



TAROT for life



Avril Price shows you how to transform your everyday life with the wisdom and insight of the Major Arcana

Over the centuries, tarot has become synonymous with fortune-telling, but this isn't its only function. Tarot can also be used to give you a new perspective on life's issues to help you deal with whatever comes your way. With their imagery and symbolism, tarot cards act as a mirror to reflect what's going on in our lives, giving us the clarity to help us take the best course of action.

A classic deck contains 56 Minor Arcana cards in four suits, representing the elements – pentacles (earth), swords (air), wands (fire) and cups (water). There are also 22 Major Arcana cards, which relate

to issues regarding the core elements of your life.

To help you get started working with the Major Arcana, Avril has picked the Chariot, the Lovers, the Devil and the Empress, four cards which represent key areas of many people's lives – career, relationships, money and family. Once you have made your tarot deck your own (see Getting Started, right), you can select one or more of these cards and get busy transforming your life.

The exercises Avril has shared here should inspire you to work with other cards in the Major Arcana, deepening your insights. Go on, just pick a card...

GETTING STARTED

To get the most out of your cards, you need to make a personal connection with the deck you use. Here's how.

Let the cards choose you

For the exercises in this masterclass, you'll need a standard tarot deck that includes the Major Arcana cards of the Chariot, the Lovers, the Devil and the Empress.

Avril has chosen to use *The Housewives Tarot* (£13.99, Quirk Books), although you can use any standard deck. It's often said that tarot cards should be given to you as



a gift, but it's perfectly acceptable for you to buy your own. Choose the deck you feel naturally drawn to – you don't find the tarot, the tarot finds you. The deck you end up choosing has your name on it.

Cleanse the cards

Find a quiet place to sit with the cards. Place an amethyst or turquoise crystal on the cards, for strength, then light a sage smudging stick or an incense stick and waft the smoke over the cards. You can also cleanse them with a bell – casting a clear ringing sound breaks down any old energy, making the cards more effective to work with.



Use these simple tools to cleanse your deck

life

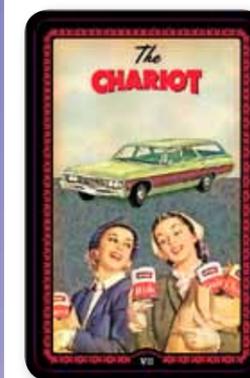
Mystical masterclass



CAREER

Our jobs can throw up many challenges, from office politics and negotiating pay rises to keeping a healthy work-life balance. Maybe you want a promotion but keep being overlooked, or feel there is nowhere to make progress within your workplace. Take a moment to think about where you're at and where you'd like to be.

Be guided by the Chariot



Is it time you leapt into the driving seat and became master of your own fortune and destiny? The Chariot represents harnessing the power to move forward and achieve your goals. It urges you to clear away any obstacles on the road ahead, and to pay attention to details – especially

anything that could turn out to hold you back, such as mistakes with paperwork. Follow the wisdom of the Chariot by keeping a steady pace to ensure you reach your destination.

Energise your workspace

1 Tap into the power of this card by clearing your workspace of any clutter. Imagine you're about to go on a journey and need to clear your path of obstacles. As you recycle those old papers and tidy up any mess, imagine you're cutting away old negative ties that have been holding you back.

2 Think of your work area as your personal chariot. Make it your own by adding special touches, such as a photo of someone who's important to you, a picture of a favourite holiday destination or an ornament from your home.

3 Create a career vision board by making a collage of magazine cuttings inspired by



Display a few personal touches

the symbolism of the Chariot, such as vehicles or horses, or any other images which you feel represent your career journey. This card typically depicts two horses pulling together to represent focus, but in *The Housewives Tarot*, two women with their shopping bags are illustrated. Whether it's pictured as a cart or a car, the Chariot represents our plans and dreams.

4 Cut out letters from a magazine or newspaper to create this affirmation for your vision board, or simply write it on a piece of notepaper and stick it on the board.

I love myself and what I can become. Each day is a new beginning, which I will grasp with both hands. I am not afraid of achievement, and I invite it into my life. I am strong enough to be successful and happy.

5 Keep the vision board in a place where you can see it every day to motivate you. ➤



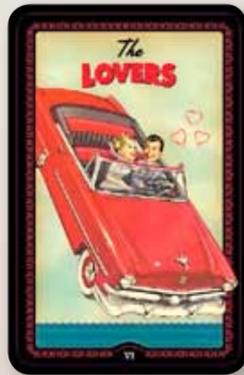
Make your own vision board

RELATIONSHIPS

What do you really want from your love life? Perhaps you've already met your soulmate, but the demands of work and family life make it difficult to keep the home fires burning. You might be in a negative cycle of attracting partners who need 'fixing', or perhaps you're still searching for someone to share your life with and feel like it may never happen.

Learn from the Lovers

As they fly through the air into the unknown with only eyes for each other, the Lovers urge you to follow your heart rather than your head. This card also urges you to take responsibility for your emotions. It encourages you to see the beauty, goodness and love in your world, and to take a leap of faith when faced with challenges.



Make a love box

Whether you're already in a relationship or still on the lookout for a soulmate, this

simple exercise will help you manifest your heart's desires.

1 Take an old biscuit tin or shoe box and decorate the lid by sticking on images of activities you'd like to do with a partner, such as holidays, dates or parties.

2 Pop a piece of rose quartz into the box – this stone is sometimes called the love crystal. Add a picture of you and your partner. If you're single, use a picture of a happy couple. Write this affirmation on a piece of paper:

'I allow myself to receive love. I allow myself to give love. I see love in all things. I love myself unconditionally and will continue to do so. I live to love. I know and accept that the people in my life whom I love are a reflection of me.'

3 Light a rose-scented candle and read the affirmation out loud. Then write a list of the things you want from your relationship, along with positive aspects of being together, such as mutual support. If you're single, you can write a list of the qualities you wish for.

4 Blow out the candle and put it in the love box, along with the wish list and the written affirmation.

5 Each night before you go to sleep, open the box and read the affirmation and the list. Do this for a month and see what happens...

Visualise your perfect partnership

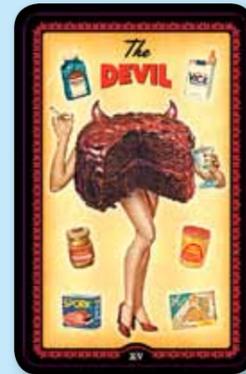


MONEY

Do you have a healthy relationship with money? Is your pay packet a reflection of success? Does money slip through your fingers? Due to the rise of online shopping and companies throwing credit cards at you, maintaining a grounded connection to money is a modern-day challenge.

Better the Devil you know

It's often assumed that the Devil is a negative card, but we can learn a lot from it. This card is all about overcoming bad habits and destructive patterns, such as impulsive shopping or the belief you don't deserve to have money. It's also about recognising your own needs – a pay rise, for example, to fund



a much-needed holiday. We can develop a healthier attitude to money if we see it as an energy that needs to be kept in balance, rather than the root of all evil.

Manifest yourself more money

Keeping a magic penny in your purse can help bring financial rewards.

1 Choose a penny – perhaps one you picked up from the pavement, or found down the back of the sofa. If so, don't forget to say thank you to the universe.

2 To clean your penny, pop it in a small glass of cola and leave it overnight. It should be shiny and bright in the morning.

3 To charge your penny, take it in your palms and press them together. Think about what you would like the coin to do for you. Visualise a white light flowing from your brow chakra (in the middle of your forehead) into the penny, giving it instructions. You could tell it to 'make money flow more freely in my life', 'help me to spend it wisely', or 'encourage me to save'.

4 Put the penny alongside the Devil card in your purse. Remember to think positively



Put the charged penny in your purse

about your financial potential, and see how your fortunes change.

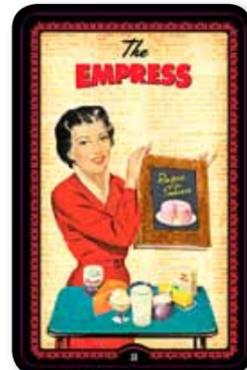
5 As an extra boost, write the following affirmation on a piece of paper. Put it in the folder or drawer you keep your financial documents in, or save it as a note you can see on your computer when you're banking online.

'I am worthy of financial success. I am open to money flowing into my life with ease. I value all that I have. My dreams are for my greater good, and I will not be tempted to squander them for the sake of anything. My relationship to money is positive, healthy and totally good for me.'

FAMILY

The challenges of modern life can cause tension in the domestic sphere. Balancing work and family commitments can be tough, and these days it's also more common for families to be scattered. If you feel distanced from loved ones, or you worry that you've taken on too many responsibilities and let your own needs fall by the wayside, reflect on your own family situation and how you'd like things to be.

Be empowered by the Empress



This card represents a wise, creative woman who loves nurturing the people around her. She has a strong business mind and is excellent at motivating others. The Empress urges us to be practical and level-headed, but this card can also indicate a domestic tyrant. It could be

encouraging you to examine your style of ruling the roost and relating to others, so think about the imagery of this card and what it means to you.

Let family bonds blossom

Flowers are a wonderfully fragrant reminder of abundance and love. In fact, the American poet Ralph Waldo Emerson wrote that 'Earth laughs in flowers'. Fresh blooms are a fabulous symbol to have in your home to nurture family ties.

1 Select your own bunch of flowers, choosing a different bloom for each member of your family. Certain varieties are associated with different family roles. For example, daisies symbolise purity and innocence, so they could be used to represent children, while lilies are traditionally totem flowers of motherhood. To find

out more about the symbolism of flowers, visit aboutflowers.com

2 Arrange the flowers and place them in the part of the house where your family generally congregate, such as the dining room or lounge.

3 Place the Empress card beside the flower arrangement and say out loud:

'I love and accept my family for who they are. I welcome all the lessons and all the joy that family life can bring. I trust that I will act wisely and lovingly in all family matters.'

4 Meditate with your flowers each day and send a blessing to them, asking for health, peace and prosperity for all your loved ones. The room will then be filled with your blessings!



Pick a flower for each person

Your next steps...

PRACTICE MAKES PERFECT

Tarot can't be learnt overnight, but it's a very powerful tool for life guidance. To help you develop your tarot-reading insights, pick a card from your deck each day. Look at the images, noting what jumps out at you, and think about what the card might signify. Write down its possible meaning in a notebook dedicated to your tarot journey, then place the card in a prominent position where you can see it as you go about your day.

At the end of the day, think about what has happened to you, your colleagues and your friends, and look back at the events in the news. If you think of anything that's mirrored in the card you picked that morning, write it in your notebook. This way, over time, you can accumulate your own personal guide to the tarot.



Make a note of successful predictions

WHAT DID YOU LEARN FROM OUR MYSTICAL MASTERCLASS?

How did you get on? Share your insights on our forums at spiritanddestiny.co.uk, or email us at spirit.destiny@bauer.co.uk

WANT TO FIND OUT MORE?

Visit avrilprice.com for more information on Avril's work, including TarotYou, her bespoke online and Skype mentoring service. Avril also leads tarot courses at the College of Psychic Studies, London, suitable for all levels of experience. Visit collegeofpsychicstudies.co.uk