



How to Read Tarot: Step by Step

1. Create a Safe Space

Before you touch your cards:

- **Find a calm environment** — quiet room, candle, or incense optional.
- **Ground yourself** — take a few deep breaths, shake out tension, or place your feet on the floor.
- **Set your intention** — say silently or aloud:

“I read this tarot with clarity, insight, and safety. I release fear or judgment.”

2. Shuffle the Cards

- Shuffle while thinking of your question or situation.
 - You can shuffle in any way that feels natural — overhand, mixing in hands, or spreading out on a table.
 - Focus on your **energy moving into the deck**, not on predicting the future.
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3. Ask a Clear, Grounded Question

- Minor Arcana → daily guidance, emotions, choices, work, relationships.
- Major Arcana → spiritual lessons, life shifts, soul guidance.

Examples of safe questions:

- “What energy do I need to focus on today?”
- “What is my next step for self-care?”
- “What part of myself needs attention right now?”

Avoid fear-based questions like “Will I fail?” or “Will this go wrong?”
Tarot is **information, not doom or magic prediction.**

4. Draw Your Cards

- Start small: **1 card** (daily guidance) or **3 cards** (past, present, future / mind, body, spirit).
 - Lay them in front of you, face up.
 - Don't worry about reversed cards unless you're ready — upright meanings are enough for beginners.
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5. Interpret the Cards

Use **this simple 3-step formula**:

1. **Look at the Keywords** – the card's suit and number tell you the type of energy.
 - Wands → energy, drive, passion
 - Cups → emotions, connection, intuition
 - Swords → thoughts, clarity, challenges
 - Pentacles → body, work, resources
2. **Notice the Feeling** – how does the card make you feel when you look at it?
 - Calm? Excited? Confused? That's part of the message.
3. **Ask the Guiding Question** – connect it back to your situation.
 - "What does this card teach me?"
 - "Where can I act, release, or observe?"

Tarot is a mirror — it reflects your inner state, patterns, and choices.

6. Journal Your Insights

- Write down the card, keywords, feelings, and what comes to mind.
 - Even **1 sentence** helps you notice patterns over time.
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7. Close the Reading

- Shuffle the deck lightly.
- Say something like:

"Thank you, guidance received. I release these messages in peace."

- This keeps your energy clear and prevents fear or worry from lingering.
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8. Optional: Daily Practice

- Pull **1 Minor Arcana card every morning**.
 - Ask: “What energy should I carry today?”
 - Use it as a **mindfulness and grounding tool**, not fortune-telling.
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Big Tarot Safety Rule:

Tarot is a **guide, not a prediction**. Your energy and choices matter more than any card. Fear comes from misinterpretation, not the cards themselves.

Tarot Quick Reference Sheet (Major + Minor Arcana)

Major Arcana (0–21)

#	Card	Keywords	Feeling / Energy	Question to Ask Yourself
0	Fool	Beginnings, trust, innocence	Freedom, curiosity	“What new step am I ready to take?”
I	Magician	Power, tools, focus	Confidence, potential	“How can I use my resources wisely?”
II	High Priestess	Intuition, inner knowing	Calm, patience	“What am I sensing beneath the surface?”
III	Empress	Nurture, creation, abundance	Comfort, growth	“How can I care for myself or others?”
IV	Emperor	Structure, stability, boundaries	Security, control	“Where do I need order or protection?”
V	Hierophant	Wisdom, guidance, tradition	Respect, learning	“What guidance is available to me?”
VI	Lovers	Choice, alignment, values	Connection, clarity	“What choice aligns with my truth?”
VII	Chariot	Direction, determination	Motivation, focus	“Where should I channel my energy?”
VIII	Strength	Inner calm, courage	Gentle confidence	“How can I respond with patience and love?”

IX	Hermit	Reflection, insight, solitude	Thoughtfulness	“What do I need to reflect on?”
X	Wheel of Fortune	Change, cycles, timing	Neutral, flow	“What cycle is shifting in my life?”
XI	Justice	Fairness, truth, accountability	Clarity, honesty	“What truth do I need to face?”
XII	Hanged Man	Pause, perspective, surrender	Patience, release	“What am I seeing differently?”
XIII	Death	Endings, transformation	Relief, letting go	“What needs to end so I can grow?”
XIV	Temperance	Balance, harmony, healing	Peace, moderation	“Where can I find balance today?”
XV	Devil	Attachment, patterns	Awareness, caution	“What am I holding onto that no longer serves me?”
XVI	Tower	Revelation, upheaval	Shock, clarity	“What illusion is being broken?”
XVII	Star	Hope, healing, inspiration	Calm, renewal	“Where can I trust and heal?”
XVIII	Moon	Intuition, uncertainty	Mystery, reflection	“What is hidden that I need to notice?”
XIX	Sun	Joy, clarity, vitality	Warmth, clarity	“Where can I shine and celebrate life?”
XX	Judgement	Awakening, realization	Awareness, liberation	“What truth is awakening in me?”

XXI	World	Completion, wholeness	Fulfillment, peace	“What cycle is completing in my life?”
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Minor Arcana

WANDS (Fire — Energy, Motivation, Creativity)

Card	Keywords	Feeling	Question
Ace	New energy, spark	Excited, inspired	“What new opportunity can I start?”
2	Balance, planning	Focused, thoughtful	“Where should I direct my energy?”
3	Growth, expansion	Optimistic, active	“What progress can I build on?”
4	Stability, celebration	Safe, secure	“Where am I grounded?”
5	Challenge, competition	Frustration	“What can I learn from tension?”
6	Success, recognition	Pride, confidence	“What achievement is emerging?”
7	Perseverance	Resilience	“Where do I need courage?”
8	Movement, action	Fast, energetic	“What action is ready now?”
9	Endurance	Determined	“What obstacle must I stay steady through?”
10	Burden, responsibility	Weighed down	“What can I release or manage better?”
Page	Curiosity, learning	Open, beginner	“What new idea should I explore?”

Knight	Action, pursuit	Focused, driven	“Where should I take bold action?”
Queen	Vision, nurturing	Inspired, creative	“Where can I express care or creativity?”
King	Mastery, leadership	Confident, strong	“Where can I lead wisely?”

CUPS (Water — Emotions, Relationships, Intuition)

Card	Keywords	Feeling	Question
Ace	New feelings, emotional clarity	Hopeful, tender	“What new emotional beginning is here?”
2	Partnership, connection	Harmonious, loving	“Where is alignment or love needed?”
3	Celebration, friendship	Joyful, connected	“What positive relationships nourish me?”
4	Contemplation, boredom	Restless, reflective	“What emotion needs attention?”
5	Loss, disappointment	Sad, regretful	“What past hurts need release?”
6	Nostalgia, harmony	Comfort, warmth	“What memories bring joy?”
7	Choices, imagination	Confused, dreamy	“Which options reflect my heart?”
8	Walking away	Courageous, detaching	“What should I leave behind?”
9	Satisfaction, wishes	Fulfilled, content	“What brings me emotional fulfillment?”
10	Harmony, family	Peaceful, grateful	“Where is emotional completion?”

Page	Sensitivity, curiosity	Tender, playful	“What emotion am I learning about?”
Knight	Pursuit of love	Adventurous, emotional	“Where should I act on feelings?”
Queen	Emotional maturity	Compassionate, wise	“How can I nurture myself or others?”
King	Emotional mastery	Calm, guiding	“Where can I lead with heart?”

SWORDS (Air — Thoughts, Clarity, Communication)

Card	Keywords	Feeling	Question
Ace	New idea, clarity	Alert, sharp	“What truth is emerging in thought?”
2	Choices, balance	Conflicted, indecisive	“Where must I choose wisely?”
3	Heartache, loss	Pain, clarity	“What truth about myself must I face?”
4	Rest, contemplation	Calm, paused	“Where do I need mental rest?”
5	Conflict, tension	Challenged, alert	“What lesson comes from challenge?”
6	Transition, moving on	Relieved, forward	“Where should I move away from?”
7	Strategy, caution	Cunning, careful	“Where should I act wisely?”
8	Restriction, fear	Confined, anxious	“Where am I limiting myself?”
9	Anxiety, overthinking	Worried, restless	“What thoughts are unnecessary?”
10	Endings, defeat	Exhausted, release	“What thought pattern ends now?”

Page	Curiosity, learning	Open, alert	“What idea am I exploring?”
Knight	Action, decisiveness	Focused, sharp	“Where should I act intellectually?”
Queen	Clarity, perception	Wise, objective	“How can I see clearly?”
King	Authority, strategy	Confident, disciplined	“Where do I lead with intellect?”

PENTACLES (Earth — Body, Work, Stability)

Card	Keywords	Feeling	Question
Ace	New opportunity, abundance	Hopeful, grounded	“What new opportunity arises?”
2	Balance, adaptability	Flexible, stable	“Where do I need balance?”
3	Collaboration, learning	Skilled, cooperative	“Who or what supports growth?”
4	Security, holding on	Cautious, protective	“What should I manage carefully?”
5	Scarcity, hardship	Concerned, challenged	“Where do I need support?”
6	Giving, receiving	Generous, grateful	“Where can I share or accept help?”
7	Patience, assessment	Reflective, steady	“Where is patience needed?”
8	Mastery, diligence	Focused, productive	“Where should I work diligently?”
9	Fulfillment, reward	Proud, satisfied	“What brings material or personal fulfillment?”
10	Completion, legacy	Secure, integrated	“What cycle is completing?”

Page	Curiosity, learning	Eager, attentive	“What skill or knowledge am I exploring?”
Knight	Action, pursuit	Focused, practical	“Where should I act on opportunity?”
Queen	Nurturing, practical	Supportive, wise	“How can I care for resources or people?”
King	Mastery, stability	Confident, disciplined	“Where do I lead with stability?”

How to Use This Sheet Safely

1. Ask a **grounded question**: “What do I need to know today?”
2. Pull a card, Major or Minor.
3. Check **keywords** → **feeling** → **question** → **your intuition**.
4. Write down insights, don't dwell on “fear” interpretations.
5. End your reading by **shuffling or closing the deck**, taking a few deep breaths.