

Develop Your Intuition through Tarot

Amanda Goldston

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Welcome

Thank you for investing in this book. I am Amanda Goldston.

I would like to share with you the very simple method of reading Tarot cards that I was taught when I first started reading cards in 1993.

This is a straight to the point book, with no fluff. It is the information that I use on a day-to-day basis to read for myself and my personal clients and friends.

There is no need for any complex rituals, candles, incense or any other mystic trappings- although you can add these yourself if they make you feel good.

You don't need any psychic ability to be able to read Tarot cards. When I started reading cards, I did not think I had any psychic abilities. Over time my intuition improved and developed.

The easiest way to read Tarot cards is to really look at each card, look at the Colours, any Symbols that leap out at you and the Pictures. What is going on in the card? How does it make you feel when you look at it? Does it remind you of a person or a situation? Trust that feeling or that voice. It is your Intuition and it will be absolutely correct for you.

In this book I am going to show you some quick and easy methods to develop your intuition and ways to use the cards to trigger that inner wisdom, so that you can build a personal relationship with your cards and they speak to you.

Reading Tarot cards is a bit like story-telling. You use the cards to build a picture and a feeling of what is going on and let the story unfold with each card you put down. Tarot is a wonderful journey and is tremendous fun.

With abundant blessings.

Amanda Goldston

Tamworth, UK, 2009

How to develop your Intuition

Know when your intuition is trying to connect with you. Think of a time when you absolutely knew something was right or wrong - and you listened to that knowing.

How did you know? Was it a feeling in your body? Where was it? Was there a voice? How was the knowing voice different from all the other chatter in your head?

Can you remember the sounds, feelings, and pictures? Where in your body did you feel the knowing?

For a lot of people that feeling is in their stomach (or solar plexus) area. What kind of feeling was it? Warm? Cold?

Maybe it was a voice you heard? Where was the voice? What was the tone?

The more of this you can recall, the easier it is to know when your intuition is trying to get through to you.

For me, when I know something is right, I get prickles running right up my legs and up my back.

It may be a completely different sensation when you know something is wrong.

When you can identify that knowing, you can practise listening to it.

Relax and be still. The quieter you can get your mind, the easier is it to connect with your intuition. It is hard for it to get through to you when you are stressed. Take a few deep breaths, breathe out tension and breathe in a feeling of connection and love.

For some people this works best as a guided visualisation. For others a simple breathing exercise is brilliant.

I have found that, for me, breathing in deeply to the count of 7, holding for 7, breathing out to 7 and holding for 7 is a terrific way to calm mind, body and spirit in minutes.

The more you can quiet the chatter in your head, the easier it is to be aware of your intuition and to hear the creative insights when they come to you.

Practise. Next time the door bell rings, pause, take a deep breath and try to get a sense of who might be at the door and whether they are bringing you good news or something more challenging.

Have fun. Listen to your feelings or to the little quiet, knowing voice that is there to guide you.

Before you make an important decision, pause, take a deep breath, ask yourself what is the best course of action for you at this moment and quietly wait for an answer.

Once you can learn to trust your intuition or gut feeling, it won't let you down. It will help you in any situation.

How Tarot can help you to develop your intuition

Tarot is a tool to give you choices in your life. It can help with developing your intuition, or give you the confidence to trust your intuition.

It can also help you safely explore potential options before you commit yourself to making a decision and can give you guidance in any area of your life.

Our minds think in pictures and the Tarot consists of images, which makes it one of the most visually powerful ways of connecting directly with your unconscious mind.

A picture literally says a 1000 words and you can get an immediate feeling reaction when you look at a picture.

Pictures are the oldest form of teaching and learning. Pictures tell stories and that is the first way our early learning took place.

Pictures tap straight into the right side of your brain, which is all about creativity, imagination, inspiration, ideas and insights.

The more you can trigger the right hand side of your brain, the more you can tap into your intuition or gut feeling.

It is like any muscle. The more you use it, the more it will work for you and the more it will be there for you when you need it.

The Tarot is one of the quickest ways to develop your Intuition or gut feeling and have it on tap 24/7 for whenever you need to make an important decision.

How to develop your Intuition Using the Tarot

Our intuition or gut feeling is there to help us all of the time. Sometimes we have so much chatter going on in our heads and so many feelings in our bodies that we cannot hear or feel or see our quiet, all knowing truth.

The Tarot can be a fantastic way to develop your intuition. Ideally we want to get to a place where our intuition automatically kicks in whenever we need it and we do not have to think about it. We just know that something is right or wrong and we trust it completely.

Find a quiet place where you won't be disturbed and sit comfortably.

Take a few deep breaths. As you breathe out, breathe out any tension and stress from your day. As you breathe in, breathe in confidence, intuition and trust.

Continue breathing gently until you feel your mind and body relax.

A useful breathing exercise is to breathe in to a count of 7, hold the breath for 7, and then slowly release to a count of 7 and then hold for 7 before taking another breath.

When you feel calm and relaxed, pick up your deck of cards and give them a quick shuffle. Pick out a card at random and notice the first impressions that come to mind.

What thoughts are in your head? Do you hear any instant words? What is the tone of the voice?

What feelings do you get from the card?

Where in your body are the feelings? – heart, head, legs, tummy area, back, other?

Where are the pictures? - inside your head, in front of you? Are they colour or black and white, still or moving?

It is important to notice those very first words, impressions and feelings because if you look at the card for too long, your logical mind will start to analyse the card and you may miss the valuable insights.

Once you learn to recognise the signals that your intuition is using to communicate with you, you can identify them more quickly in another situation.

With a bit of practice you can soon distinguish between the answers from your intuition and the logic of your analytical mind.

Both are important and the analytical mind can be very useful once you have gathered all your creative insights.

Trust those first answers as they will most likely be the right ones for you.

When you feel ready, relax, calm your mind and pick another card.

You start to develop a relationship with your cards and trust them as a tool to access your intuition whenever you want and need it.

Lay a couple of cards of cards side by side and notice the impressions that you get. Observe how the story changes when one card is next to another.

It is helpful to have a Tarot journal, so that you can keep track of any insights that come from your cards.

Over time certain cards will come to have particular meanings for you. These may be very different from any definitions you find in a book. That is brilliant. Go with what you feel is right for you for each card.

The Sun



Quick Keywords

Health, happiness, joy, balance, youthfulness, health, vitality.

Colours

The dominant colour is the bright radiant yellow of the sun, representing power, energy, life-giving force, courage, strength and the source of all creation.

Yellow is the colour of the solar plexus, which relates to your inner power. The orange banner represents physical energy and vitality.

The white of the horse is to do with your spirit and a childlike sense of wonder and innocence.

Meaning

Joy, hope, confidence, a youthful and almost childlike attitude and sense of wonder, improved health and an abundance of energy, vitality, radiance and enthusiasm.

Good physical and mental health and a positive attitude. This card can indicate a return to health after illness.

This is also about acknowledging your self worth and your own abilities. It can also be about shining brilliantly in the outside world, maybe gaining prominence or promotion and becoming the centre of attention.

You have a quiet knowing of your own power and will be succeeding at everything you do. It is time to let your own light shine, both inside and outside yourself.

Nine of Pentacles



Quick Keywords

Affluence, stability, security, prosperity, self reliance.

Symbols

Here we see a wealthy woman in a lush, plentiful garden with Pentacles all around her. She has a falcon on her wrist, which was traditionally a sport of the wealthy. She has no worries from a financial point of view.

Meaning

This card points to financial stability and security. It is more than just income coming from a job. It is about income and wealth coming from property, savings and other investments. This can also be “unearned” income.

There is a sense of solitude with this card, although the woman seems quite comfortable with that. A person may be on their own, but there seems to be financial provision for them, either of their own creation or from someone else.

It can be a lady, or man, of leisure who does not need to “work”. It can also be a “self-made” man or woman who has worked for the financial stability they have and are can afford to enjoy the fruits of their efforts.

This can also indicate someone who has expensive tastes and can be extravagant. This is likely to be a person who opts for quality over quantity and goes for the best items they can afford.