

Sunlit Tarot

YOUR QUICK START GUIDE
TO READING TAROT TODAY

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Getting Started

How to Shuffle, Draw, and Interpret Tarot Cards

Step 1: Shuffling the Cards

Shuffling is a way to mix up the cards and connect with the energy of the reading.

Relax and Focus: Before you start, take a few deep breaths and clear your mind.

Choose a Shuffle Techniques:

- **Overhand Shuffle:** Hold the deck in one hand and use the other hand to take small sections of the deck, dropping them back into the deck in a random order.
- **Riffle Shuffle:** Split the deck in half and use your thumbs to riffle the two halves together. This method mixes the cards more thoroughly.

Set an Intention: As you shuffle, focus on the question or situation you want insight on. This helps infuse the cards with relevant energy.

Step 2: Drawing the Card(s)

Once you've shuffled, it's time to draw the cards.

Feel the Deck: Hold the deck and take a moment to sense when you feel ready to draw. Some readers like to fan out the cards and intuitively pick, while others may just draw from the top. I personally wait for individual cards to pop out while I am shuffling, also known as jumpers.

Number of Cards: Decide how many cards to draw based on the spread you're using (e.g., 1 card for daily guidance, 3 cards for past-present-future, etc.).

Trust Your Intuition: If you feel compelled to draw an extra card or change the order, follow that instinct. Intuition plays a big role in how you conduct the reading and interpret the cards.

Step 3: Interpreting the Cards

Now that you have your cards laid out in a tarot spread, it's time to interpret them. Start with a one card reading for your *Inner Sun Activation* daily practice, then move on to the more in depth spreads you'll find in this guide.

Card Meanings: First consider the traditional meanings of the cards. Use your tarot cheat sheet, which you will find in the next section, or rely on your memory to recall the basic interpretations.

Position in the Spread: The position of each card in the spread affects its meaning. For example, in a three-card spread, the first card might represent the past, the second the present, and the third the future. In a one card spread, the card you pull represents the response to the question being asked.

Look for Patterns: Notice any repeating themes, suits, or numbers. These can highlight key messages in the reading.

Intuition and Imagery: Pay attention to the imagery. What stands out to you? Sometimes, the pictures themselves can offer insights that go beyond traditional meanings.

Context Matters: Consider the question or situation being addressed. How do the card meanings apply to this specific context? The interpretation should feel relevant to the question being asked.

Step 4: Trust the Process

Let Go of Perfection: Tarot is a blend of knowledge and intuition. Don't worry about getting everything "right." The more you practice, the more natural it will feel.

Reflect and Learn: After each reading, take a moment to reflect on how it went. What did you learn? What insights emerged? This reflection helps you grow as a reader.

Bonus Step: Reading for Others

Reading for others can be intimidating the first couple times. Don't let that stop you! Here are some tips for getting started.

Create a Sacred Space: Ensure the environment is calm and focused. You can invite the person to shuffle or touch the cards to infuse their energy.

Ask for Their Question: Encourage them to be clear about what they want to know. This helps focus the reading.

Maintain Ethical Boundaries: Ensure the querent understands that the tarot reading is not a substitute for professional advice. eg. For medical concerns, they should consult a healthcare professional, and for legal matters, they should seek guidance from an attorney.

Explain Your Process: Let them know what you're doing as you shuffle, draw, and interpret the cards. This builds trust and clarity, while inviting the querent into the process.

Share Your Insights: As you interpret the cards, explain the meanings and how they relate to the person's question. Invite them to share their thoughts or feelings about the reading, as well. They are the expert in their lives and will have valuable insight that could be relevant to the reading.

Tarot Cheat Sheet

Major Arcana Overview

- The Fool (0): New beginnings, spontaneity, adventure.
- The Magician (I): Manifestation, resourcefulness, power.
- The High Priestess (II): Intuition, mystery, subconscious.
- The Empress (III): Abundance, fertility, creativity.
- The Emperor (IV): Authority, structure, stability.
- The Hierophant (V): Tradition, wisdom, spiritual guidance.
- The Lovers (VI): Relationships, choices, harmony.
- The Chariot (VII): Willpower, determination, control.
- Strength (VIII): Courage, inner strength, resilience.
- The Hermit (IX): Reflection, solitude, inner guidance.
- Wheel of Fortune (X): Change, cycles, destiny.
- Justice (XI): Fairness, truth, balance.
- The Hanged Man (XII): Surrender, new perspectives, patience.
- Death (XIII): Transformation, endings, rebirth.
- Temperance (XIV): Balance, moderation, healing.
- The Devil (XV): Temptation, attachment, materialism.
- The Tower (XVI): Sudden change, upheaval, revelation.
- The Star (XVII): Hope, inspiration, renewal.
- The Moon (XVIII): Illusion, intuition, the unknown.
- The Sun (XIX): Success, vitality, joy.
- Judgement (XX): Awakening, reflection, reckoning.
- The World (XXI): Completion, accomplishment, integration.

Minor Arcana Overview

Wands (Fire): Inspiration, action, creativity.

- Ace of Wands: New inspiration, potential.
- Two of Wands: Planning, decision-making.
- Three of Wands: Progress, expansion.
- Four of Wands: Celebration, stability.
- Five of Wands: Conflict, competition.
- Six of Wands: Victory, recognition.

- Seven of Wands: Defense, perseverance.
- Eight of Wands: Speed, movement.
- Nine of Wands: Resilience, stamina.
- Ten of Wands: Burden, responsibility.
- Page of Wands: Enthusiasm, exploration.
- Knight of Wands: Action, adventure.
- Queen of Wands: Confidence, independence.
- King of Wands: Leadership, vision.

Swords (Air): Intellect, thoughts, conflict.

- Ace of Swords: Clarity, truth.
- Two of Swords: Indecision, stalemate.
- Three of Swords: Heartbreak, sorrow.
- Four of Swords: Rest, recovery.
- Five of Swords: Defeat, tension.
- Six of Swords: Transition, healing.
- Seven of Swords: Deception, strategy.
- Eight of Swords: Restriction, anxiety.
- Nine of Swords: Worry, nightmares.
- Ten of Swords: Betrayal, endings.
- Page of Swords: Curiosity, vigilance.
- Knight of Swords: Action, haste.
- Queen of Swords: Independence, clarity.
- King of Swords: Authority, truth.

Cups (Water): Emotions, relationships, intuition.

- Ace of Cups: New love, emotional beginnings.
- Two of Cups: Partnership, harmony.
- Three of Cups: Celebration, friendship.
- Four of Cups: Contemplation, apathy.
- Five of Cups: Loss, regret.
- Six of Cups: Nostalgia, childhood.
- Seven of Cups: Choices, illusions.
- Eight of Cups: Withdrawal, seeking.
- Nine of Cups: Fulfillment, contentment.

- Ten of Cups: Happiness, family.
- Page of Cups: Creativity, emotional messages.
- Knight of Cups: Romance, idealism.
- Queen of Cups: Compassion, care.
- King of Cups: Emotional balance, control.

Pentacles (Earth): Material, physical, financial matters.

- Ace of Pentacles: New opportunity, prosperity.
- Two of Pentacles: Balance, adaptability.
- Three of Pentacles: Collaboration, skill.
- Four of Pentacles: Security, control.
- Five of Pentacles: Hardship, loss.
- Six of Pentacles: Generosity, giving.
- Seven of Pentacles: Patience, assessment.
- Eight of Pentacles: Mastery, diligence.
- Nine of Pentacles: Abundance, self-sufficiency.
- Ten of Pentacles: Legacy, family.
- Page of Pentacles: Ambition, learning.
- Knight of Pentacles: Hard work, routine.
- Queen of Pentacles: Nurturing, practicality.
- King of Pentacles: Wealth, stability.

Interpretation Tips:

- **Major Arcana** cards represent significant life events or spiritual lessons. These are big archetypal energies, and many major cards in a reading are something to take note of.
- **Minor Arcana** cards focus on day-to-day situations. Pay attention to themes when you draw several from the same suit.
- **The Court Cards** represent people in your life or aspects of yourself. Attributes of the card determine who or what aspect.
- **Reversals** can indicate blockages or the opposite (shadow) meaning of the upright interpretation. Decide if you are reading with reversals before you begin, and be consistent in how you choose to read them.

Three Essential Tarot Spreads

for Manifestation Success

The Clarity Spread

If you are unsure about what to manifest, this spread will help you gain clarity. It will clarify your desires, help you understand your true intentions, and align your energy with this manifestation, should you choose to pursue it.

Layout:

1. **Desire:** What you truly want to manifest.
2. **Subconscious Desire:** What you subconsciously hope to gain from manifesting this desire.
3. **Current Alignment:** How aligned you are with this desire.
4. **Action Needed:** The next step to align yourself with your manifestation.



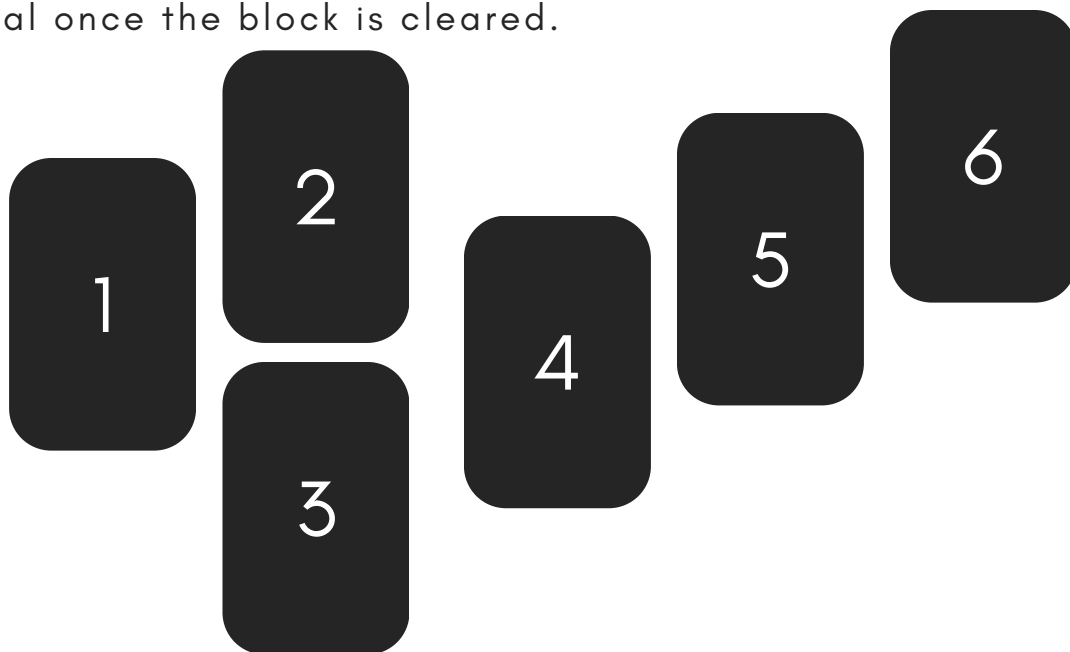
Interpretation Tips: Focus on the balance between conscious and subconscious desires. The “Current Alignment” card gives insight into what might need adjustment, while the “Action Needed” card provides practical advice.

The Block Removal Spread

This spread reveals the blocks or challenges that may be preventing your manifestation from materializing and offers guidance on how to overcome them. It is especially helpful when you are feeling stuck or are losing momentum.

Layout:

1. **Manifestation Goal:** What you want to manifest.
2. **Current Block:** The main obstacle standing in your way.
3. **Root Cause:** The deeper issue causing this block.
4. **Release Action:** What you need to do to release or overcome this block.
5. **Support:** The energy or resource available to help you overcome the obstacle.
6. **Manifestation Potential:** The likelihood of manifesting your goal once the block is cleared.



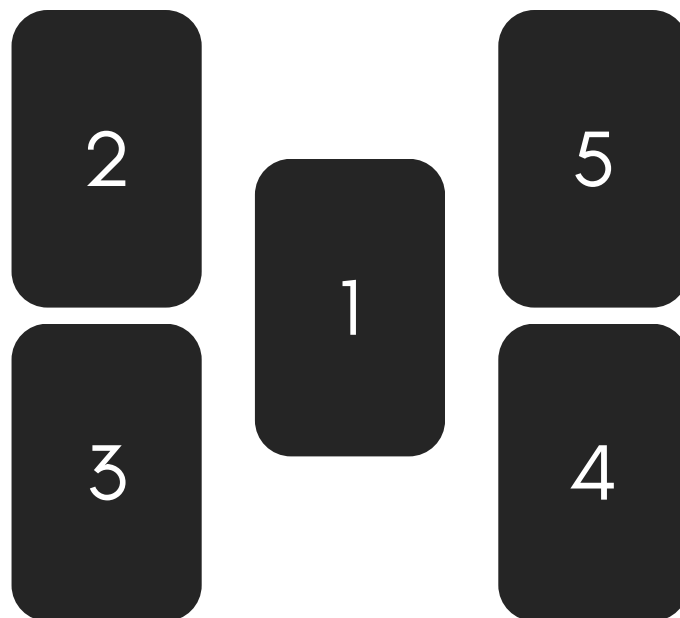
Interpretation Tips: Pay close attention to the “Current Block” and “Root Cause” cards, as they reveal what’s holding you back. The “Release Action” card will guide you on the most effective way to clear these obstacles.

The Manifestation Check-In Spread

This spread is designed to evaluate the current state of your manifestation process, identify areas for improvement, and keep your energy aligned with your goals.

Layout:

1. **Progress:** Reflect on how far you've come in reaching your desired goal.
2. **Current Energy:** The energy surrounding your manifestation right now.
3. **External Influence:** Outside factors that may be affecting your manifestation.
4. **Adjustment Needed:** What energetic adjustment or mindset shifts need to be made to stay on track.
5. **Next Steps:** What practical step you should focus on next.



Interpretation Tips: Think of the “Current Energy” card as what is in your control, and the “External Influence” as where you can release control. The “Progress” card gives you a snapshot of where you stand, while the “Adjustment Needed” and “Next Steps” cards provide advice to keep your manifestation on course.

Common Tarot Reading Mistakes and How to Avoid Them

Ignoring the Context of the Reading

- **Mistake:** Focusing solely on the individual meanings of the cards without considering the context of the reading. This can lead to interpretations that don't fully address the question or situation.
- **How to Avoid It:** Understand the question or situation being addressed and how each card relates to it. This might mean taking a more intuitive or abstract approach, outside the box of the traditional card meaning. Look at the spread as a whole, and think about how the cards interact with each other to provide a cohesive narrative.

Allowing Your Vibe to Cloud the Reading

- **Mistake:** Letting your current mood or personal biases influence the interpretation of the cards. Your energy and emotional state can affect how you perceive the cards' messages.
- **How to Avoid It:** Take time to center yourself before a reading. Practicing meditation or grounding exercises can help clear your mind and ensure that the reading reflects the true energy of the cards rather than your personal feelings. Approach each reading with an open and neutral mindset.

Overlooking the Value of Misinterpretations

- **Mistake:** Thinking that a misinterpretation of a card's meaning is a failure or mistake. Sometimes, your initial understanding might not align with traditional interpretations, but it can still offer valuable insights.
- **How to Avoid It:** Embrace misinterpretations as opportunities for growth. Sometimes, what seems like a mistake can provide

unexpected insights or alternative perspectives. Reflect on why a particular card's meaning might resonate differently for you or the querent, and consider how this unique interpretation might still offer valuable guidance.

Doing Too Many Readings on the Same Topic

- **Mistake:** Repeatedly doing readings on the same topic or question can lead to confusion and mixed messages, making it harder to take clear and decisive action.
- **How to Avoid It:** Limit the frequency of readings on the same subject. Instead, focus on understanding and integrating the guidance you've already received. Give yourself time to reflect and act on the insights before seeking additional readings on the same issue.

Tips and Tricks for Pursuing the Mystic Path

Embrace the Power Within

Remember that while tarot is a valuable tool for guidance, the true power to manifest and create change comes from within you. Use tarot as a mirror to reflect wisdom and insights, but trust your own Inner Sun as your ultimate source of power.

Establish a Daily Practice

Consistency is key on the Mystic Path. Incorporate daily practices such as the Inner Sun Activation routine to align with your core essence and supercharge your manifestations from within. Whether it's through meditation, journaling, or affirmations, regular practice helps keep your energy focused and your intentions clear.

Develop Your Intuitive Abilities

Enhance your intuition by tuning into subtle signs and feelings. The more you trust your inner guidance, the more powerful and accurate your tarot readings will become. For those seeking a structured way to build intuitive confidence, I highly recommend The 21-Day Inner Sun Confidence Challenge, available in a workbook format at MysticSunchild.com.

Create a Sacred Space

Designate a special area for your spiritual practices. Whether it's a cozy corner for tarot readings or a dedicated meditation space, having a sacred space helps you focus your energy and enhances your connection to the mystical realm. If a physical space isn't possible, you can always access your inner sanctuary with The Mystic Meadow Meditation, allowing you to create a sacred atmosphere wherever you are.

Reflect and Integrate Insights

After each tarot reading or mystical practice, take time to reflect on the insights you've gained. Consider how these insights apply to your life and how you can integrate them into your daily actions. Reflection helps you deepen your understanding and align your path with your true purpose.

If you haven't already, **download your free Inner Sun Activation Tarot Journal** to track your insights and stay connected to your Mystic Path. This dedicated space for your thoughts will help you see patterns, make meaningful changes, and stay aligned with your inner wisdom on your manifestation journey.