



*A Moment Before the Cards  
A Grounded Tarot Ritual*



**There is no need to rush into Tarot**

Before the cards  
There can be a pause

A moment to arrive  
To settle  
To let the noise of the day soften

*You might begin with something simple*

A cup of tea  
A candle  
A small bowl of petals  
A gentle smudging of the space

Nothing elaborate  
Just a quiet signal  
That you are ready to listen



## The Ritual

### *Create a space*

Sit somewhere comfortably  
Let your shoulders drop  
Let your breath slow

### *Set an intention*

What feels ready to open?  
What needs my attention?  
What am I being invited to notice?

### *Draw a card*

One card is enough

Notice what stands out  
A feeling  
A first impression

### *Sit with it*

There is nothing to force  
Allow it to unfold





## A quiet reminder

Tarot is not about getting it right

It is about creating space  
And allowing something to be seen  
Felt  
Or understood in a new way

A single card  
A simple ritual  
A moment of connection

That is enough

**Grounded by nature**  
**Guided by instinct**

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