



## Suggested Guidelines for a Reading

Here are some simple steps to follow when you are reading for yourself or another:

- Shuffle your deck seven times to cleanse the previous reading. This can be after your last reading or before your client arrives.
- Prior to the client arriving, meditate minimum of 10 minutes to make space for the grace. Align and connect to the Divine. If you like, this is the time to say your *Prayer of Protection*.
- Anchor your energy on the inside of your sacrum.
- Create an energetic rose to hold the energy of your reading.
- Place your deck on top of that rose, put your hands on top of the deck, then have your client put her/his hands on top of yours and offer a blessing.

### **To the Client:**

*Drop into your heart and focus on (or bring attention to) anything you'd like more support and guidance on.*

### **The Reader then prays:**

*I ask the Universe, in accordance with everything that's good and everything that's light, let it be in this reading.*

- Shuffle the energy of the client into the deck by shuffling three times.
- The client or you (if doing a virtual reading) cut the cards with their/your left hand.
- Do your layout (selected beforehand).
- Begin by looking at the spread with soft eyes.
  - What are the general patterns you notice?
  - What catches your attention?
  - Are the suits balanced?
  - Is there a large percentage of Major Arcana cards?
  - Are there all Court cards?
- Next look at the specific cards.
  - Where are you in the Fool's journey?
  - Which number card? Or court card?
  - What suit?
- Review the position of the cards.
  - Where's the energy in the spread: past, present, future?
  - Is it surrounded by opportunity? People? Clarity? Confusion?
- When your reading is complete and your client has left, bring down a ray of sun to destroy the energy of the reading.

Take your time with these steps. The client will gladly wait, as they want your best work. Take a breath and tell your story in a way that ties in all these elements. You may loop through the reading part a couple of times until you get the version of the story that feels solid to you. Give yourself permission to take that time and space. If you have any other "hits/ impressions" that you'd like to share, weave those in at this time. Just be sure that you keep your energy anchored in your sacrum and not become too attached to any stories from your own projections or triggers.