

Teach yourself TAROT

Every month expert **Avril Price** will share her wisdom to help you develop your ability



Welcome to my tarot school, which will feature a series of classes to inspire your tarot journey and give you a deep understanding of these cards, enabling you to read for yourself and for others, too. I'll also be introducing you to some simple spreads that will give you an insight into particular areas of your life, including relationships, career and finances.

I am so looking forward to sharing with you the magic that happens in a spread when the cards all fit together, giving you clarity on something that's been bothering you, or confirmation

'I am so looking forward to sharing the magic of tarot'



that you're doing the right thing, or seeing a situation clearly.

As you can probably tell, tarot is my passion. The cards never cease to amaze or inspire me and I take great pleasure in passing on my knowledge so everyone can access their wisdom for themselves.

My journey with tarot began 35 years ago. I was dating someone who recognised my interest in all things spiritual, and who gave me a deck of tarot cards as they weren't really his thing.

We stayed in the relationship for a number of years and had two daughters, before going our separate ways. The cards, which I still have, helped me to understand the nature of this parting, which helped me to let go of it lovingly. I laid out a spread and asked, 'What is the reason for us splitting up?' and the cards helped me see the fundamental problems between my partner and I, which had led to us calling it a day – with good reason.

That is when I knew that tarot would always be a big part of my life. Consequently, I went on to teach courses at the College of Psychic Studies, in London, and have travelled extensively throughout Europe sharing tarot wisdom in groups and seminars. So, let's delve deeper into the fascinating world I love so much.

Tarot: what you need to know

USES

As a divination system, the cards can tell us about the influences that operate in our lives – past, present and future. They can also be used for self-discovery.

I believe in the ancient adage from Chinese philosopher Lao Tzu, who said, 'Know thyself and you know the world.' We can work with tarot to unpack our own story and glean a clearer idea of our purpose.

THE DECK

A pack is made up of 78 cards and can be divided into three parts.

The Major Arcana, from Fool to World, are the 'soul cards' and the imagery is archetypal, representing the stages of the soul's development as it progresses through life, and how each life experience influences this progress.

Then, there are the court cards or 'people cards', these indicate you and other people, situations and issues and offer good advice as to how to maintain wellbeing and balance.

Finally, we have the Minor Arcana, these are arranged into four suits depicting the elements, with each element relating to a particular aspect of your life (see right).

SYMBOLS

Each card is rich in symbolism, providing us with a narrative to realise our personal truths and understand what spirituality means to us. For me, the cards provide a language for the spirit of wisdom to communicate with us. You could say that the tarot is an embodiment of Spirit and was sent to us to help us understand the journey of the spirit within the human body.

By studying the cards, we can understand the lessons we have to learn. This is so empowering and we can go on to make positive and affirmative life choices.



AVRIL'S TIP
See your cards as an extension of yourself. Always keep them close by.



1909 was the year the Rider-Waite tarot deck was designed. It's never been out of print, despite the artwork being destroyed in World War II.

Caring for your cards

CHOOSING YOUR FIRST DECK

I believe that tarot will find a way to you if you are meant to have these cards in your life. However, this doesn't mean that you have to be gifted your first deck, as some people say.

These days there are so many beautiful decks available that I think it is more important to go with whatever one you feel drawn to. When you choose your own deck, you are making an energetic connection and this will enhance any work you do with the cards.

STORAGE AND TRANSPORTATION

The easiest thing is to store your cards in their original boxes, then you can see at a glance what is in your collection and pop them into a bag or wrap them in a cloth for transportation, which personalises them. I wrap mine in material, sometimes tarot bags, but if you don't have a bag, a soft cloth will suffice. I've even used a tea-towel, which offers adequate protection when bumping around in the bottom of my handbag!

THE MINOR ARCANA



WANDS = fire, denoting passion, ideas and creativity



SWORDS = air and how you use your intellect



PENTACLES = earth and your physical and material life



CUPS = water and emotions, spirituality and creativity >



AVRIL'S TIP

Instead of looking up the meaning of the cards, develop your own 'key words' associated with each card.

3 ways to get to know your deck

The best way to learn about the cards is gradually, and by playing with them. Don't try to memorise everything immediately, just take it step by step.

Keeping a journal or diary will benefit you in learning the cards. Make sure to include any intuitive impressions you receive.

1 Learn to trust your gut instinct so you can start to intuitively read the cards.

To practise this, try psychometry, the art of reading objects. Take a piece of jewellery, keys, watch or phone from a friend and hold it between your palms. Then close your eyes, focus on the object and see what images and feelings come to you. Trust the information you receive.

Your intuition will improve with practice but it is important that you trust what you sense.

2 Start to interpret the symbolism of the cards. In the morning, randomly draw a card, face down, from your deck and put it in a place where you will regularly see it. At the end of the day make a note in your journal of anything that jumps out at you from the images on the card that reflects the day you have had.

3 Be playful with your tarot cards, it helps you get the best out of them. Reach for them while watching TV to decipher what's coming up in the plot. At the start of the show, shuffle the deck and ask a question about what will happen in that episode. Draw a card to provide you with insight into your question. Jot down what the cards intuitively tell you and reflect on this at the end of the episode to see how successful your reading has been.

HOMework FOR THIS MONTH

Practise is key to getting to know your cards, that's why I'll be setting you homework each month. Your first task this time is to get to know the symbolism of the cards.

Sit quietly and put the everyday world to one side. Take deep breaths and let your thoughts come and go. Focus on using your intuition and affirm with yourself that you are tuning into the moment. An easy affirmation could be, 'I am confident that my intuition will serve me well.'

Draw a card from the deck. This card is called a significator, what 'key words' would you use to describe the image on it? Make a note of them. Next, place a tarot card on either side of the significator and interpret the connections between them. This is known as reading the story between the cards. Write down any key words that come to you.

Now go through the whole deck and run through the key words you have collected for each card to help memorise them. Speaking the words helps you to learn them so you start to associate them with the cards.

On the second Thursday of each month I will draw three cards from one of my

favourite tarot decks and posting them on Spirit & Destiny's Facebook page (@SpiritandDestinymagazine) for you to interpret. I can't wait to see your comments.

NEXT MONTH

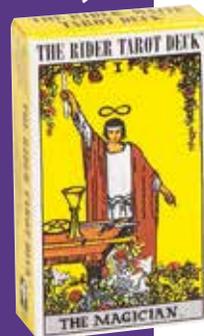
Deepen your connection with tarot and start working with your cards



Avril's top decks

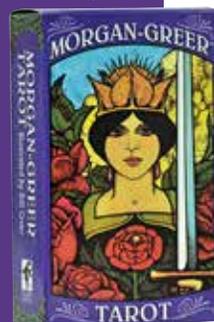
RIDER-WAITE-SMITH DECK (£14.99, US GAMES SYSTEMS)

This is my 'go to' deck and I also use it to teach and it is probably the most famous deck of all. Many of the decks available today are based on the imagery in these cards. Therefore, if you can understand this deck, you can work with many others that are out there.



MORGAN-GREER DECK (£22.99, US GAMES SYSTEMS)

I love this deck! It is very user-friendly and I consider it to be a worthy workhorse as it loves to be used. The images are colourful and cheerful, and they encourage storytelling or predictive work.



HANSON-ROBERTS DECK (£27.98, US GAMES SYSTEMS)

This deck as it is very clear and easy on the eye. The cards are smaller than most other decks, which makes it easier to use for those with small hands. Plus it doesn't use up all your table space!

