

Sacred Inquiry



*A Practical Guide for Reflective and
Empowered Tarot Readings.*

TRANSFORMATIVE TAROT





Introduction

Tarot is often seen as a tool for prediction—but its true power lies in reflection and transformation.

This guide invites you to deepen your practice by asking questions that awaken your inner wisdom and expand your personal power.

Sacred Inquiry is about shifting from passive curiosity to active engagement, exploring how the questions you bring to the cards shape the insight you receive. It's an invitation to slow down, connect with yourself, and discover new layers of meaning in every reading.

Open this ebook with a spirit of exploration. Let it inspire you to ask questions that don't just seek answers—but spark growth, healing, and alignment on your journey.

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The important thing is not to stop questioning.

Curiosity has its own reason for existing.

Contents

From Predictive to Reflective

Discover how shifting your focus from simply predicting outcomes to reflecting on your inner journey can deepen your tarot experience and empower your choices.

Low-Value vs. High-Value

Learn to distinguish questions that limit your growth from those that open doors to insight, healing, and conscious decision-making.

The Art of Rephrasing

Master the skill of transforming limiting questions into empowering inquiries that invite deeper clarity and personal power.

The Energetic Shift

Explore how the energy and intention behind your questions influence the messages the cards reveal in your reading.

111 Powerful Questions

Access a curated collection of transformative questions that inspire self-awareness and offer meaningful insight.



01 From Predictive to Reflective

At Transformative Tarot, we honor tarot as both an intuitive guide and a mirror of the soul.

Yes, tarot can absolutely be predictive—many readers, myself included, have used it successfully to foresee timing, opportunities, and outcomes. But when the focus is always on “what’s going to happen?” we risk missing the most powerful part of the experience.

Tarot isn’t just about what will happen—it’s about who you become through the unfolding.

Rather than handing your power over to a future event, tarot invites you to engage with your path. In this way, tarot becomes a sacred space to pause, reflect, ask deeper questions, and make more aligned choices.



Why the Questions You Ask Matter

Tarot is a dialogue between you and your higher wisdom.

And just like any dialogue, the quality of the conversation is shaped by the questions you bring to the table.

There is nothing wrong with predictive questions. They can offer helpful insight when used responsibly, especially when tied to practical planning, timing, or clarity around external possibilities.

But reflective questions invite transformation. They pull your awareness inward, where true change begins.

You don't have to choose between prediction and reflection. But if you want tarot to support your evolution—not just your expectations—learning to ask better questions is the first step.



✗ Instead of asking:
“Will I meet my soulmate this year?”

✓ Try asking:
“What energy am I holding that supports or blocks romantic connection right now?”

Both questions are valid. But the second one gives you **agency**.

It opens the door to growth, healing, and aligned action—regardless of outcome.

02

Low-Value vs. High-Value



Not all questions are created equal.

Some questions empower us.

They open our hearts, deepen our self-awareness, and guide us toward embodied action.

Others keep us spinning in circles, waiting for answers that only time or someone else can deliver.

Start noticing when you're asking questions from a place of helplessness or powerlessness.

These questions might feel hopeful, but often carry an underlying sense of passivity or waiting for something to happen.

When you catch yourself in that space, pause and ask:

How can I shift this into a more empowered, problem-solving perspective?

Low-value questions are:

- Disempowering — they imply that you are powerless or must wait for external forces to act.
- Overly predictive — focused solely on outcomes without insight into the process.
- Over-reliant on external validation — focused on what someone else thinks, feels, or will do (which can change).

Examples:

- “Will he/she come back to me?”
- “Will I get the job?”
- “When will I be happy?”

High-value questions are:

- Empowering — they bring the focus back to you and your capacity to respond or grow.
- Reflective — they encourage insight, healing, and conscious decision-making.
- Growth-oriented — they explore your inner landscape, not just outer circumstances.

Examples:

- “What energy am I currently holding in this connection?”
- “What limiting beliefs might be affecting my job search?”
- “What small shift can I make today to welcome more joy?”



The Reframe



“Will I find love soon?”



“What can I do to open my heart to love?”

“Is this relationship going to last?”



“What is this relationship here to teach me?”

“When will my finances improve?”



“What mindset or action can help me feel more financially stable?”

“Will I get better?”



“What does my body or spirit need most right now to heal?”

If your question begins with;

- “Will I...,”
- “When will...,” or
- “Why not...,”

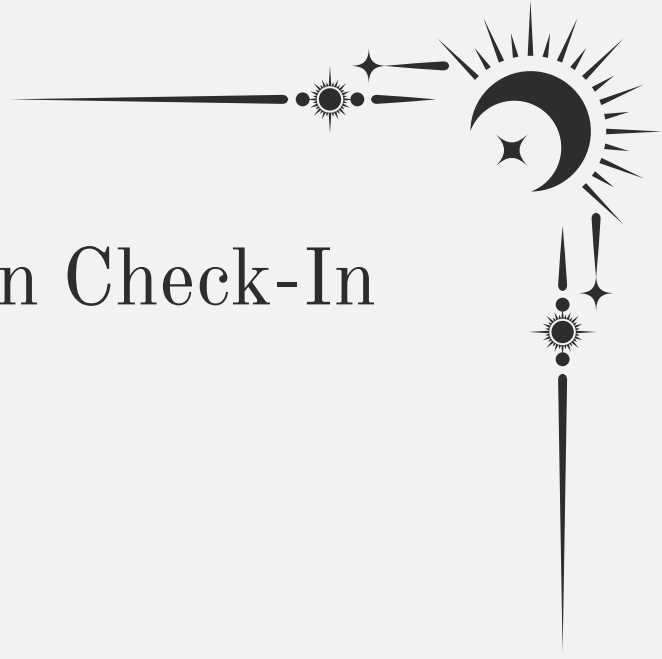
try rephrasing it with:

- “How can I...,”
- “What steps can I take to...,” or
- “What is this teaching me?”

This simple shift transforms your inquiry from passive expectation to active participation.

It may take some practice for this to feel natural—but once it clicks, you’ll find it can be applied to almost any question you ask in life.





Quick Tip: The Question Check-In

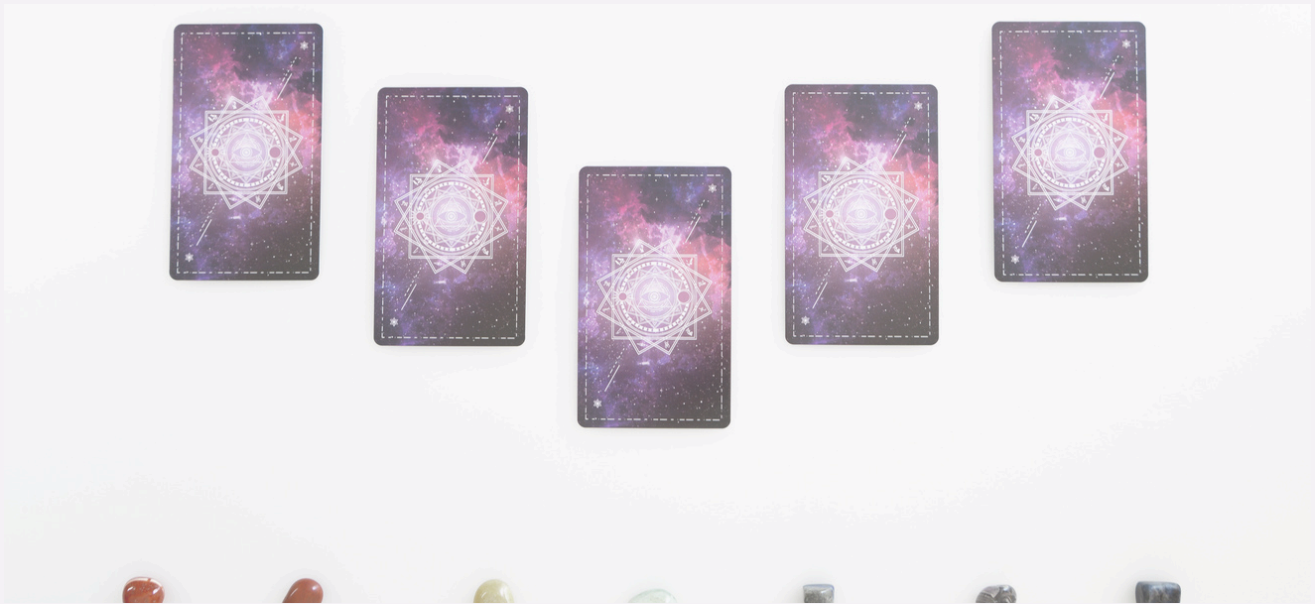
Before you ask the cards anything, pause and ask yourself:

“Does this question give my power away?”

“Is this about someone else's behavior or about how I want to show up?”

“Will the answer help me grow, choose, or shift something?”





03

The Art of Rephrasing

Asking the right question doesn't mean having the perfect words—it means tuning in to the energy and intention behind what you're really asking. That's where rephrasing becomes a powerful spiritual tool.

Why Rephrasing Matters

Rephrasing a question isn't just about polishing your language—it's about shifting your perspective.

It's a conscious choice to move from fear to curiosity, from helplessness to empowerment, from waiting for life to happen to actively shaping your own experience.

Many of the questions we naturally ask come from our emotional default settings: fear, longing, urgency, or uncertainty.

These emotions are valid, but when they drive the inquiry, the question tends to reflect confusion rather than clarity.



Rephrasing allows you to:

- ✓ Clarify your desire. What are you really seeking—reassurance, direction, healing?
- ✓ Shift the focus inward. Instead of focusing on external outcomes, you return to your own power.
- ✓ Support healing. A well-phrased question can surface limiting beliefs, emotional patterns, and areas of resistance, giving you something tangible to work with.

04

The Energetic Shift



Before you ask the cards anything, pause and check in with your energy.

The state you're in when you approach a tarot reading deeply influences how you formulate your question, how the cards respond, and how you interpret the message.

Your current emotional state can also affect how you interpret the cards.

When you're anxious, even the most encouraging card can be interpreted through a lens of fear.

When you're grounded, even a "challenging" card can offer comfort or direction.



Here are a few simple ways to shift your energy before a reading:

- Place one hand on your heart and take three deep, intentional breaths.
 - Light a candle (safely) and gently focus your attention on the flame.
 - Hold a crystal in your hand or place it lightly on the top of your head to ground or center.
 - Create a mantra, such as: “I am open to receiving insights that are for my highest and greatest good, in the energy of love. I trust that the right questions will come into my awareness.”
 - Journal your feelings before you ask the question—let your thoughts and emotions have space to breathe.
 - Release tension through a calming ritual: do gentle yoga, a meditation, take a walk in nature, or move your body in any way that brings you back to yourself.
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A Quick Pause...

You now know how to prepare your energy for a tarot reading.
Feel free to use those tips as a foundation for a personal session.

At Transformative Tarot, you can choose from several 1:1 readings—each designed to meet you where you are.

Whether you're seeking clarity, confirmation, working through a specific theme, or simply want to reflect with the cards, there's a session that fits.



A one-on-one session offers a dedicated space to dive into your questions and receive clear, practical guidance.

It's your opportunity to explore what's most important to you, in a way that feels authentic and supportive.

[BOOK YOUR SESSION
HERE](#)

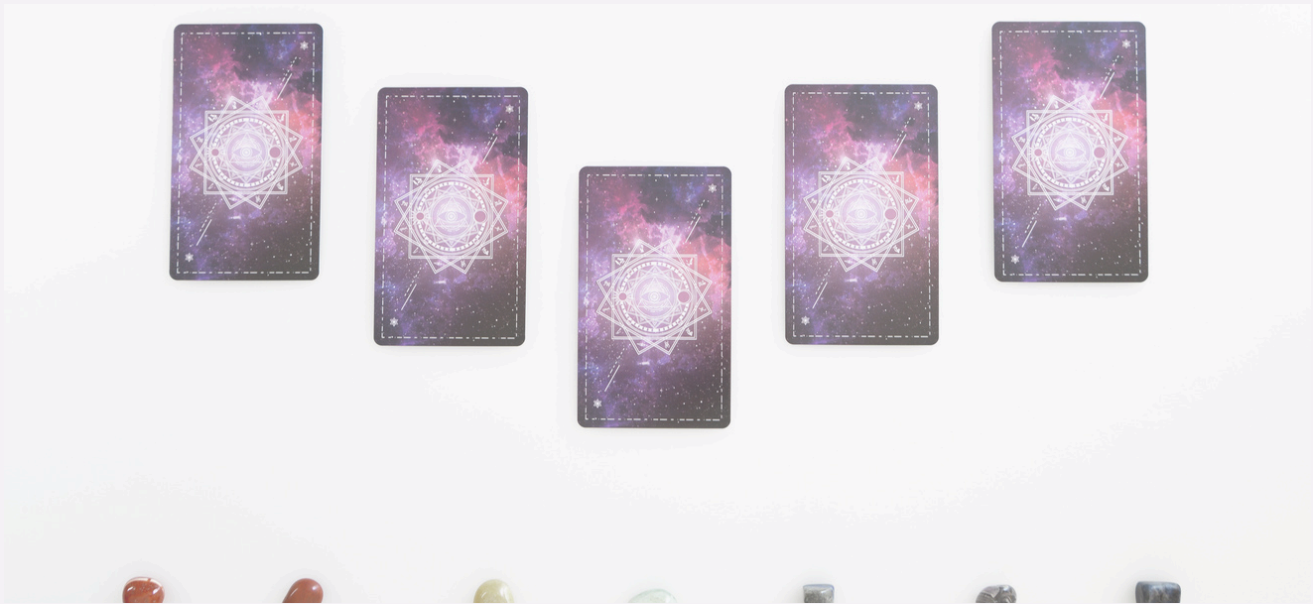
*Up next: 111 powerful questions—ready to use as they are, or to inspire your own.
You're welcome to bring any questions that resonate with you into our session.
See you soon!*



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www.transformativetarot.nl



05

111 Powerful Questions

The following questions are grouped into six key areas of life. You can use them as journal prompts, tarot/astrology reading starters, or inspiration to craft your own.

Let your intuition guide you to the questions that resonate most.



Self-Discovery & Inner Growth

1. What part of me is ready to be seen, healed, or reclaimed?
 2. How can I better honor my boundaries and values?
 3. What limiting belief is asking to be released right now?
 4. Where in my life am I dimming my light—and why?
 5. What am I learning about my relationship with myself?
 6. What fear is holding me back from my next level of growth?
 7. How can I cultivate more trust in my intuition?
 8. What is no longer aligned with the version of me I'm becoming?
 9. How can I create more space for rest and reflection?
 10. What does my inner child need to feel safe and supported?
 11. Where do I need more compassion—for myself or others?
 12. How can I better embody the energy of self-worth?
 13. What am I being invited to release control over?
 14. How can I shift my perspective around a current challenge?
 15. What season of life am I in, and how can I honor it?
 16. What does alignment feel like in my body and energy?
 17. What daily practice would nourish my soul right now?
 18. What strength am I underestimating in myself?
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Love & Relationships

1. What is this relationship here to teach me?
 2. How can I show up with more presence and authenticity in love?
 3. What attachment pattern is being activated right now?
 4. How can I feel more emotionally safe in my relationships?
 5. What energy am I bringing into this connection?
 6. What belief do I hold about love that may no longer serve me?
 7. How can I communicate my needs more clearly?
 8. What boundary is asking to be strengthened?
 9. What part of me is afraid to fully receive love?
 10. How can I deepen intimacy—with myself or another?
 11. What does a healthy relationship look and feel like for me?
 12. What am I learning about vulnerability?
 13. What old wound is being triggered in this dynamic?
 14. How can I approach this relationship with more empathy?
 15. Why do I feel like I need to be chosen? Where do these feelings come from?
 16. How can I shift this into self-acceptance and wholeness?
 17. What qualities do I want to cultivate in love moving forward?
 18. How do I want to feel in my next (or current) relationship?
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Money & Abundance

1. What story do I tell myself about money—and is it true?
 2. How does my self-worth influence how I receive?
 3. Where am I blocking abundance—energetically or practically?
 4. What does financial safety mean to me?
 5. How can I shift from scarcity to sufficiency in this moment?
 6. What belief is holding me back from earning more or charging what I'm worth?
 7. What fears arise when I think about financial growth?
 8. What does prosperity look like on my terms?
 9. What mindset shift would support greater abundance?
 10. How can I feel more supported—spiritually and materially?
 11. What opportunity might I be overlooking right now?
 12. How can I align my work with deeper purpose?
 13. What energy am I bringing to my financial decisions?
 14. What is one action I can take today to feel more empowered with money?
 15. How do I define wealth beyond the material?
 16. What does it mean to trust that I am provided for?
 17. What money patterns have I inherited—and which do I want to release?
 18. Where in my life can I invite in more flow and receptivity?
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Body, Health & Energy

1. What is my body trying to tell me today?
 2. Where am I holding tension, and why?
 3. How can I feel more grounded and present in my body?
 4. What energy am I absorbing that isn't mine?
 5. What does rest look like for me right now?
 6. What needs nourishment—physically, emotionally, or spiritually?
 7. How can I reconnect with my body in a loving way?
 8. What practices bring me back into balance?
 9. How does my physical state reflect my inner world?
 10. What boundaries protect my energy best?
 11. What message does my intuition have about my health?
 12. How can I honor my body's changing needs?
 13. What part of my body wants more attention or love?
 14. What foods, movement, or rituals support my vitality?
 15. How can I gently release built-up stress or heaviness?
 16. What does holistic wellness mean to me?
 17. Where am I not listening to my body's cues?
 18. What is one small shift I can make to support healing?
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Life Purpose & Soul Path

1. What part of my purpose is asking to be expressed now?
 2. How can I align more deeply with my soul's path?
 3. What fear is holding me back from being seen in my purpose?
 4. What lights me up—and how can I do more of that?
 5. Where am I playing small in sharing my gifts?
 6. What is my intuition guiding me toward?
 7. What does it look like to live in integrity with my calling?
 8. What kind of impact do I want to make in the world?
 9. How can I use my unique voice or experience to serve?
 10. What step am I avoiding that could move me forward?
 11. What does fulfillment mean to me—on my own terms?
 12. How can I trust divine timing as I walk this path?
 13. Where am I being invited to surrender control?
 14. What lesson keeps repeating—and what is it teaching me?
 15. What would I do if I believed I could not fail?
 16. How can I celebrate my progress so far?
 17. What role does joy play in my sense of purpose?
 18. What season am I currently in on my path?
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Navigating Challenges & Change

1. What is this challenge helping me uncover within myself?
 2. What emotional truth am I avoiding right now?
 3. How can I create space to feel without judgment?
 4. What lesson is this transition offering me?
 5. What do I need to forgive—myself or another—for?
 6. Where am I being asked to release old identities or stories?
 7. What would compassion look like right now?
 8. What strength am I being called to embody?
 9. How can I hold both discomfort and trust at the same time?
 10. What am I learning about surrender?
 11. How can I support myself emotionally through this change?
 12. What part of me is still grieving, and what does it need?
 13. Where in my life do I need more faith?
 14. What hidden wisdom is emerging through this breakdown or breakthrough?
 15. How can I be more present in this moment?
 16. What am I ready to release with love?
 17. How can I reframe this situation to find meaning in it?
 18. What cycle is ending—and what is beginning?
 19. What would it look like to trust the unknown?
 20. How can I soften into change instead of resisting it?
 21. What is this experience teaching me about who I truly am?
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Conclusion

You've just moved through a powerful journey of reflection and deeper questioning.

This is where many people stop—feeling inspired, but unsure of what to do next.

But real transformation begins when you take what's been stirred and choose to act on it.

If you're ready to take that next step, I'm here to support you through a personal tarot session.

My readings are designed to meet you exactly where you are—whether you're seeking clarity, navigating change, or craving a grounded space to explore what's unfolding in your life.

**BOOK YOUR SESSION
HERE**

OR SCAN THE QR CODE



About Me



Hi, I'm Sokhna, the founder of Transformative Tarot.

My mission is to help people grow and transform by blending spiritual coaching with practical strategies.

In my practice as a Tarot reader and spiritual coach, I've observed that people turn to Tarot for countless reasons, such as seeking insight, self-discovery, emotional support, and curiosity.

I use Tarot as a tool for deep transformation and growth, offering readings in the form of coaching sessions designed to help clients explore their inner world and take meaningful steps toward their goals.

As your spiritual coach, my goal is to guide you along your spiritual path with heartfelt listening and practical solutions.

My focus isn't on predicting the future, but on empowering you to take charge of your life.

I offer insights and strategies that inspire growth, helping you cultivate faith, awareness, and the tools needed to create lasting change.

Sokhna Ndiaye

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