much chatter going on in our heads and so many feelings in our bodies that we cannot hear or feel or see our quiet, all knowing truth.

The Tarot can be a fantastic way to develop your intuition. Ideally we want to get to a place where our intuition automatically kicks in whenever we need it and we do not have to think about it. We just know that something is right or wrong and we trust it completely.

Find a quiet place where you won't be disturbed and sit comfortably.

Take a few deep breaths. As you breathe out, breathe out any tension and stress from your day. As you breathe in, breathe in confidence, intuition and trust.

Continue breathing gently until you feel your mind and body relax.

A useful breathing exercise is to breathe in to a count of 7, hold the breath for 7, and then slowly release to a count of 7 and then hold for 7 before taking another breath.

When you feel calm and relaxed, pick up your deck of cards and give them a quick shuffle. Pick out a card at random and notice the first impressions that come to mind.

What thoughts are in your head? Do you hear any instant words? What is the tone of the voice? What feelings do you get from the card?  
Where in your body are the feelings? – heart, head, legs, tummy area, back, other?

Where are the pictures? - inside your head, in front of you? Are they colour or black and white, still or moving?

It is important to notice those very first words, impressions and feelings because if you look at the card for too long, your logical mind will start to analyse the card and you may miss the valuable insights.

Once you learn to recognise the signals that your intuition is using to communicate with you, you can identify them more quickly in another situation.

With a bit of practice you can soon distinguish between the answers from your intuition and the logic of your analytical mind. Both are important and the analytical mind can be very useful once you have gathered all your creative insights.

Trust those first answers as they will most likely be the right ones for you.

When you feel ready, relax, calm your mind and pick another card. You start to develop a relationship with your cards and trust them as a tool to access your intuition whenever you want and need it.

Lay a couple of cards of cards side by side and notice the impressions that you get. Observe how the story changes when one card is next to another.

It is helpful to have a Tarot journal, so that you can keep track of any insights that come from your cards.

Over time certain cards will come to have particular Meanings for you. These may be very different from any definitions you find in a book. That is brilliant. Go with what you feel is right for you for each card.

## **Ask questions**

The clearer you are about what you want to know, the easier it will be to get a Meaningful answer and some helpful guidance.

The most commonly asked question is a question requiring a Yes/No answer, such as "Will I get that job?" "Will he ask me out on a date?" "Should I move house?" "Is my daughter going to pass her exams?" "Should I marry that man?"

Be very careful with trying to answer a Yes/No question, as it may be more appropriate to ask a question such as

"What would be the likely outcome if I did this or that?" or

"What do I need to know to make a decision about?"

"What would most help me to move forward in this situation?"

"How can I improve the communication between me and ...?"

When asking questions, it is important to remember that we cannot change the behaviour of someone else. We can ask for specific information about a situation and how it affects us and what we can do to change or alter a situation.

It is difficult to get information about another person because they might change their mind and do something completely different

## **How to get quick answers to questions**

If you have a tricky decision to make, or are wondering whether you should trust someone, the tarot cards can be very useful. The cards can help you to quickly access your intuition and all your inner resources to help you to make the best choices for you.

It is very likely that you already know the answer in your heart. If life is frantic then it is likely that you are not hearing the quiet voice of your intuition.

If you can hear it or feel, it may be that you are not trusting it and the cards can confirm your intuition or gut feeling for you. Follow the relaxation exercise on the previous page, calm your mind and ask your question.

Ask that the answers will be for the "highest good of all concerned".

Pull out 2 or 3 cards or however many seem appropriate to you and trust that the answers will be the correct ones for you.

Go with the immediate feeling. That will be right for you.

You can look up the Meanings in this book if you would like some further insights or distinctions.

## ***Interpretation***

Interpretation is really about connecting with your cards and building a rapport with the person you are talking to. It is about building up a picture or almost a story from the layout of the cards.

When someone handles the cards, their own energy goes into them and often they will be able to see their own answers literally staring them in the face.

Interpretation is about explaining what you see and sometimes explaining the cards to the client. As you build a relationship with your cards, you will give certain Meanings to certain cards.

They will be personal to you. It is important to be consistent, if, so that if, for example, a card means a house move then stick with that card and that Meaning.

## ***Ways to use this book***

Some people will choose to work systematically through the course and work with each card one at a time. This is a great way to learn as it allows you to build a relationship with your cards. Each card will come to mean specific things to you.

The more relaxed you can be when you work with the Tarot, the quicker you will hear the quiet voice and feelings of your Intuition and the quicker you will get the results you are looking for.

Take the cards of the Major Arcana, lay them out side by side so you can see them all at once. Take a card at a time and hold it. Look at it and notice what words, feelings, pictures and impressions come to you. You might think of a particular person or situation.

You can then check with the suggested Meanings for each card on the appropriate page. If you have a different interpretation to mine, that is brilliant because that is your Intuition speaking to you. Go with that message or interpretation.

You can then lay a 2<sup>nd</sup> card beside the first and create a story scenario.

What can you see happening in the two images? How does the story change as you add more cards? Can you imagine a scenario that fits these cards?

Creating a story from the images is one of the most powerful ways to stimulate all the creativity, imagination and intuition that you have in the creative part of your brain.

You can then repeat this with the cards of the other suits.

If you want some quick answers, shuffle the deck and pull a card at random. Relax and notice what thoughts and feelings come to you.

Find the page with that card on it and look at the notes. Notice whether your thoughts and impressions are similar to the notes given. Remember there is no right or wrong with the Tarot. It is a tool to tap into your Intuition. Go with your feelings and impressions, as they will be the right ones for you.

Have fun and Let it Be EASY.

## Colours

Colour plays a very important part in the Rider Waite deck and in our readings and interpretations.

The dominant Colours of a card have an immediate impact on our senses and how we feel about that card.

When you draw a card, take a moment to have a good look at it, to notice the Colours and to observe how the card makes you feel.

Yellow as a dominant colour generally gives a bright, optimistic, sunshine feel to the card. This will often relate to our feelings and our outward expression of things.

Red as the strongest colour will often be pointing towards material things and matters to do with external world.

There are several cards with Blue as the predominant colour and this will often relate to matters of the emotions, the inner self and intuition.

A dominance of Green indicates things to do with the Earth and Nature.

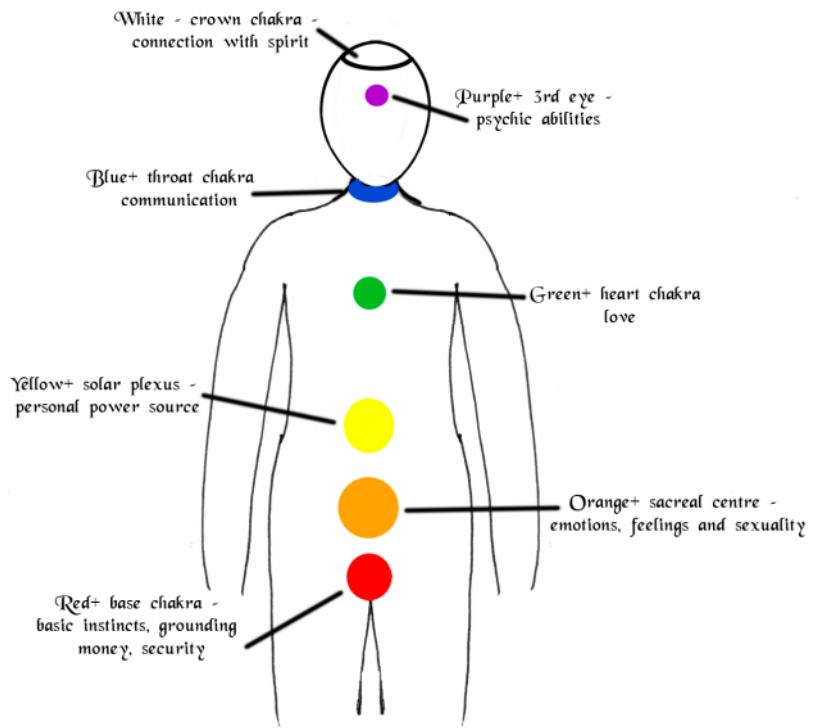
White is colour of purity, innocence and light and cards with a lot of white have an important message in relation to our spiritual side.

There are some cards which are very dark in colour or have a predominance of Black in them. At first sight those can cause a sharp intake of breath and maybe a momentary fleeting fear.

Black can have different Meanings across different cultures. In some places it is symbol of death. In others it is a symbol of resurrection and new beginnings. In others it is a symbol of power.

Grey is traditionally associated with old age and wisdom.

## Chakra Points and Colours



## ***My personal disclaimer and what I say before readings***

A tarot card reading will give you an overview of where you are in your life right now. It can give you a general idea of where your life or the situation is headed and the likely outcome IF you do not make any changes. The cards assume you don't make any changes.

If there is good stuff showing in your cards, then I would suggest you go with the flow and let it unfold.

If there is challenging stuff, then you have the choice and the opportunity to change that.

There is very little in life that is fixed. If any card reader predicts fixed doom and gloom, that you cannot do anything about, then run a mile!

Agreed, there are things which come totally unexpectedly out of the blue, that you appear to have no control over. However you can choose how you react and the actions you take.

When you choose to make a change, whether that is a different thought, feeling or action, you set a new chain of events in motion and that will change a reading.

Remember, you have free will and you can choose the direction of your life. You can choose what thoughts to think and actions to take.

You are responsible for the decisions and actions that you take in your life.

Major Arcana

## The Major Arcana

### *The Fool*

#### Quick Keywords

New ideas, childlike ambitions, carefree, go with the flow, trust yourself, support of Universe, spontaneity, faith, heading into the unknown, letting go of expectations and feeling uninhibited and free to express yourself and to create something magical and wonderful, simplicity, detach from worldly values and possessions, risk, leap of faith, personal quest, potential of spirit, courage, optimism.



#### Symbols

The bag on a stick - This represents his past experiences and memories. He is taking with him just the bare minimum that he needs, which is not

very much. He is mindful of them but they do not control him. With taking so little on his journey, he is very trusting that he will be provided for.

The white dog - Traditionally in stories and fairy tales, when someone goes off on a journey, they have some sort of animal to accompany them. The dog can be seen to trying to warn the figure about the possible impending danger of stepping over the edge of what might be a cliff or might be jumping, gleefully alongside and encouraging him every step of the way.

#### Meaning

There is an opportunity for new beginnings, you may feel a strong desire to take a leap of faith and do something completely different in your life. Trust in your heart, go with the flow and allow the Universe to support you.

You may need to add some logic into your plans, however do not use logic as an excuse for not following your heart or your dream.

## ***The Magician***



### **Quick Keywords**

Tap into your inner abilities, connect with your Universe or source, use things you cannot see such as energies, thoughts and feelings to help with the creation process. Use and trust your intuition. Then take action. You probably have far more internal resources than you give yourself credit for. Manifesting, creation, feel the power and then ground it and turn it into something constructive and powerful.

### **Colours**

Mostly yellow ( emotions ) and red (power, strength and material), white (spiritual)

### **Symbols**

The Figure of eight is symbol of infinity  
Snake around his waist- infinity  
Red Roses and White Lillies – love and

intellect

Greenery- earth

Symbols on table- cup (emotions), wand (creativity), sword (intellect), pentacle (money)

### **Meaning**

You have all the talents, resources and abilities to be, do and have whatever you wish in your life. You may not recognise the capabilities you have. This is a time to trust in yourself and be your own Guru. With this card, you are able to decide on a course of action and focus your attention to manifest what you want.

Set the Intention that everything you are creating and manifesting comes from a place of Highest Love and is for the Highest Good of all concerned.

Believe in yourself and your abilities. You can attract all the people and resources that you need. Believe in yourself and create magic.



## High Priestess Quick Keywords

Secrecy, things not all they seem, intuition, mystery, all things feminine, moon, moon cycles, hidden mysteries of nature and science, all things watery, power in silence and contemplation, keeping secrets, psychic, strength and power of the feminine, passive, receptive, strength through non-action, aloof, secretive, externally unemotional, inner feelings hidden.

## Colours

Mostly blue (emotions and watery- cool colour, representing emotions, yet somehow cool, unemotional and detached), and black and white (contrast between material and spiritual, yin/yang male/female), white-spiritual.

## Symbols

The pillars are from King Solomon's temple, can also be male and female- she sits in the space between them, opening, gateway.

Tora – 5 books of Moses, book of knowledge.

Moon crown- Egyptian Isis mother of Horus- moons either side and sun (Horus) in centre waiting to be born, also 3 phases of moon- waxing, waning and full (or new).

Pomegranates- a symbol for righteousness.

## Meaning

Trust your intuition, tap into your inner guidance system through relaxation and meditation. There may be things hidden. It is unlikely that you have got the full facts and information to make a decision. You may have to ask probing questions to get all the information you need. You might only discover the right questions to ask through meditation or by paying attention to your dreams.

The High Priestess can represent a third party in a love triangle or an undisclosed third party, who has an impact from a distance on a business relationship.



## ***The Empress*** **Quick Keywords**

All is well, abundance, plenty, success, creativity, productivity, motherhood, pregnancy, birth, harmony, nurturing, being at one with earth, female, fertility, sensual pleasures, domestic stability, nurturing yourself and others, experiencing and enjoying life through your passions and senses.

## **Colours**

All Colours – balance and harmony.  
Yellow - thoughts and feelings and life giving power of the sun.  
Red of cushions -power, affluence.  
Green- nature and earth.  
White of robe- spiritual.

## **Symbols**

The 12 stars in crown are the Symbols of the astrology Symbols.  
9 pearls of necklace-9 planets.  
The wheat represents abundance and plenty and is a sign of fertility.  
The female symbol on cushion is a sign of Venus, goddess of love.  
The water in background and flowing underneath her chair equals the force of life and is a symbol of fertility.  
Pomegranates on robes- symbol of fertility.

## **Meaning**

Everything is likely to turn out much better than you have expected. There is abundance, joy, passion and flow in life generally. There is balance and harmony and a feeling of nurturing, whether that is for yourself or from someone else.

This is a beautiful card to see in a spread. It can point to motherhood or pregnancy, however it is important to look at the other cards around before presenting that interpretation to someone.



## ***The Emperor*** **Quick Keywords**

External power, authority, strength, fairness, father figure, male energy, government and worldly power, leadership, will power, self-control acquired through experience, discipline, stately, commanding, executive, traditional, inflexible, rules, conventions, male energy.

## **Colours**

Dominant Colours are Red and Orange.

Red is colour of the base chakra, represents energy, fire, making things happen, material power and strength. Red is the colour of Aries, a fire sign. Orange- power, authority, outer strength, orange mountains.

## **Symbols**

Egyptian ankh- symbol of life, health, happiness and immortality, holder has total power of life and death.

The Orb and Sceptre symbol of power and authority.

Rams Heads on throne- sign of Aries, God of War.

Long grey beard –wisdom of ages and experience.

Armour- warrior, form of defence (physical or psychological).

## **Meaning**

As a person, often means a person with authority such as a doctor or lawyer. It is also about making your physical presence and mark in the world.

It represents external power, strength and presence without a need to be showy.

It can also point towards very strong male energy and a father type figure. This is someone where rules, discipline and structure are very important and are rigorously imposed on everyone else.



## *The Hierophant* Quick Keywords

Inner Power, Advisor, Counsellor, Teacher, education, seeker of knowledge and wisdom, preference for orthodox and conventional, need to conform and to be socially acceptable, priest, religious person, religion, respect, ceremony, accept discipline, judgment, expert, belief systems, seeking a deeper Meaning, honouring ritual and ceremony and tradition, part of a team or an organisation, official learning in structured groups with established rules and assigned procedures beliefs, inner sense of obedience, inner authority and responsibility

## Colours

Mostly red indicating power and authority.

Some white- spiritual.

Cold stone grey pillars – grey wisdom.

## Symbols

Two pillars indicate balance and looking at both sides of something. Crown and the sceptre- triple tiered papal crown and cross- earth and body, mind, spirit and consciousness.

Roses and lilies on clothes – emotion and logic.

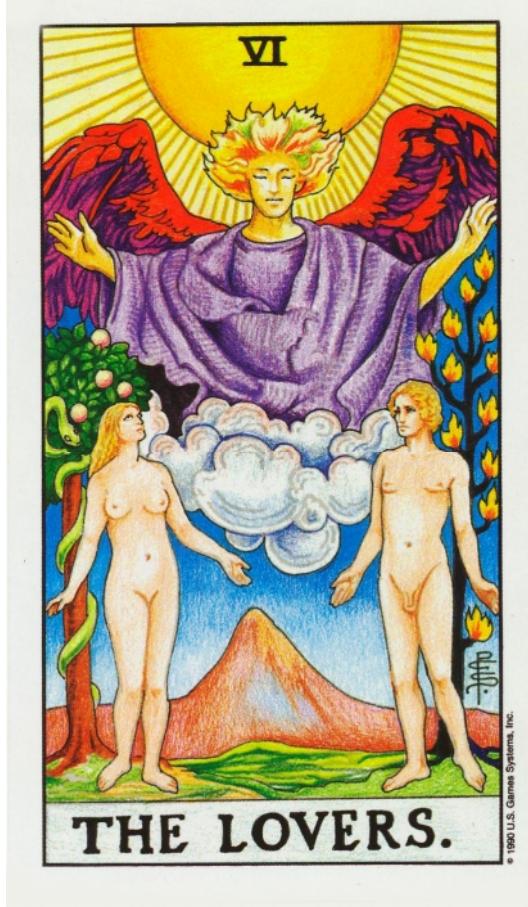
Crossed keys- access to secret knowledge.

Hand gesture- “The Blessing”, forming a bridge between Heaven and Earth.

## Meaning

As a person, the Hierophant will often have the role of an advisor, counsellor, teacher or someone who is an expert in their field, who can give you guidance. For yourself this is about developing the inner qualities of balance alongside the outer power.

It is also dealing with your own beliefs, whether religious or spiritual and whether you are being true to yourself or you blindly following the dogma of others



## ***The Lovers*** **Quick Keywords**

Partnership, connection, relationship, physical, sex, attraction, love, harmony, unity, co-operation, moral choices, values.

## **Colours**

The Colours that stand out the most are the purples of the angel's wings and dress and the yellow of the sunshine. Purple is about spiritual growth and the yellow is the colour of your solar plexus, which is your power centre.

## **Symbols**

Tree of Life – behind man, bearing 12 fruits.

Tree of Knowledge of good and bad-

behind woman.

Serpent – indicating enlightenment.

Archangel Raphael- represents the superconscious mind and is the unifying factor between the Man (logic, reason) and the woman (passion, emotions).

## **Meaning**

This card has many Meanings. In personal relationships, this can indicate the more physical aspect of that relationship, including intimacy and sex. It can indicate a relationship that is about to move from a platonic friendship to a physical relationship.

It can literally be Lovers in a relationship. In a business relationship, there may be also be a strong attraction between the partners.

The woman is looking to the angel for guidance, whereas the man is looking at her. It is a card of coming together and of our desire to be connected to other people in Meaningful relationships.

It reflects the importance of personal values and ethical choices and can represent a moral dilemma.

## **Story telling**

Reading the Tarot cards is about allowing the pictures and Symbols to speak to you, so that you can build a story of what is happening.

The more you work with the cards, the more you allow your own intuition to develop. As you build your relationship with your cards, certain cards will come to mean certain things for you.

### **Story Telling Exercise**

Lay the cards out one at a time.

Start with the Fool, what do you see? How do you feel when you look at it? What message does it give to you?

Next take the Magician and put it next to the Fool. How does it change? What extra words of wisdom or caution does the fool add?

Pick a 3<sup>rd</sup> card and lay it beside the other two. What story do you now have?

If you put the Empress next to the Fool and Magician, what have you got?

How is that different if you put the Emperor? Or the High Priestess?

Make a note of your observations and insights in your Tarot journey.

### **Spread 1- 3 card, Past, Present, Future**

As you are building up your story telling abilities, you can do one of the simplest spreads.

Shuffle the cards and with your left hand cut the deck (or the cards you are using) into 3 piles, then reassemble the cards into one pile.

Keep the cards face down, take off the top one and put it face up in front of you on the left. Take the next card and put it next to the first and take a 3<sup>rd</sup> card and put it on the right.

You now have 3 cards, representing past, present and future and you can read each card and then connect them together, so you can see the basic cause, issue and outcome around a matter. That is, of course, if the person concerned chooses not to make any changes in their life.



## ***The Chariot*** **Quick Keywords**

Journey, being in control, balance, focused action, will power, self-control, discipline, leadership, energy, forward motion, charisma and force of personality.

### **Colours**

This card is mostly yellow, which is colour of the sun, of the Solar plexus and of internal power. There is also a lot of blue, which is logic and communication. This is a card of balance.

### **Symbols**

The sphinxes, which are half man and half beast represent duality, yin and yang, black and white, and that there are two sides to everything, including the internal and the external.

The driver is controlling the chariot without any reins, so this is also about the power of the mind and concentrated focus, particularly where you are dealing with opposing forces, to get where you want to go in any situation.

### **Meaning**

It can often symbolize travel, both physically and mentally. It represents a change of direction, as well as more focus needed on the direction.

It is about action and also seeking help where needed. It is preparing for the action of a journey, both mentally and physically.

Take control of where you want to go, be firm and assertive without being aggressive. Be in control of your emotions.



## **Strength** **Quick Keywords**

Inner strength, love, gentleness, empathy, trust, co-operation, harmony, congruent, rapport, kindness, strength of feminine energy.

## **Colours**

The white of the dress is very prominent, which is about purity, especially spiritual. The yellow background is about connecting and communicating from the inside and being in touch with who you are.

## **Symbols**

There is the figure of 8 above her head, which is the symbol of infinity. The lion is a normally considered to be the strongest, most powerful animal

there is, yet he is happily eating out of the woman's hand. There is mutual trust and respect.

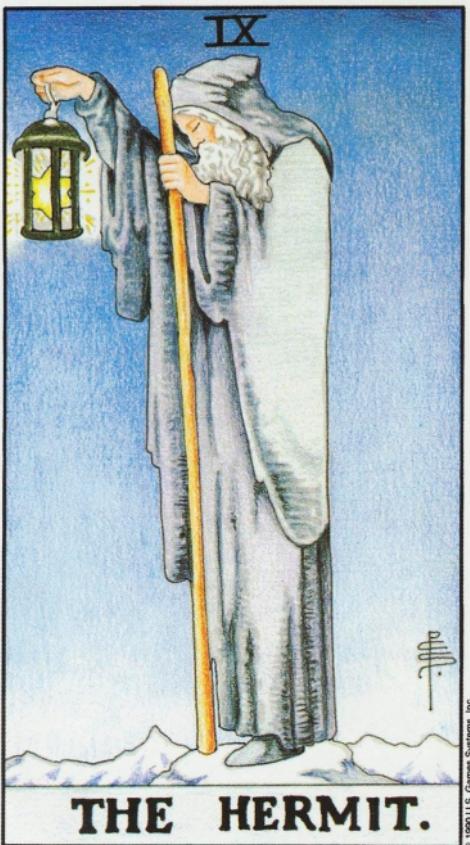
## **Meaning**

Approach things and people from a softly-softly angle. You will get better results by using tact, understanding, empathy, friendship and love than by using aggression.

Try to see things from the viewpoint of others. Have a pure intention for the outcome. Avoid force as that will not work for you.

Be clear in what you want to achieve and be mindful of the outcomes of other people, so that you can bring about a situation where everyone wins.

You have the inner strength to overcome any challenge.



## ***The Hermit*** **Quick Keywords**

Solitude, isolation, looking inward, reflection.

### **Colours**

Mostly blue and grey, which are quite dark and almost lonely Colours.

### **Symbols**

The lantern offers the single light in the darkness of the rest of the card and is a symbol of hope or light at the end of the dark tunnel.

### **Feel**

This card is about being on our own, either through choice or enforced. It is a card of refection, of looking inward, of just being with yourself away from the world.

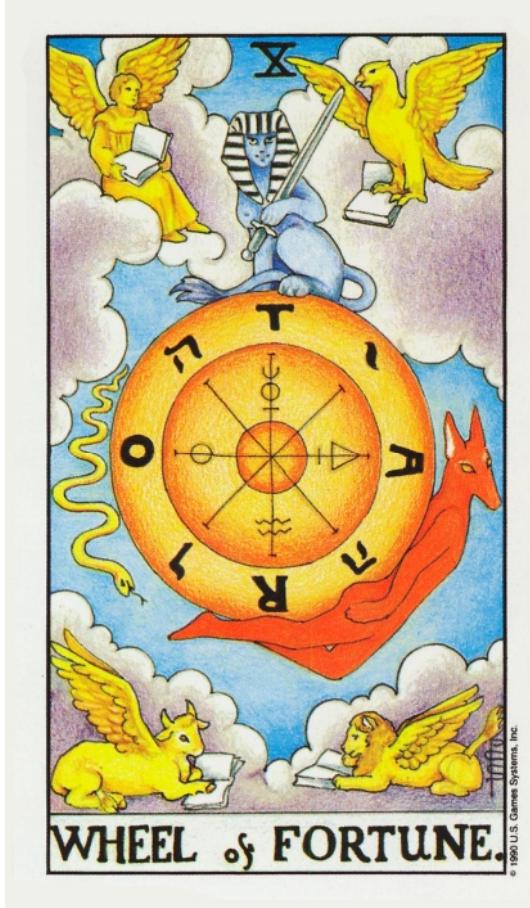
### **Meaning**

This card usually points to the need for some quiet time by yourself. It may be forced isolation.

Take stock, reflect, get to know yourself, really allow yourself to feel and experience what is going on in your life.

The light guiding you forward is offering truth and wisdom. It is also lighting your way to the place you want to go. This may be a physical place and it can also be a spiritual place.

This can be challenging card for many people as they are not used to just their own company. If you can make friends with yourself, you will never be lonely.



## ***The Wheel of Fortune*** **Quick Keywords**

Change in fortune, luck, destiny, fate, opportunity.

### **Colours**

A mixture of all the Colours, this is a balanced card and is about both internal and external energies.

### **Symbols**

The Bull, Angel, Lion and Eagle representing the four elements of Earth, Air, Fire and Water.

The letters on the wheel are the same TORA or TARO as we find on the book in the lap of the High Priestess.

### **Feel**

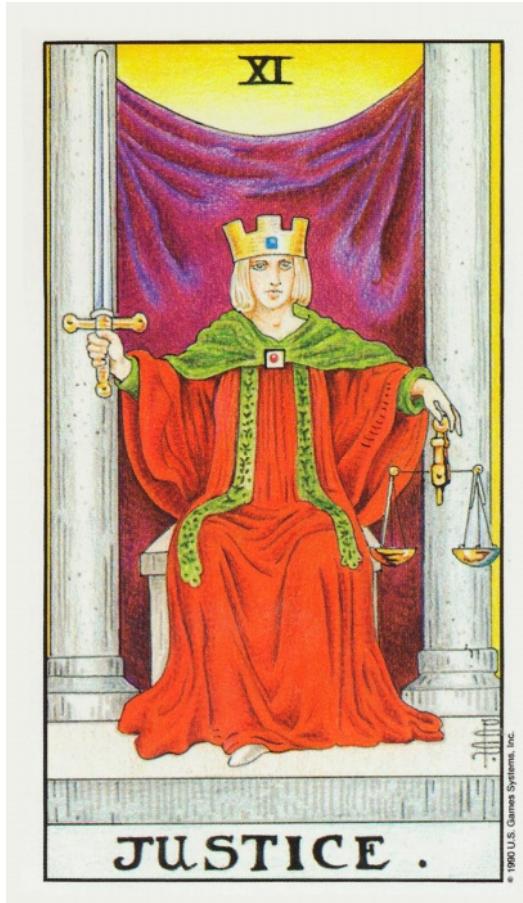
This is a high-energy card, things are moving in all areas of life. Things we have previously set in motion are now coming to fruition. What goes around, comes around.

### **Meaning**

New opportunities are around the corner and cycles are ending and new ones are beginning.

There can be a twist of fate here, either good fortune or challenging, depending on the surrounding cards.

It may be a time to go with the flow and see what is being presented to you.



## **Justice** **Quick Keywords**

Legal, courts, official, justice, fairness, balance, mediation.

### **Colours**

The Colours are mostly strong red, which is the colour of external power. The green cloak represents compassion and love, which are also important in matters of justice.

### **Symbols**

The double-edged sword can fall in either direction. The scales of justice suggest balance and fairness.

### **Feel**

This is a powerful card and the person drawing it needs to have strength and courage in whatever they are undertaking.

### **Meaning**

This can be a legal or official situation for someone. It may be to do with mediation or discussions.

The situation will usually turn out for the highest good, and the phrase "Justice will be done" comes to mind, although that may or may not be in favour of the person drawing this card.

As a person, it can be pointing to someone who has a real sense of justice and fairness and a huge desire to champion the underdog, or to support a cause they have a complete passion for.

There may be a need to look at your situation and ask yourself whether you are being really objective and balanced in your approach.

This is a card of logic. There is no place for emotion with this card.



## ***The Hanged Man*** **Quick Keywords**

Delays, patience required, go with the flow.

### **Colours**

This card has a mixture of Red, (basic instincts) Blue (communication) and Yellow (internal power and spiritual connection), which are all quite balanced.

### **Symbols**

The Hanged Man looks very serene and calm, almost as if he is quietly waiting for and expecting something to happen. There is no resistance with this card. There is almost a sense of contentment.

The cross is called a T-cross and is a very old symbol. The position the figure is hanging is called Tau. It is a very old meditation position.

### **Meaning**

This card can be about delays, and also the need to let go of old stuff, to go with the flow and to be patient.

Sometimes we need to stop pushing and forcing and let matters take their own natural course.

There is an element of contemplation and maybe the solutions lie in thought and meditation, rather than in busy-ness.

Perhaps there is a need for a new perspective or to view something from the completely opposite direction. You certainly see the world very differently when you look at it upside- down.

## **Celtic Cross Spread**

This is probably one of the most widely used spreads because it gives an overview of the past, the current situation and of the expected outcome of the situation. There are several versions of the meanings of the different and it is important that you decide what they mean for you and stick with that interpretation.

It is important to remember that the outcome is based on the person's current state of mind and emotions and assumes that the person does nothing to change that outcome.

This is a useful spread for answering the question, "What will be the outcome if I do...?"

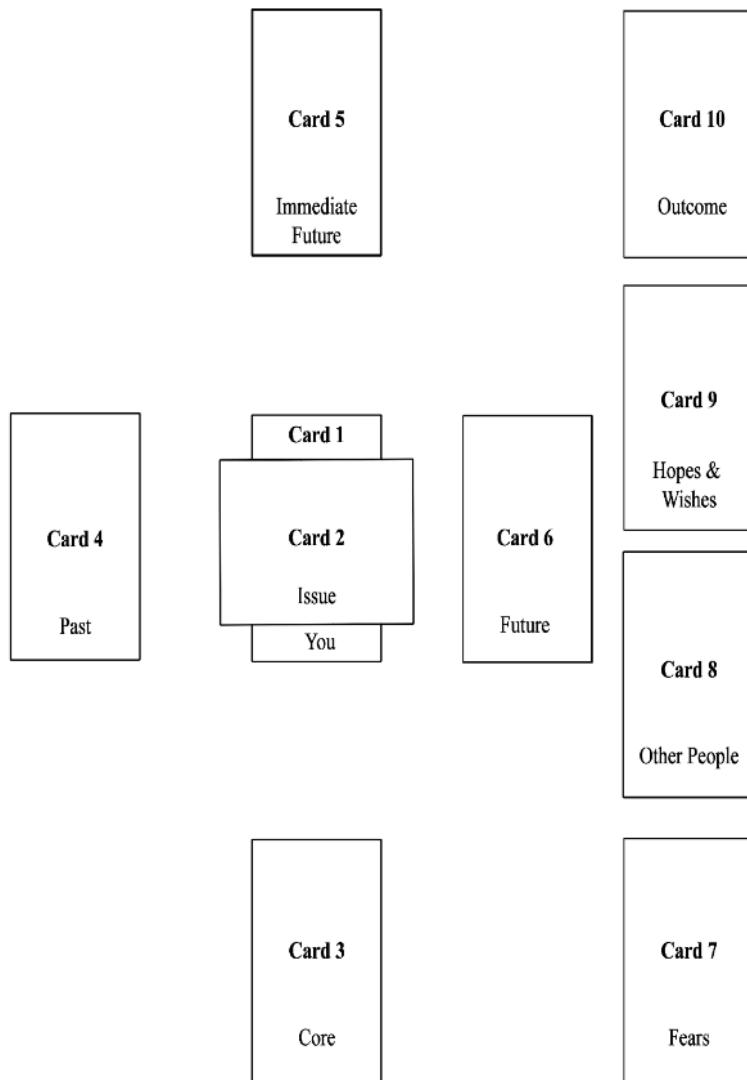
It can also be a useful spread to compare outcomes if certain actions are taken. This is often called the "Alternate Future". For example "what will be the outcome if I stay in my current job?" and "what will be the outcome if I take this new job I have been offered?"

The Celtic Cross Spread can be used as a general introductory spread, which can highlight specific issues for further exploration. It can then be used very effectively to explore those issues.

The Celtic Cross Spread is also very useful in looking at goals. You can see very easily what the Querant's true hopes and fears are around this goal, as well as what might be blocking him/her from achieving the success he/she desires.

You can also see how other people might be helpful or not in achieving this goal.

**There are 10 positions in the spread.**



Position 1 is the situation.

Position 2 crosses position 1 and this will often bring up the real issue or the challenge. This is the opposing factor.

Position 3 is below 1 and 2 and this adds further detail to the present situation. It is the root cause of the problem.

Position 4 to the left indicates the past.

Position 5 above the cross indicates influences which are leaving and the immediate future. It can also be the goal of the querant.

Position 6 to the right is close future.

Position 7 at the bottom of the vertical line indicates the fears of the querant. This can also be how you see yourself.

Position 8 directly above 7 indicates other people. It can represent matters of the home.

Position 9 directly above 8 indicates the hopes and wishes of the querant. There is often some key guidance with this card.

Position 10 at the top of the row indicates the outcome.

For more information you can put another row from bottom to top beside the first one. You can continue adding rows, which will give even more information. You would normally only do this if the outcome is not clear.

This may be that the question is unclear or has not yet been decided. When you add extra rows to the Celtic Cross spread, it can add considerably additional insight to the reading.

You can read up the columns from the bottom to the top. You can also read across each line, so you have additional information on Your Fears, The Influence of Other People, Hopes and the Outcome.

## **About the Author -**

### **Amanda G. Goldston**

After graduating from the University of Salford in 1989, I worked in various positions as a self-employed sales person in industries as diverse as encyclopaedias, driveways, booklet advertising and ended up as one of the top sales reps in a large national window and conservatory company, where I worked for 6 ½ years.

I began to apply simple relaxation techniques before my sales calls and found this had a marked increase in sales. I became fascinated by the ideas of using my mind to help create success. I also spent a lot of time teaching, training and inspiring others, both in the field and in classroom situations.

I found that the more I could relax and visualise my ideal outcome, the more successful I became. As a successful female in a highly male dominated industry I was on the receiving end of a lot of jealousy and highly destructive energies. Protecting my energies was one of the first things I learnt and now teach others to do.

This led to my interest in astrology, the power of names and numbers as well as a keen interest in energy healing and the awesome power of our thoughts in creating our lives.

I have been reading Tarot cards for over 16 years, and have used them to help people to empower themselves to move forward in their lives. I learnt how to read the Tarot cards and found that my natural intuitive abilities increased enormously.

I now use that as the basis to see and feel the energies going on around someone in their life or their business, and can then help you to move swiftly through that, so you can create the future you desire. The Tarot is a fantastic tool to help you to connect to your own intuition and creativity and also to the Universal energies that are around us.

### ***My journey with the Tarot***

I have been fascinated with subjects such as Astrology since I was in my teens and started to do some simple breathing exercises to help calm my nerves before exams whilst in University.

In my early 20s I met a lady who read the tarot cards. I found her amazingly accurate and attended one of her courses. I originally started to read as a way of generating an income when my first child was born, so I did not have to go back to work.

Business grew steadily and then I hit some major challenges, which I did not have the knowledge or life experience to deal with. I began to suddenly get sore throats and could not speak. I now understand that to be blockages in

my throat chakra, which is about communication (not surprisingly medical drugs had no effect whatsoever!)

I found that I so desperately wanted to help people to have happy and fulfilled lives, that I found myself almost taking responsibility for their lives and accepting the blame for things going wrong in their lives.

I also found it very difficult to say No to people and would end up having conversations very late at night or I would try to find for people what they wanted to see.

Due to a combination of things, I put my cards to one side and went “back to work” or at least into selling double glazing.

In April 2006, our family went through a life-changing crisis and I found myself drawn back to my trusty tarot cards. To my surprise my psychic and intuitive abilities were vastly greater than they had ever been before.

I used the cards to see where the whole matter was going, what was going on in the minds of the people who had brought the action against us and what they were likely to do next. Whilst there was little we could do to change any of it, we could choose how we reacted.

The cards were a fantastic tool for identifying what needed healing in the whole situation.

I also had 12 years intense life experiences behind me, as well as several years study in personal development and human excellence. This enabled me to offer readings which are more coaching in nature and firmly focused on the actions the client can take for themselves to move themselves forward.

Every time a challenge comes along, I turn to my Tarot cards to help me to tap into my Intuition and to connect the Universal energies, in order to provide answers and guidance.

I regularly use all of the spreads we have talked about in this book, depending on the situation and the questions I am trying to answer.

We shape our own lives and have the choice of the thoughts we think and the actions we take. The tarot can help us to tap into our intuition and our internal guidance system and help us to make the most empowering decisions for us at the time.

We all have free will and we are the ones that make the decisions and take the actions that shape our lives.

## **Learn Tarot Online**

I now have a fantastic video based members area to help you to learn to read Tarot cards for yourself, for fun or profit or personal empowerment or what reason you choose.

Each week you receive a card of the week, with detailed videos explaining the Meanings of the cards in both the upright and reversed positions, the Colours, Symbols, astrology and numerology as well as the interactions with cards from previous weeks.

You can have a completely FREE trial to see exactly how it works.

**<http://www.LearnTarotOnline.com>**

Please continue this amazing journey into the wonderful world of tarot with me.

I look forward to hearing your comments and success stories.  
With love and abundant blessings.

Your friend,

**Amanda Goldston**

**<http://www.LearnTarotOnline.com>**