



## Martha's Tarot

### Beginners Guide To Get To Know The Tarot

I welcome you to the journey of your soul! The tarot is a remarkable tool to help you build upon your intuition, enabling you to communicate with your higher power and access the wisdom of the soul. Many come to the tarot to be able to make predictions and see what someone else is thinking. And many can just tap into their psychic sense and see what trouble lies ahead.

The more profound ability and function of the tarot is to help us navigate away from the unwanted circumstances in our lives and steer directly to what we do want. When used with a strong spiritual practice, it becomes an invaluable tool for building the life you want to live as eerily accurate information about the future is revealed.

Combining the tarot with a good spiritual practice, you will grow, and expand your consciousness. Through the building of your intuitive skills, development of your connection to Source you will be able to see remarkable events unfold. The greatest gift the tarot has to offer us is spiritual expansion.



## Martha's Tarot

### Attuning To Your New Tarot Deck

#### **Center and connect with higher-power**

The first time you connect with your cards, and before any reading, take a minute to get yourself centered. Through a brief meditation, connect with your guides, angels, divine light, infinite intelligence. Connect yourself to the source of all creation and allow the energy to fill you up from head to toe. Thank them for filling you with their energy

#### **Clear**

Get your sage or palo santo, light it up, smudge yourself and the cards. Thank your guides, angels, teachers and infinite intelligence for working with you. Ask that both you and the cards release any and all lower energies, cords, connection to any people, places, or situations which no longer serve you. Set the intention for you and your cards to tune into each other with the help of your guides, angels, teachers and infinite intelligence.

#### **Raise Your Vibration and Protect**

Visualize, know or feel the energy, the light of the divine source of all creation is filling you up and surrounding you with the power of divine love and protection and is always streaming into you.. Thank your guides, angels, teachers and infinite intelligence for always reminding you that wherever you are is a safe and sacred space.

Focus on your heart, allowing source energy to light up your heart and allow it to expand. You may have thoughts cross your mind that make you feel a little joyful. That's love!

Hold your cards in your hands in the vicinity of your heart and start to shuffle them. Allow source energy to flow through your heart to your cards.

Thank your team and Source for always reminding you of their presence.



## Martha's Tarot

### Care For Your Tarot Deck

Shuffle your cards frequently, anytime, anywhere. They like when you use them and you will build an energetic connection to them. If you use them every day you don't have to wrap them, just keep them in a special spot with the crystal on top. If you're not using them every day you can stash them in the original box or wrap them in a nice piece of fabric with a crystal or two.

Crystals are a wonderful way to fine tune you and your deck.

Great crystals for your tarot cards and readings are pretty much any crystals you are working with at the time. I do like to have one or two which are attuned to the cards and my readings. Store the cards with the crystal and keep it near when you are doing a reading.

I prefer a selenite obelisk as selenite tunes into the angelic frequency and a Herkimer diamond for clarity and its high vibration. Some other good ones are clear quartz (this will amplify the energy of any other crystal it is paired with too), shungite, tektite, jet, smoky quartz, kyanite, amethyst.



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## Overview Of The Tarot

Think of the tarot as representing your walk through life towards achieving your soul's purpose. The tarot highlights the learning process every step of the way - on the soul level and in the physical world.

## Major Arcana Is The Soul's Journey

Major Arcana represents the evolution of and the experiences of the soul here on earth on the path to spiritual awareness. They hold more weight in a reading. They are numbered 0-21

In a spread they may indicate that the person is going through big events that stimulate spiritual growth. Representing lessons they are learning, avoiding or facing, they play out over a longer time frame.

## Minor Arcana Is The Journey Here On Earth.

Minor arcana represents detailed expectations we have in the physical world. Divided into four suits representing the different elements of life - Air, Water, Fire and Earth. They are numbered 1-10 with the additional 4 Court Cards. It covers day to day lessons, insight, challenges, trials of our daily life. They are insights into the energy operating in your life now, guidance on how to work with it, steps to take to get you to happiness.

In a spread they represent the different experiences we would encounter in our day to day life. Representing all the facets of emotions, relationships, intellectual, passion, creativity, they play out over a short period of time.



## Martha's Tarot

### Court Cards - People

The court cards represent different personalities, characteristics or people. We can each embody those characteristics at any time. In a spread they certainly can and do often represent another person. They can describe the person and the significant characteristics they embody or display in that situation. Page, Knight, Queen, King.

### Look Through The Deck And Refer To The Book That Comes With It.

Start looking through the deck to get a feel for the imagery on the cards and check out the meanings that are written in the book. Every creator of a tarot deck has a particular energy they worked with imbued in the deck and they may have a slightly varied interpretation from the classic meanings. This is perfectly fine. It helps you to connect with the energies working with that deck.



## Martha's Tarot

### Numerology And The Tarot

The cards are loosely related to numerology. It may come in handy sometimes.

Number 1: breakthrough, inspiring, potential beginning

Number 2: decisions, balance, cooperation

Number 3: creative, expression, hope.

Number 4: stability, orderly, patient

Number 5: exploration, re-evaluation, confusion

Number 6. service, rewards

Number 7: retreat, surrender, daydream

Number 8: personal power, rebirth

Number 9: completion, endings, altruism,

Number 10: harmony, responsibility, optimism

Each of the suits have their own energetic meaning and change the expression of those numbers.



## Martha's Tarot

### The Elements For the Different Suits

#### Earth/Pentacles

Tangible, solid, tactile experience. The earth can be solid and steady or resistant and stubborn. This represents our resilience, responsibility, and reliability. It's about our physical resources - our bodies, finances, and our sense of security.

#### Water/Cups

Intuitive, creative, empathic. Water can be a gentle, bubbling stream, or a tidal wave. This represents our intuitive, emotional side. One's emotional states, relationships, and how you react towards others and your environment.

#### Fire/Wands

Enthusiastic, inspirational, energetic. Fire can be powerful, temperamental, and exciting. This represents the source for all energy, and our creative potential and willpower.

#### Air/Swords

Intellect and logic. The air can be sharp and biting as the wind, or soft and gentle as a breeze carrying messages and clarity.

This represents our capacity for thinking and logic. It can show us our rational mind, as well as communication, and sometimes conflict.



## Martha's Tarot

### Higher Expressions and Lower Expressions

For each of the 78 tarot cards there are two different ways they show up. A higher expression (a more constructive or positive aspect) and a lower expression (more problematic or challenging aspect). The cards may indicate a lower expression no matter if it appears upright or reversed in your spread. If they appear reversed, I tend to look at them and recognize that this needs attention and allow the intuitive guidance to show how.

If you choose to read the reversed meaning of the card, you can delve into the online resources for reversed meanings. I don't read a specific meaning into a reversed card.

### Examples of Expression

- The higher expression of the number 1 can be independence.
- The lower expression can be isolation or rebellion.
  
- The higher expression of Swords can be truth and insight.
- The lower expression can be secretiveness and confusion.
  
- The higher expression for the 0 Fool can be trusting
- The lower expression can be naive.
  
- The higher expression for the King of Cups/Water can be a loving, emotionally connected man.
- A lower expression can be a man who is caring but emotionally immature and unable to get in touch with emotions.





## Martha's Tarot

### Storytelling

When you are reading tarot, you connect with your spiritual guides (no matter who they are) and build a language to use in communication with them. It's a little bit of storytelling, taking the bits of information and weaving it together to deliver a message or tell the story.

With this exercise you will be learning how to get out of your thinking mind, tap into the receiving part of your brain and learn to let the information flow. You will access your intellectual database (the vast storehouse of information you have accumulated from life experience) without the egoic thinking attached to it with your intuitive abilities to receive and translate their messages. Working the creative side of the brain - where imagination is accessed - allows the communication to flow. This exercise helps you do all that plus it helps you to learn the meanings and organize the information to communicate it in a coherent manner.

### The Storytelling Exercise

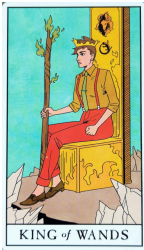
Choose a Court Card. Any one. On a piece of paper (or the form at the end of this document) write down a few words to describe it.

Then take one entire suit of your choice. Line them up in a row, underneath the court card you chose. Write down one or two sentences for each card. Imagine a scenario for those cards' meanings and make up a story. When you refer to the book for the cards' meanings, just pick out the sentences or keywords that jump out at you. You can't do it wrong.

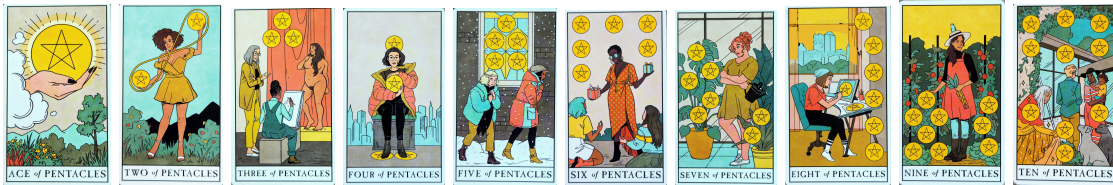


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I pulled the King of Fire/Wands and laid out the suit of Earth/Pentacles One-10 below him.



King of Wands/Fire: This is a really creative, energetic and guy with big ideas.



1/Ace Earth/Pentacles: starts a new job.

2 Earth/Pentacles: he's got a lot to do and feels like he's juggling many things.

3 of Earth/Pentacles: he decides to take a collaborative approach with others.

4 of Earth/Pentacles: he finds the good work of others creates a bit of insecurity in himself and he tries to limit what he delegates.

5 of Earth/Pentacles: he descends into a fearful mindset based on his insecurities.

6 Earth/Pentacles: but then his colleagues remind him of how inspirational he is, and that they couldn't have done this without him.

7 Earth/Pentacles: he realizes the effort he made to collaborate was a good choice and moves through his fears bringing amazing results from the entire team.

8 Earth/Pentacles: he and everyone else has worked hard, focusing on their tasks building their expertise. He learned about himself, and was able to transcend his insecurities.

9 Earth/Pentacles: and they all get a bonus.

10. And he got a promotion along with a huge pay bump!



## Martha's Tarot

### The Finished Story

My client, Jake, a young man with great enthusiasm, is embarking on a new level of his career - he landed a role as the team leader for a complicated project. He's feeling apprehensive about whether or not he really can live up to his desire and his bosses expectations.

*Jake asks: "How will I make out in the new job?"*

I might tell him the story like this:

*"Well Jake, you may feel overwhelmed at first, there are a lot of new responsibilities and for sure there is much to learn. You have a good team of people you can count on. Be the inspiring leader that you are to draw the best from people. When you see the good work others can do, remember it is under your visionary leadership that they can blossom. Being new to this position can create a bit of stress, and their talents and good performance might push a button for - you calling up some old insecurities. Keep the lines of communication open, check-in with the staff and be truly collaborative. Be confident in your knowledge, your abilities to lead and inspire and go forward to create a cooperative environment. Their good work and your support for them brings success to all of you! In the end, there may be a bonus in it for all of you and perhaps even another promotion for you."*

Now you try it. When you've gone through all four of the suits, try mixing them up in different combinations.



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