



*Alice Grist Tarot*

### Do It Yourself Tarot Reading

This Tarot reading template is a gift from me to you. Use it to practice your readings, to get to know tarot and to gradually progress in your understanding of Tarot and your own intuition! This can be used by beginners, or by experienced readers who simply want a fresh take on their usual habits!

To do your own reading (or do Tarot swaps with a friend) simply set your intent to get the most positive, highest answers at this moment. Light a candle, undertake a quick meditation, take a deep breath and draw your attention to the moment.

Shuffle and split the cards, as feels natural and right for you. Then choose whichever cards you are drawn to, be they from the top, bottom or middle of the pile.

Print out this sheet and write your answers below and then take this home to contemplate, meditate on or talk to likeminded friends about! Feel free to use all one pack, or to use a different pack for each question!

Love, Alice x

Top Tips for Intuitive Reading...

*“Tarot for me is like an infinitely sensible best friend...It takes into account what is best for all involved and tells you what you probably already know about yourself and your needs. It is always objective and always tells it like it is. It never lies and it never exaggerates. If you are doing silly things it is not afraid to say, as well as giving you an oversight of the possible consequences. It can look at your relationships and let you know what can be improved and how, it can tell you what kind of day you have had, and how this may affect you tomorrow.” The High Heeled Guide to Enlightenment by Alice Grist!*

Trust your intuition. If a certain card makes you feel a certain way, raises a particular emotion, then write that response down. If you aren't sure what your intuition is, or how it feels, then consider how your 'gut' feels. How do you feel when you are anxious or happy. What do the butterflies in your stomach or chest feel like? What are they telling you about any given moment? Take this further, do you ever catch yourself thinking something quiet and slightly different than usual... These quiet whisperings of wisdom are your intuition, and the more you listen and abide by them, the more powerful and helpful they become.

Note down any particular color or symbol that attracts you with each card. Think about what this means to you, right now. Why did you pick up on it? If nothing springs to mind, contemplate it over the next few days. Sometimes a message will rise up right when you aren't expecting it.

If you use tarot, know that they simply reflect life, they do not cause it. As such the cards have a wealth of meaning. Seemingly 'dark' cards such as death or the hanged man actually have very positive meanings.

For example: Death = New Life and New Beginnings. The Hanged Man = stasis, comfort, non-movement, time to reflect and pause.

Look for the learning in each card. Do not see this as a predictive exercise, but an educational one that will help expand your understanding of self and any current situation!

Notice themes that occur in the cards and how these may echo what happens to you over the next few days. Remember Tarot is about real, every day life, whilst you may pick out a seemingly significant card, don't always expect to have a magnificent event occur. A fabulous card could represent something small and nice in an otherwise boring week.

### Your DIY Reading

Past – one card to represent a theme or situation the past wants you to acknowledge right now.

Present – choose one card to reflect your current situation and an objective view of it.

Future – choose one card to set an intent for the future. What is the highest outcome right now? And how can you achieve this.

Ego – this card represents what your fear is trying to make you believe. This is an illusion and represents our worry and anxiety. It is a choice and doesn't have to be true.

Intuition – The warm loving guidance from the sacred divine and your own Intuition. The advice your highest self wants you to hear right now.

Love life – choose one card to reflect your current love situation and/or how to make the most of / understand your situation right now.

Career – choose one card to represent your current working life, advice, guidance etc.

Health – choose one card to show how you can improve health or deal with arising or current health implications.

Family and friends – choose one card for advice and guidance relating to your loved ones and your relationship with them.

Final Wildcard – This card will reflect wise divine guidance for your current situation.

To book your personal reading with Alice Grist, go to [www.alicegrist.co.uk](http://www.alicegrist.co.uk)

Dirty & Divine, a Journey through Tarot and Dirty & Divine Clarity Cards are being released by Alice and Womancraft Publishing in March 2017! Follow Alice for updates.

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