

All About Tarot



Tarot Spreads

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Happy Readings!!

Lyn & Paul Thurman

All About Tarot
www.aatarot.com

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The 6th Sense Spread

I have entitled this spread "The Sixth Sense" because in my way of thinking the sixth sense that many believe to be something mystical is nothing more than a title for your combined internal senses. They only appear to be mystical because they remain mostly unnoticed by the conscious mind until they are actually focused upon.

What this spread is designed to do is to help you fully understand your situation by combining the information given to you by both your internal and external senses. Once all is clear you will become aware of the choices that you must decide whether to act (or not act) upon to find the best possible resolution for your situation.

If you want to get the most from this spread use a notebook to record: what your senses reveal, the choices that you need to face to find a resolution, how you acted or chose not to act upon the choices, and the results.

Positions

1. What you see externally
2. What you see internally
3. What you hear externally
4. What you hear internally
5. What you feel externally
6. What you feel internally
7. What you smell externally
8. What you smell internally
9. What you taste externally
10. What you taste internally
11. S-Significantor



Externally-anything that takes place in the reality out side of view.

Internally-anything that takes place in the reality with in you.

The Company Snitch Spread

Frustrated with your current situation at work? Is someone (such as a boss or co-worker) blocking you from moving forward either directly or indirectly? Do you feel it is your destiny to go further in your career?

If you answered yes to one or more of the questions above then this spread can give you insights that if used properly will get you past this person (either by winning him/her over or outwitting him/her). Make sure that your intentions include no harm or humiliation for this person or the information will twist into an unsolvable enigma that will quite likely lead to your dismay.

Positions

1. What makes this person want to block me? - this position reason that this person believes himself/herself to be just in stopping your progress. His/her belief may be fact or fiction. Don't judge just observe through his/her eyes.
2. Why this person holds this belief - this position will rise to this belief. It might point to a person, an event, or even reinforced one.
3. What is happening in this person's life now that might his/her position? - this card will show happenings in this person's life that have nothing to do with you personally, but are none the less leaking in. View this card compassionately.
4. What can I do at this time to shift the circumstances in my favour? - this card will reveal a strong first step for you to take in resolving the issue. Be ethical in your action. Make sure there is a win/win situation. Think how this action could benefit the one who blocks you.
5. What do I need to be focusing on in order to get the most from the action suggested in position 4?
6. What other influences can/do affect this situation? - reveal allies, power divisions, events, etc. Pay close attention to it for it will give you great leverage.



Help Me Find It Spread

Feeling stressed because something you value is lost and your memory just does not seem to be co-operating with you? Fear not! Whether you are seeking a prized possession, the keys to your car, or even a furry friend, this spread can jog your unconscious mind and return a serene smile to your face.

Positions

Position 1 - find a card that reminds you of the lost item in some way (the picture, the number, etc).

Positions 2 & 3 - Starting place for search - this might end the search right here. Often just being focused on a good starting locale will catapult the unconscious mind into remembering where the elusive object is.

Position 4 - Some Important Information regarding the loss of the object - this is a valuable clue. Make sure to pay close attention to this card!

Position 5 - Who or what will help - this card will identify a helpful person or object which will throw light upon your search.

Positions 6 - 7 - Factors that escaped your conscious mind - these two cards form the bridge between your conscious and unconscious mind. This is a powerful integration! Pay very close attention to how these two cards work together.

Positions 8 - 9 - Outcome - if you have yet to find your object by this point these last two cards will reveal whether you are meant to find it at this time.

If you receive a positive response, go back through the clues; you have missed something.

If you were given a negative response, don't despair. Give it at least 24 hours and then try again. If after three attempts there is no success, ask the Universe what lesson you are meant to learn from the loss of the object.



New Relationship Spread

So, you've gone and done it have you? You have kicked off that new relationship and a you now find that you have some need for insights. You have come to the right place!

Positions

Position 1 - What is the most positive thing you are bringing into the relationship? - This could relate to an attitude, an experience, or even a belief.

Position 2 - What is the most negative thing you are bringing into the relationship?
(see explanation this of position 1 to see possible relations)?

Position 3- What is the most positive thing the other person is bringing into the relationship?
(see position 1)

Position 4 - What is the most negative thing the other person is bringing into the relationship?
(see position 1)

Positions 5 & 6 - What state will these factors create? - These cards show the cocktail created from the four above energies.

Position 7 & 8 - The life potential of this relationship if nothing changes.



Silver & Gold - I Have None! Spread

Another month, and once again you find yourself short of meeting your financial obligations. Perhaps an unexpected bill has come due and you only have the finances to cover the basics, or perhaps you are buried in credit card debt and are frantic about where the next pound is coming from. Stay calm the answer is out there. Use this spread with your intuition to find the best way to make the most money you can this month.

Positions

Position 1 & 2 - another if any option to resolve the situation besides making extra money - these cards might reveal a lender, the ability to negotiate, the potential of Trade, etc.

Positions 3 & 4 - taking my skills into consideration, what opportunity is out there for me to make the most money possible for me at this time? - These two cards will point to a specific opportunity. Read these with no preconceived thoughts. Often the Universe opens doors into places you may never have even considered.

Positions 5, 6, & 7 - what is the best place for me to find this opportunity to make the most money possible from a at this time? Be very broad-minded while interpreting these three cards. Some possibilities they might reveal: a physical location, a resource (such as a paper or magazine), a person who knows about it, etc.

Positions 8, 9, & 10 - which one of my personal skills should I focus on when talking to the person who's doing the hiring? - this card could point to a known, little considered, or even unconsidered skill that you possess.

Position 11 - a way that I can avoid getting into this scary situation in the future.



The 'Honey Bunch Are You There?' Spread

You are currently in a bit of a slump (romantically speaking) and you find yourself being nagged by that age-old question, "Will I ever find anyone to have a happy relationship with?" When you find yourself in this situation some good soul searching to determine if there is a blockage is what is needed. Turn into yourself, shuffle your cards, and let's ask some questions that will help you to know where you stand, why, and what you can use to help you to where you want be.

Position 1 - On a scale of 1-10 what is my current potential of being a good partner at this time? - Here I will lead you away from the traditional, and will tell you to lay cards (one on top of the other) until a numbered minor arcana card comes up. In this case ignore the suit and simply consider the number. A 1-3 would show you are not ready at the time. A 4-7 would indicate a partial readiness, and a 8 -10 would mean you are bursting at the seams.



Position 2 - On a scale of 1 - 10, how open and my to true love? - (use the same process as above to get a number). 1 - 3 not open, 4 - 7 partially open, 8 - 10 so open it hurts.

Pay close attention to these cards. They will help to determine the significance of the other positions.

Position 3 - What is vital to me to have the relationship I desire? - this card will help you to focus on what you absolutely must have in a relationship in order for you to deem it a good one.

Position 4 - What limiting belief/s are holding me back? - this card will reveal deeply held beliefs are be sabotaging the possibility of a healthy relationship.

Position 5 - People or events that are involved - this card will reveal influences out side of yourself that are adding to your situation. Consider how that you can ethically manipulate these so that the path can be open for your beloved.

Position 6 - If everything remains the same, what will the outcome be? - this card sums up the above. If you want this to change, work on the factors above.

Note - If should you get a 1 - 3 in either position 1 or 2, stop the reading at this point. Ask, "How can I increase my potential?" or "How can I become more open?" (depending on the position). Then draw a card, interpret it, and follow the advice (regardless of how long it takes to do so), then and only then return to this spread. You may have to do this several times before your subconscious will allow you to finish this spread. If this is the case, do not let it upset you. Know that you are in the process of removing obstacles in order to get to the relationship that you desire.

It's what I've always wanted! Why can't I have it NOW?

Have you ever set your heart on something but couldn't seem to obtain it no matter how hard you tried? Millions of people experience this all the time. Sometimes the desire is not one that is good for you long-term and you are mercifully saved from greater pain by either unconsciously blocking yourself or being blocked by someone or something else. At other times fear of the future and/or inexperience trips you up and you forsake your dream unnecessarily. This spread can help you determine which situation applies to your quest and gives you some advice on how to proceed if proceeding is the best thing for you.

Positions

Position 1 - What is the greatest obstacle that stands in the way of my desire? - Consider people and situations when drawing a Minor and internal conflicts with Majors.

Position 2 - What is the best that I can hope for if I make the best of my resources? - This will be a picture of what you can obtain if you strategically use all the resources available to you. If this card reveals a bleak situation then understand your desire is not in your best interest at this time. Either give up your desire here for your own good or ignore the prophecy and push forward being aware that you are heading for a negative experience. Note that the influence that this card reflects lasts for about six months, so if you have the same desire after that time (most people tend to move on) begin this spread again. Either way, do not finish this spread until there is a positive card in this position. The rest of the spread will be of no avail otherwise.

Position 3 - 6 - Who or what can help me? - ponder hard upon these cards for they are the tools available to you at this time. If one or more of the tools turn out to be persons make sure that you do something that benefits them as they help you to obtain your goal.

Position 7 & 8 - The first two steps to get you started - this is a boost from your subconscious. It will be up to your logical brain to take it from this. After making you aware of these steps your subconscious will return to acting as a monitor in helping to decide if you're logical brain is making the right decisions.



Harvest Spread

The leaves are beginning to brown and crisp, hay rolls are in golden fields and the air is definitely becoming cooler. Use the change in seasons to reflect on what you would like to change in your life. The spread below can give you food for thought:

Positions

Position 1 - What you want

Position 2 - What seeds you need to sow in order to get what you want

Position 3 - What new belief you need in order to promote growth

Position 4 - Who or what helps you

Position 5 - What challenges you face

Position 6 - What you harvest

Position 7 - The key to the big picture



About Us

We are passionate about helping people.

We are natural intuitives and holistic healers bringing peace to the body, mind and spirit.

Paul is a qualified hypnotherapist, counsellor, Reiki master, NLP & EFT practitioner. He is the creator and author of the Holistic Energy Technique.

Lyn is a qualified hypnotherapist, Reiki master, EFT practitioner and Life Coach. She also holds certificates in Nutrition and RoHun therapy.

We are the creators of the Light Weight holistic slimming plan.

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