

TAROT—KEY TO INNER WISDOM

The background is a complex, multi-layered composition. At the top, the title is written in a bold, white, distressed font. Below the title, a large, glowing face is depicted, its features formed by a dense web of fine, radiating lines in shades of yellow, orange, and red. The face has a serene expression. In the lower portion of the image, a dark silhouette of a person stands on a hill, looking out over a landscape that appears to be a canyon or a valley. The sky is a mix of deep blues, purples, and oranges, suggesting a sunset or sunrise. The overall effect is one of spiritual depth and inner illumination.

A guide to easy tarot reading

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PREFACE



Namaste beloveds. Myself Anand Sandhya (my sanyass name), Vandana is my official name.

Playing role of a Transformational life coach/love coach, Intuitive Tarot and Angel Card reader. Meditation Guide, Self-Awareness Trainer and a healer.

Arriving to my intuitive space, my journey of self awareness has tremendously been mysterious and ineffable. Have been through many traumatic and depressing situations in my life which was inconceivable for a person like me. Being naive, gullible, and suppressed, experienced pain and emotional turmoil that devastated my life and put me into deep misery. Lost and confused, I fell into the valley of emotional breakdown, was utterly heartbroken and was finding ways to end my life, even attempted to commit suicide.

However, my life took a turn once I was pulled into self-enquiry-about the inner self. I was attracted to the spiritual quest, hence I spend two years with sahad marg mission, where I first was introduced to meditation. Lot of baggage was released. Moving further, I started practicing self realization lessons from shri shri paramahansa yogananda teachings for few months, then kept exploring other meditational practices from brahmakumaris, sri sri ravi Shankar, ekhart

tole. My greatest transformational shift happened when I began exploring osho's meditations, where I realized vast expansion and great insights, few glimpses of samadhi. Since then my journey with osho has been tremendously blissful, mysterious, challenging too, rather rebellious, yet loveful, joyous and exciting. With guidance and grace of my living master Sw. Sanjay Bharti—an awakened being, brought about transformational shifts to my being, experiencing many insights and understanding to flow within me. Found my spiritual master finally. Exploring more than 150 meditation techniques of transformation. Hence developed courage and strength. Breaking the societal norms and listening to the small voice within, I followed my intuitive guide henceforth. Through meditations, I experienced many breakthroughs and transformational shifts that enabled me to live a fearless life, ready to take on new challenges with more enthusiasm and zest., Living life with awareness, love, and peace. I have been travelling alone to mysterious places, unplanned, trusting the existence uniquely. Have since then been conducting self-awareness workshops for the corporate sector, teaching meditations, conducting meditation retreats and coaching many interested seekers to self awareness. Exploring life and its variety, that opened me to explore unknown dimensions, leading to a mysterious life.

It was through this that I discovered my true purpose in life which brought a lot of clarity, deep understanding, foresightedness, peace, and joy. I am now driven to help and share my experience to touch and change lives of more than thousands of people. Being open-minded and friendly with a unique teaching style coupled with the ability to deeply connect with my students is what allows the people who walk into my sessions as strangers to walk out feeling like they have found a life-long friend and mentor.

My mission is to spread awareness and love, share my being with people to live a conscious and loveful life, open, truthful and authentic living. In short, TRANSFORM LIVES.

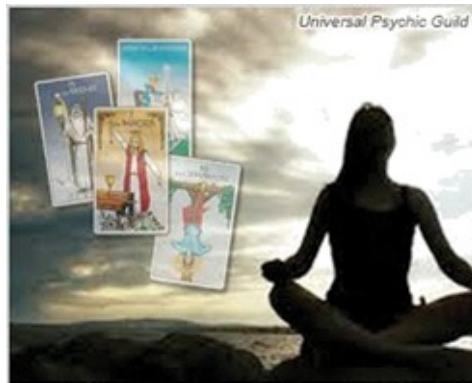
Practice the following:

1. Meditation Guide. Meditation enhances the power of body, mind and spirit and opens the door of sixth sense and beyond. Develops intuitive and telepathic abilities. Releases all stress and worries and transmutes all negativity or dark energies into positive energy of love, peace, harmony and abundance. Keep conducting meditation classes, retreats and workshop.
2. Self awareness facilitator. Conducted several powerful, inspiring transforming workshop to corporates, NGO, and institutions helping

individuals to be become more aware, alert, conscious of their body, thoughts, feelings, behavior bringing peace, joy, love, creativity and harmony in personal lives. Sharing life experiences with the participants to deal with stress and transform the quality of work and life. Also conduct webinar on topics related to total well being. Have Been voicing my understanding on vokal app on topics of love and life.

3. Transformational peace/love coach. Guide students/seekers from different professions to understand the barriers, the obstacles that come on way stopping them to experience real happiness, love and total wellbeing. I infuse transforming devices/techniques to experiment in their own lab themselves. Helping them to discover the golden key-awareness which helps to burns their ego, possessiveness, anxiety, stress, greed, Lust, fear and other negativities. I also Enjoy connecting with all, especially. One on one personal coaching sessions with clients who are looking for self-empowerment, self growth, peace and love in real sense.
4. Intuitive Tarot Card Reader. A divination tool. It is a window to your soul, revealing your true self. Way to explore the inner thoughts and emotions, life lessons and guidance that cards reflect. Essentially tarot cards are Self awareness tool. I also use osho transformational decks with raider wait deck for deeper understanding of the questions that the seeker wishes to know. I have helped countless people find clarity in troubling times, whether in intimate relationships or in their career, often leaving the seeker awestruck at the depth of accuracy of the answers received from each reading. Have been teaching many students to become an intuitive tarot card reader for many years.
5. Angel Oracle Card Reading. Angels guiding and helping us remember our divine life purpose and giving courage to fulfill this important mission. Gives guidance to any question asked related to any spheres of life.
6. Reiki Healer. Reiki is Universal Life Force Energy which heals your Body, Mind and Soul. It is a simple hands-on healing technique raising person's life force frequency. Help the person to experience vibrant health and balance and finally experience freedom and unity.

TAROT MEDITATION



Meditation offers a way to go even deeper into the meaning and symbolism of each Tarot card as it allows us to bypass the conscious mind and dive into the subconscious mind and connect with your intuition. By relaxing our mind and letting go of our constant thought processes, we open up the pathway to our subconscious mind and begin to tap into a higher level of knowledge and insight. We allow our intuition to guide us which helps us for a deeper understanding of the meaning of the Tarot cards.

A Tarot meditation typically begins with a general relaxation of the body and the mind, before going deeper into the image of the selected Tarot card and exploring the messages of the imagery.

TAROT CARD MEDITATION IN 7 STEPS

Step 1: Select a Tarot Card

If you are using the Tarot card meditation to simply learn the Tarot card meanings in more detail, then randomly select a Tarot card or select a card you want to connect more deeply with.

You can also select a Tarot card based on a particular topic that is top of mind. For example, if you are single and want to bring love into your life, you may select the Two of Cups or the Lovers. Or, if you were on a path of spiritual development, you may select the Hermit.

Step 2: Set up the Environment

Choose a time and a place where you will not be disturbed for at least 30 minutes. Make sure you're comfortable, the phone is in silent mode, and all other distractions are out of the room.

You may play a meditation music, calm music or simply have silence. You could burn some incense essential oils and dim the lights.

Sit in an upright position. And have your Tarot card in front of you.

Step 3: Focus on the Breath

Once you are comfortable, bring your attention to your breath.

Breathe in through your nose and as you do so, notice the sensation of your breath on your nostrils. Take a deep breath in, and then breathe out, through your nose, again focusing on the sensation in your nostrils.

Continue breathing and focusing your attention on the sensation of the breath.

At this stage, if you notice any random thoughts coming into your mind, just observe them and then imagine them floating away like clouds. Again bring your attention back to your breath and sense the silence within. Become aware of your body tension and simply tell it to relax. Once your body is relaxed, you are ready to focus on cards.

Step 4: Focus on your Tarot Card

Bring your attention to the Tarot card in front of you. Gaze softly at the Tarot card and take in few deep breaths. Again, if you notice any thoughts coming into your mind, just observe them and then imagine them floating away like clouds. Bring your attention back to your breath and the Tarot card in front of you. Make all your senses more alive.

Imagine the card growing larger and larger until the figures and the imagery are almost life-size. See yourself stepping into the card. Look around you. What do you see? Who is in the card with you? What objects are present? What colours stand out to you?

Take a moment to touch an object in the card and feel its texture. What do you hear? Take a deep breath in and smell the air. Is there something edible in the card? Taste it.

Now, imagine yourself as one of the figures in the card. Become that person or that archetype. What does it feel like, being this person? What does this character think and feel? How do they move and behave? What is their attitude towards the present circumstances?

Begin to speak as if you are that character. What do you have to say? What is your message? What advice do you have to offer?

Take another look around you. What makes you feel good? What gives you energy?

What, if anything, makes you feel anxious, concerned or upset? Notice any sensations in your body at this point and release any tension that may have formed.

Look for the different objects and symbols in the card now. How can they be used? What are they here for? What is their symbolic meaning?

Look around you one last time. What do you see now that you didn't see before?

Your work, now, is almost complete. Step out of the figure and then step out of the Tarot card. Watch as the card becomes smaller and smaller, returning to its normal size.

Step 5: Awaken

Acknowledge the work that you have done, and know that you can return to this place of peace and insight at any time. Stay relaxed and at ease, feeling refreshed and energised.

Step 6: Take Note of Your Insights

Immediately after your Tarot card meditation, take note of what you saw, heard, thought or felt during the meditation. Enter this directly into your Tarot Workbook or notebook.

How to Clear and Cleanse Your Tarot Cards?

Cleansing your Tarot cards is important for maintaining a positive energy in your Tarot readings and connecting with your Tarot deck. Take a look at a number of different techniques that will help you cleanse your Tarot deck and when you might need to use these techniques.

WHEN DOES A TAROT DECK NEED TO BE CLEANSED?

Generally, you'll know when you need to cleanse your Tarot cards—somehow you'll know that something isn't quite right with your cards and that something needs to change. Here are some examples of different situations when you will most likely feel compelled to cleanse your Tarot cards:

- Other people have touched your cards
- You've bought a new or second hand Tarot deck
- You've done a particularly draining Tarot reading
- Your Tarot cards have been sitting dormant or unused for quite some time
- You or your Tarot cards have been exposed to a lot of negative energy (for example, a particularly negative client, or a challenging situation in your own personal life)
- Your Tarot readings are beginning to feel unclear, disconnected or 'stuck'
- Your cards have fallen all over the floor or had some other sort of accident
- You simply want to reconnect with your cards.

HOW TO CLEAR AND CLEANSE A TAROT DECK

There are many different techniques that you can use to clear negative energy and cleanse your Tarot deck. The important thing is to choose the technique(s) that feel right to you and to the situation (e.g. you might use one technique in between each reading, and another technique to cleanse on an annual basis).

Below are a number of different ways to clear and cleanse a Tarot deck:

1. Sorting and Shuffling. Firstly, sort your cards in order, starting with the Major Arcana, then into each of the suits of the Minor Arcana. While you're doing this, look briefly at each card and remember the special message it has to offer you in your readings. Once your cards are sorted and in order, start shuffling and reinvigorating your cards with your energy. You might like to shuffle seven times, put your cards in a big messy pile and randomly select cards, or simply use a shuffling technique that is comfortable to you.
2. Meditation. Hold your cards in both hands, close your eyes and relax. Allow your mind to be free of any thought and just 'be' with your cards. You may then like to visualise the Universal energy being drawn through you and to your cards, surrounding your cards in a protective white light. Those with an understanding of Reiki may like to use this mode of energy healing to cleanse their cards by channelling their healing Reiki energy through the cards.
3. Moon Bath. The full moon is an excellent source of energy for your cards. On a full moon, you can simply place your cards in a window or even outside to bathe in the moonlight.
Alternatively, many people use this time to conduct a special ritual or to cite different incantations for cleansing their Tarot cards.
4. Salt Burial. Salt can be used to draw out negative energy from your cards, just like you would use salt to draw out the moisture from a food item in cooking. First, wrap your Tarot in a plastic bag as tightly as you can. Then take an airtight container that is larger than your Tarot deck, place your wrapped cards inside and then completely surround your cards with salt on all sides, above and below. It is imperative that this is an airtight container as salt not only gathers the energies from a Tarot deck well, it also gathers any moisture that might be in the air, potentially damaging your cards. Keep your cards buried in the salt for at least a few days or a week before taking them out and disposing of the salt.
5. Fresh Air. Just after a rain shower or even in the warmth of the sun, place your cards outside to take in the fresh air and draw in the cleansing rays. Of course, keep in mind the (imp)practicalities and be careful not to place them in a windy position or somewhere where you may end up doing more damage!
6. Smudge Stick. Burn some smudge stick and simply pass the cards through the smoke several times. You can also cleanse any crystals that you use

during the process.

7. Elemental Clearing. Elemental clearing brings your awareness to using different techniques that are aligned with each of the four elements used in Tarot. For example, for Earth clearing, use the Salt burial; for Water clearing, use the Moon Bath or sprinkle a little water on your cards; for Fire clearing, pass your cards over a candle; for Air clearing, use a smudge stick. You may like to go through each of the four elements for a more comprehensive cleansing.

Most readers do some form of cleansing each time they read—it might be a simple shuffle of the cards or a meditation. From time to time, you may like to do a more significant cleansing process to really reinvigorate your cards. Again, choose what method and what frequency feels right to you.

KEEPING YOUR CARDS CLEAN

Now that you've cleansed your Tarot cards, how do you make sure they stay 'clean'? Here are a couple of ideas:

1. Keep your Tarot cards wrapped in a special cloth, I personally use silk cloth and store in a special Tarot box.
2. Store your cards with a quartz crystal which is a wonderful absorber of energies. If you want to keep your crystal 'clean' too, then use any of the cleansing techniques above.
3. Place your Tarot cards at a specially made altar in your home if possible.

“HOW TO SHUFFLE THE TAROT CARDS”

It may seem pretty simple on the surface, but trust me, there are a lot of different ways to shuffle the Tarot cards. In this Ask Brigit video, I share with you 4 simple techniques for shuffling the Tarot cards.

Method #1: Overhand Shuffle

This is the most common way of shuffling a deck of cards. Hold the deck in one hand and use your other hand to shuffle the cards from one side to the other of the main deck.

Method #2: Cut the Deck

Cut the deck into a number of different piles and then bring those piles back together again.

Method #3: Casino Style

Cut the deck into two and then fan one pile into the other.

Method #4: Messy Pile Shuffle

Lay the cards face-down on the table and then use your hands to spread out the cards in a big, messy pile. Then, bring the cards back together into one pile.

So which is the right method? Well, try them out and choose what works best for you. You might also use a combination of methods in your readings. For example, I shuffle overhand, cut the deck into three piles, turn one pile 180 degrees, put them back together and shuffle again.

Tarot Spread Q&A

What are important aspects to focus on when asking a question of the tarot? Reasons, timing, outcome, decision, clarity . . . no point having past, present and future, if the question is about deciding where to go on holiday.

Why should the questioner cut the deck with their left hand? The left hand is connected with intuition and the subconscious. It is also, in right-handed, people, governed by the right hemisphere of the brain which is considered to be the intuitive, spatial, artistic side. At this point in the reading, it is good to lay logic aside for the moment.

What is a Spread? A layout, a pattern in which the position affects the interpretation of the card placed there.

What if the person I'm reading for isn't with me? Not a problem. Tarot works very well for distant readings.

What Tarot deck to use? I Use the Rider waite deck, osho transformation Tarot, Osho ZEN Tarot. You may use any tarot deck which you feel connected.

MAJOR ARCANA

Tarot serve as a direct link a cosmic conference call between your conscious self your sub conscious and divine wisdom. A divination tool aids shine light into the darkness to help us see where we are going. A window to our soul. The tarot is composed of two parts MAJOR ARCANA AND MINOR ARCANA. The Major Arcana Tarot cards (also known as the trump cards) form the foundation of the Tarot deck and consists of twenty-one numbered cards and one unnumbered card (the Fool). They represent a path to spiritual self-awareness and depict the various stages we encounter as we search for greater meaning and understanding. In this way, they hold deeply meaningful lessons.

MAJOR ARCANA CARDS IN A TAROT READING

When a Tarot reading is predominantly made up of Major Arcana Tarot cards, the client is experiencing life-changing events which will have long-term influences. There are important lessons which the client must pay attention to in order to progress further in their spiritual and personal quest. If many of the Major Arcana Tarot cards are reversed, however, it is indicative that the client is not paying attention to these important life lessons and must return to the lesson of the previous card before moving forward.

MAJOR ARCANA TAROT SPREADS

The Major Arcana Tarot cards (also known as the trump cards) form the foundation of the Tarot deck and consists of twenty-one numbered cards and one unnumbered card (the Fool). They represent a path to spiritual self-awareness and depict the various stages we encounter as we search for greater meaning and understanding. In this way, they hold deeply meaningful lessons. The Major Arcana Tarot card meanings illustrate the structure of human consciousness and,

as such, hold the keys to life lessons passed down through the ages. The imagery of the Major Arcana Tarot cards is filled with wisdom from multiple cultures and esoteric traditions, including the Egyptian, Buddhist, Hindu, Sufi, Hebrew and Christian religions.

In his book *Pocket Guide to Tarot*, Alan Oken suggests that the twenty-two Major Arcana cards are like the mandalas of the Tarot. Mandalas are detailed images painted onto canvas and used as spiritual study and meditation aids by the Tibetans. Therefore it is important to study the images of the Major Arcana cards and contemplate their messages. Look beyond the simple keywords and traditional Tarot card meanings, and seek out your own personal meanings of these significant cards. The more you understand about their symbolism, the deeper your understanding of what they represent. The Major Arcana cards can also represent Carl Jung's archetypes—consistent, directing patterns of influence that are an inherent part of human nature. They are themes which mark, portray and symbolise stages in our psyche whereby we aim to become a balanced and integrated person. Along this journey, we encounter challenges, face adversity, perform labours, make hard decisions and fight opposing forces. Each step of the way brings us closer to enlightenment. This is often referred to as the journey of the Fool.

MAJOR ARCANA CARDS IN A TAROT READING

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MAJOR ARCANA TAROT SPREADS

It is possible to conduct a Tarot reading only using the twenty-two Major Arcana cards. This method is typically used for Tarot readings relating to spiritual self-awareness or where you require deep insight from the collective unconscious.

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