

What is the Tarot?

Using Tarot cards is a way of taking time out to reflect and consider new ways of seeing a situation. Often, taking this time is all that's needed to find inspiration and clarity on an issue.

A normal Tarot deck consists of 78 cards, made up of 4 suits (each suit having 14 cards) and 22 picture cards. The 4 suits tend to represent every day matters such as earning money, dealing with relationships and making plans. The picture cards tend to focus on how we feel inside, how we manage these feelings and show us opportunities for personal growth.

During a reading, the cards are usually shuffled, a few cards are chosen by me, then laid out on a table to form a kind of visual map of the issue in question. The chosen cards reflect your needs, concerns and feelings at that time as well as looking beyond this to help gain some clarity.

The cards are simply a set of images that help us to unlock our natural insight. The images act as a universal language and often help people make links that they hadn't seen before. Having a reading often helps you see a situation more clearly than before – in a similar way to writing things down or talking to a trusted friend. The bonus of a Tarot reading is that the cards are objective and offer up an honest mirror of yourself and the lessons available to learn.

I use the cards to build a visual map, or storyline, of the situation in question. This gives you time to reflect on what you see and feel more empowered to make helpful choices in your life. Using the Tarot is a powerful tool for self-development!

The cards are often a gateway to new ways of thinking and new choices in your life. Ultimately, nothing is set in stone and we all have free will – allowing you to decide for yourself how you use the results of the reading.

If you have any questions on the Tarot, what to expect from a reading with me, or to book a reading, I'd be delighted to hear from you and I will do all I can to answer any queries.

You can reach me on 07858 482068 or via email on sasha@sashamacdonald.com

With best wishes,

Sasha