



# Be the Best Reader for You Workbook

# Tips for Reading For Yourself

It's a common belief in the tarot-reading world that you can't read for yourself. The conventional wisdom is that you're too close to the situation, lack objectivity, are too invested in particular outcomes, second guess yourself, and so on.

Essentially, the mind that created the problem can't solve the problem.

Some tarot readers read for themselves for small things, but when the situation is important or confusing they reach out to another reader for added perspective.

Anyway, how can you read for yourself if tarot readings are always a conversation?

It's not easy. And it takes practice. But you can do it.

In this workbook I'll share a list of solutions for you to try. Practice these tips to get the most out of every reading.

Of course you can use all the tips together to create a profound reading experience. But it might be more practical to start incorporating them a few, or even just one, at a time. Let yourself become completely familiar and comfortable with a suggestion before adding in another.

You don't need to learn these in order. Start with the ones that make the most sense to you or are easiest to incorporate into your tarot reading routine. When you're ready to go up a level, add in something new.

Eventually you'll include as many of these steps as resonate with you.

These tips fall into three categories:

1. Before the Reading
2. During the Reading
3. After the Reading

Simply put, there are only three primary recommendations. Take time to get in the right mindset for a reading, maintain a sense of open curiosity during the reading, and document your experience after the reading. Doing all three of these will let you be the best reader you can be.

## Before the Reading



- ◆ Make the experience more formal. Set sacred or private space.
- ◆ Release your expectations by meditating, doing breathing exercises, praying, creating art, playing music, mindful movement, or similar. Something that clears your mind.
- ◆ Get to the heart of the question. Journal first and write until you identify the issue that underlies the problem. Proceed with your reading once you understand the real question.
- ◆ Connect with your guides, angels, higher self, or the Divine. Invite spiritual helpers or those who govern the divination process, for example, Mercury, Thoth, or HRU.
- ◆ Set an intention for truth, clarity, and compassion.

# Journal to Find the Underlying Question

Journal to explore your question before doing the reading. If you like, use the seven questions below as a guide. Follow any interesting threads as far as they go. Or you can freewrite and see what comes up.

What is your question, topic, or area of life for this reading?

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What are the events that led up to this?

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What is your ideal outcome?

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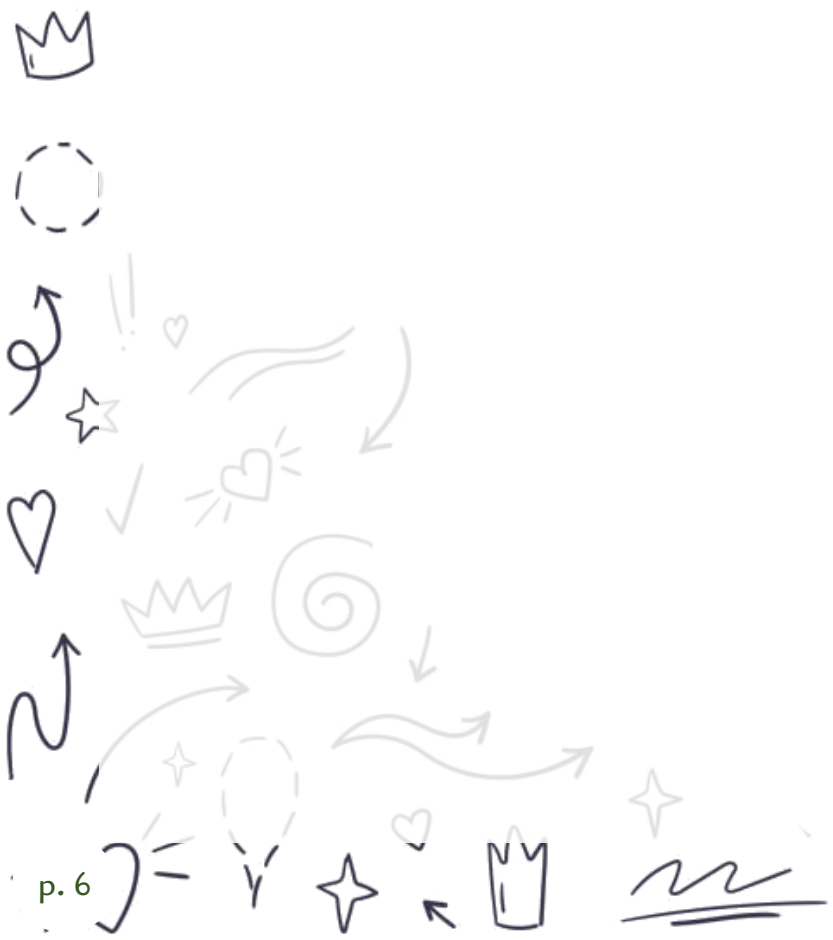
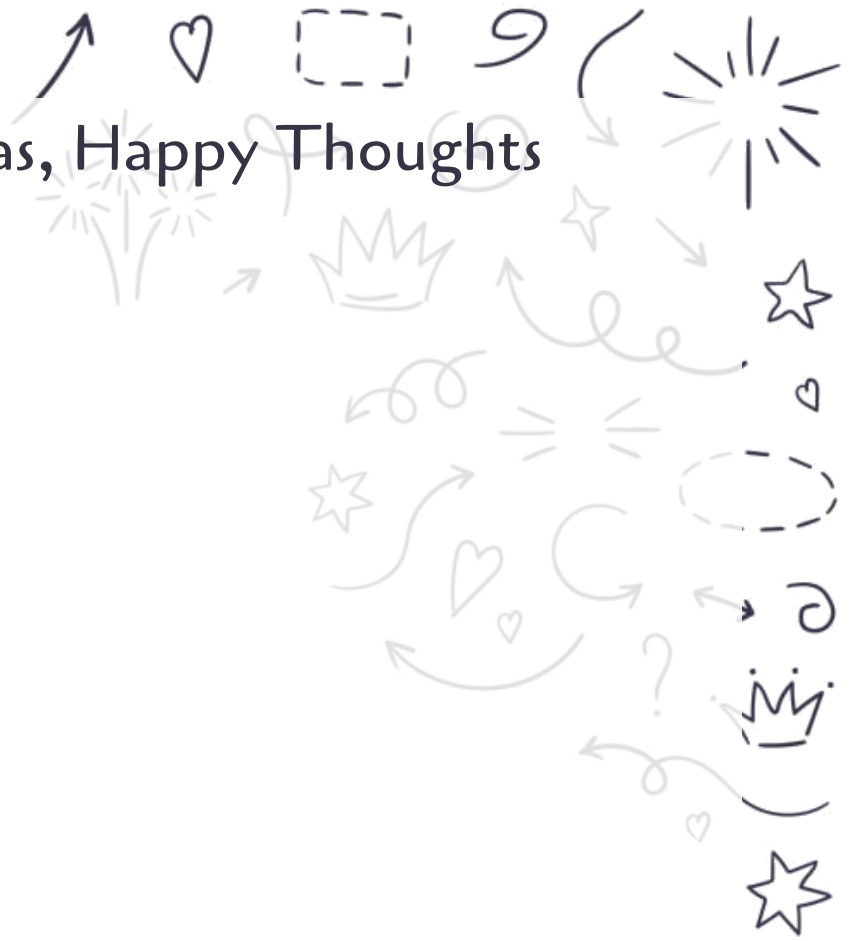
What's standing in the way of you reaching your ideal outcome?

What have you done to try to resolve this?

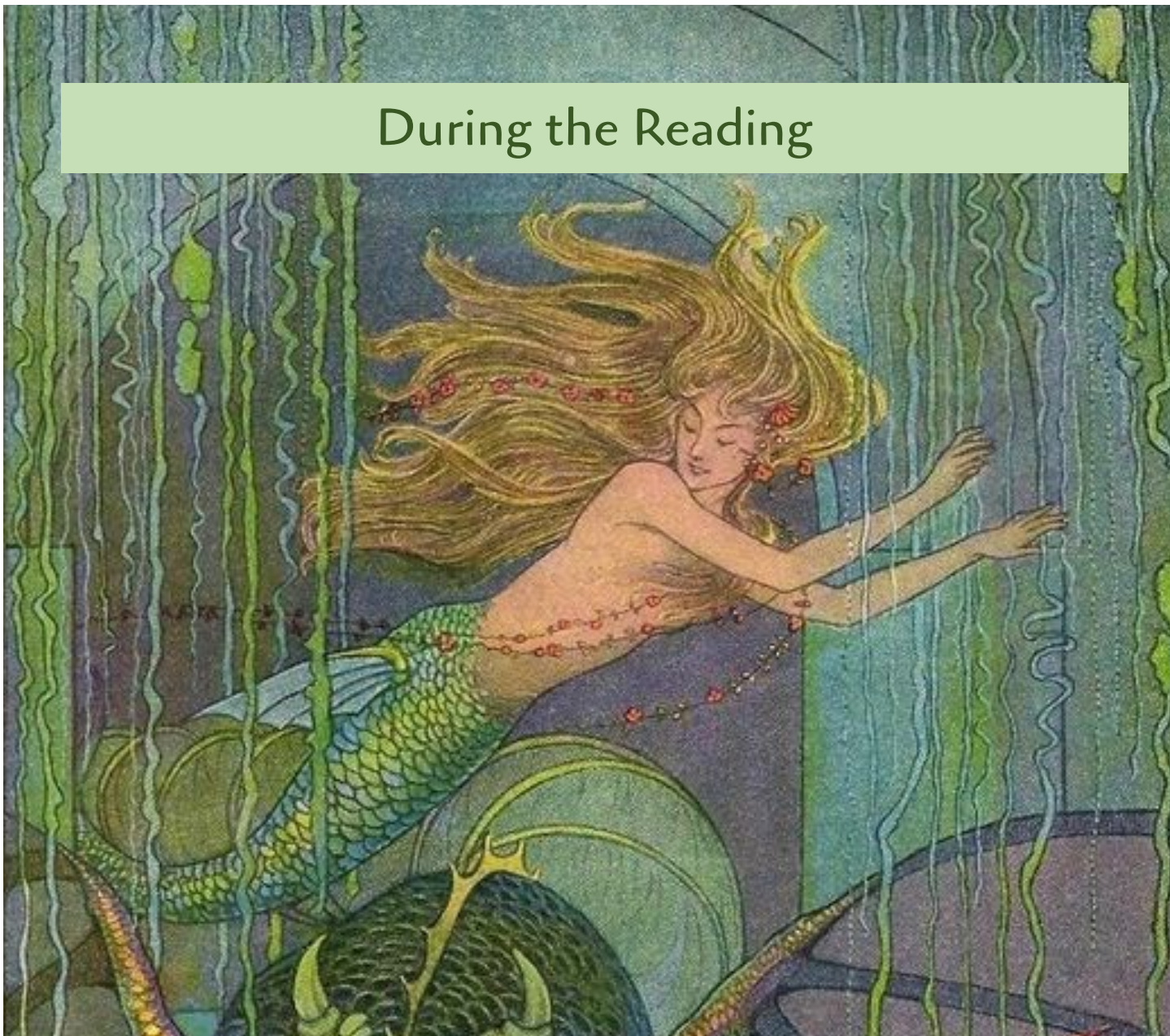
What are your hopes and fears regarding this situation?

What experiences from your past does this situation remind you of?

# Notes, Ideas, Happy Thoughts



## During the Reading



- ◆ Ask a clear question.
- ◆ Be curious. Honestly and earnestly desire to know the answer. Let your mind go blank. Enter a realm of pure potential. Anything can happen!
- ◆ Keep it small. Use simple questions and small spreads, like 2-3 cards. Or break bigger spreads down into bite-size chunks. Work through one chunk at a time before moving on.
- ◆ Dialogue with the cards. Get a conversation going.
- ◆ Explore the question from multiple angles to get perspective. For example, ask: What is the outcome if I do this? What is the outcome if I don't do this?

# Fast and Easy Interpretation

## The Path

Day of the Week	Date	Time
Moon Phase	Deck	Spread The Path
Personal Mood		
Question		

### DIRECTIONS

1. Prep your deck as usual and pull three cards, as laid out below.
2. Follow the guidelines on the facing page to interpret the cards.

Card 1  
Where You  
Are Now

Card 3  
The Path To  
Get There

Card 2  
Where You  
Want To Be

## Notes on Your Interpretation

Note your first impressions, similarities, and differences.

Cards 1 and 2 together: How does where you are now relate to where you want to be?

Cards 1 and 3 together: Similarities can show you how to get on the path.

Cards 2 and 3 together: Differences show potential trip-ups that knock you off the path.

Cards 1, 2, and 3 together: Commonalities show a thread to follow from here to there.

Answer the question

Additional Notes

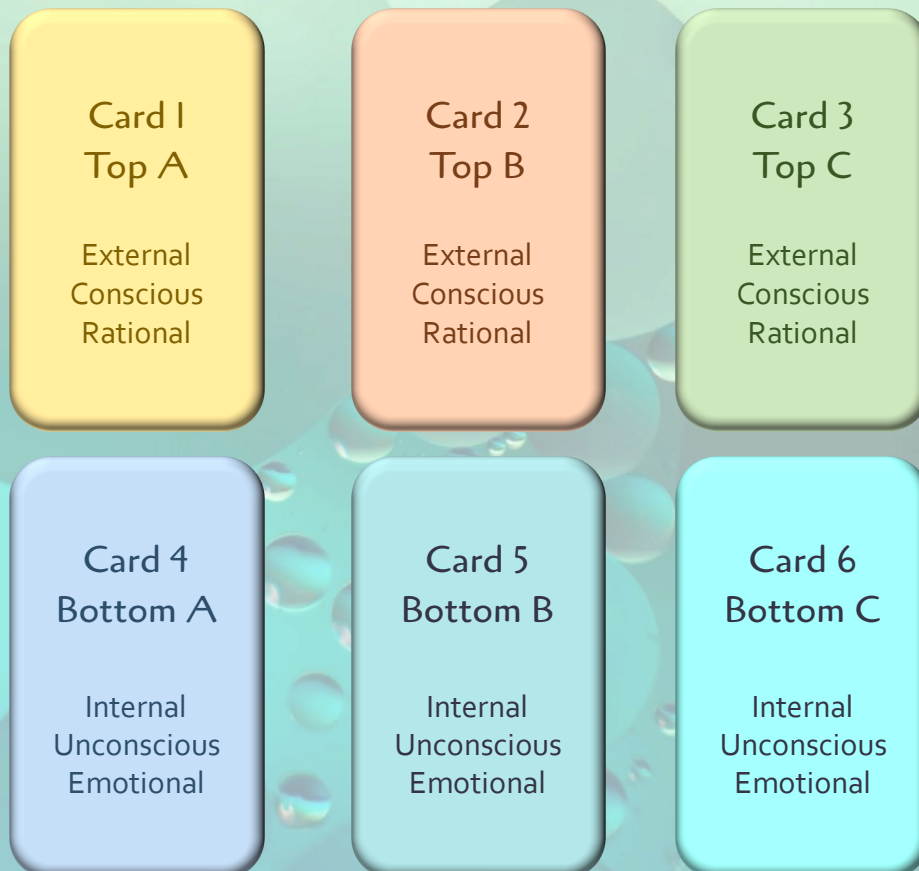
# In-Depth Interpretation

## 6-Card Spread

Day of the Week	Date	Time
Moon Phase	Deck	Spread 6-Card
Personal Mood		
Question		

### DIRECTIONS

1. Prep your deck as usual, cut into three piles, face down. The piles are A, B, C from left to right.
2. Turn over the top card of Pile A, this is Card 1.
3. Take the bottom card of Pile A and place it in front of the pile, face up; this is Card 4.
4. Turn up the top and bottom cards for Pile B (Cards 2 and 5) and Pile C (Cards 3 and 6).
5. Follow the guidelines on the facing page to interpret the cards.



## How to Read the 6-Card Spread

Note your first impressions, preponderances, and obvious patterns.

Cards 1 and 4: The beginning or the current state of the situation.

Cards 2 and 5: The middle or next stage, the development of the situation.

Cards 3 and 6: The resolution or next step that must be taken.

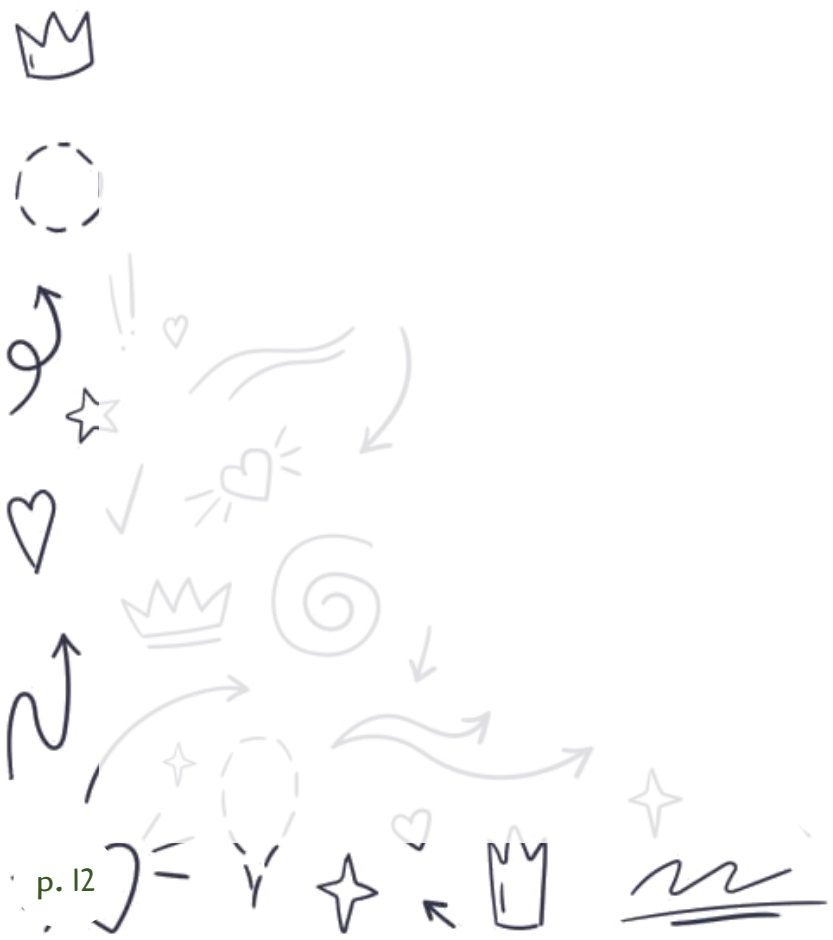
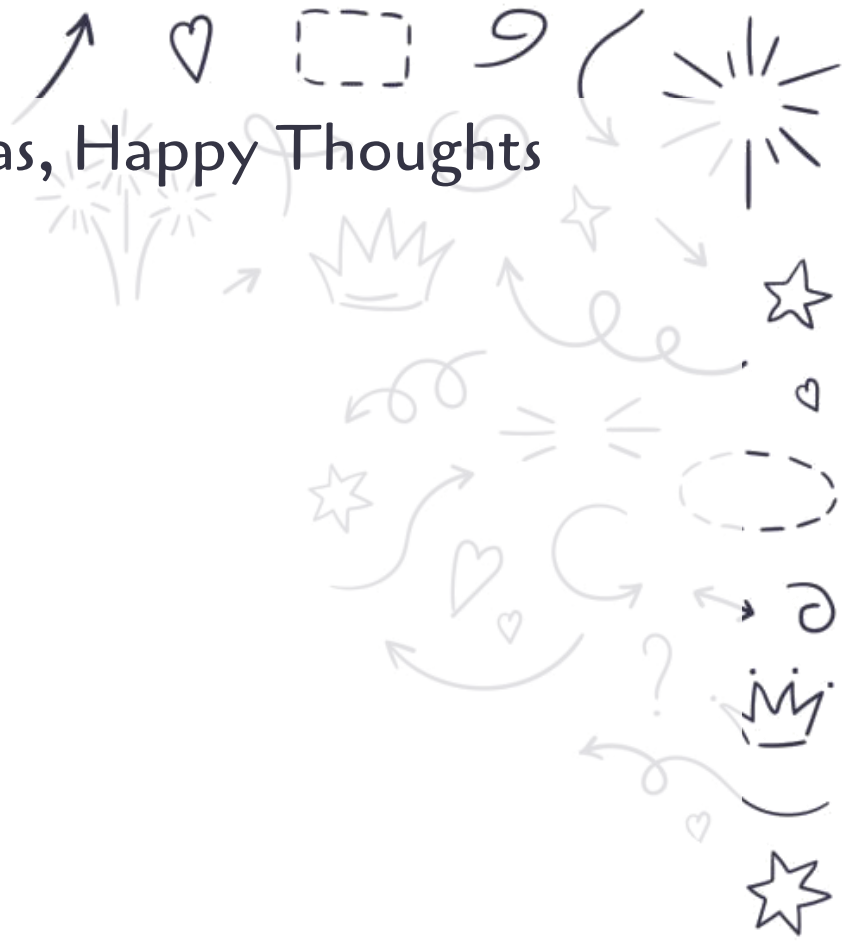
Cards 1, 2, 3: How the situation unfolds on a practical level, the external circumstances.

Cards 4, 5, 6: How the situation will unfold on an emotional level, the underlying pattern.

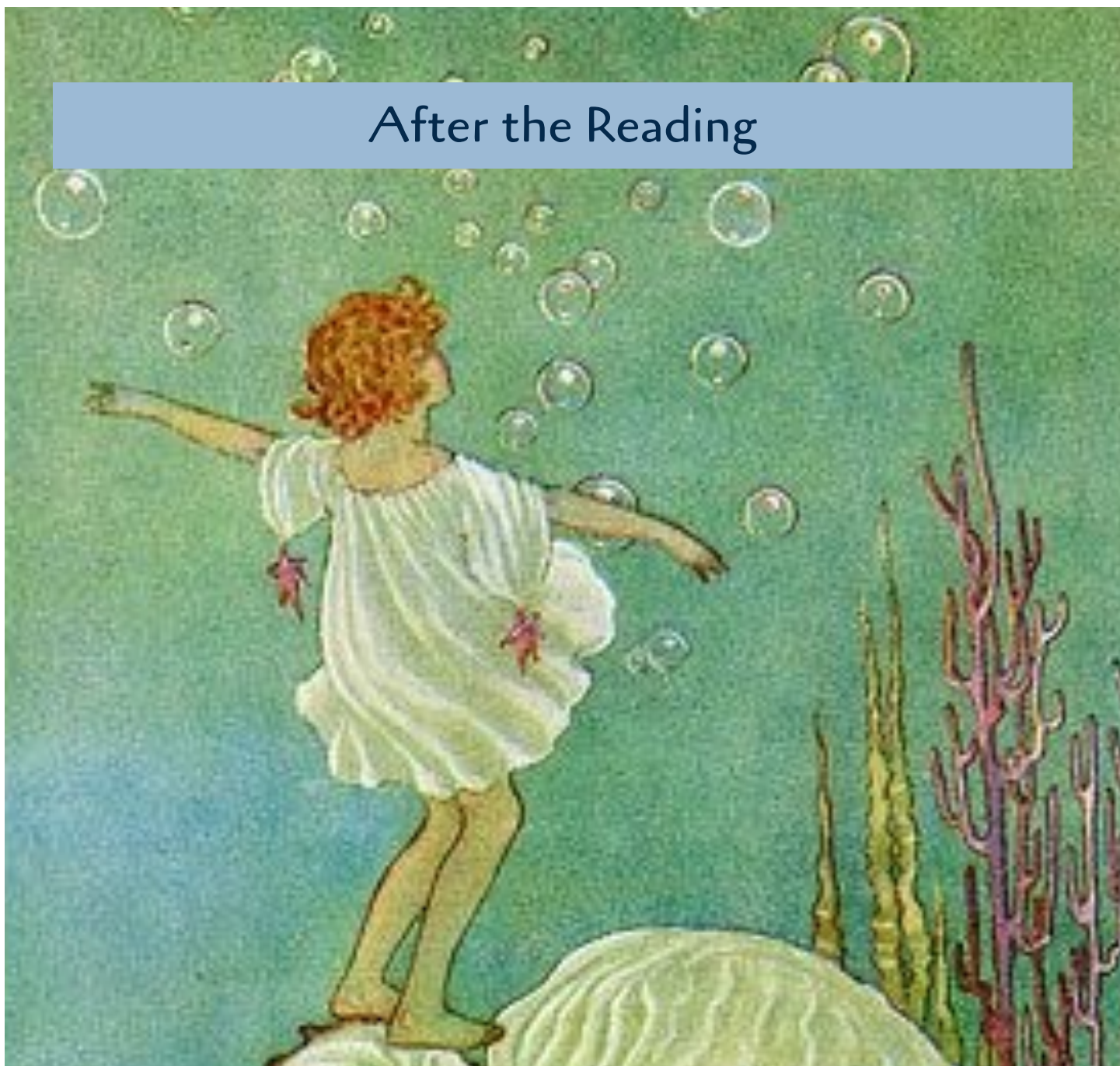
Cards 1, 5, 3: How the emotional state or subconscious drives the final outcome.

Cards 4, 2, 6: The conscious choice that creates the emotional outcome.

# Notes, Ideas, Happy Thoughts



## After the Reading



- ◆ Track your readings in a journal or on reading spread sheets that you can compile in a ring binder.
- ◆ Review old readings and take notes on what happened. Noticing the things you understood correctly as well as the things you missed is one of your best learning techniques.
- ◆ Create a database. I've known a couple of people who kept track of all their readings and did a statistical analysis of what cards came up over the course of a year. If you like this kind of detail, it can be a great way to watch monthly and annual themes over time.



# Tarot Reading Worksheet

*For 1 to 3 cards*

Day of the Week: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Moon Phase: \_\_\_\_\_ Weather: \_\_\_\_\_ Your Energy: \_\_\_\_\_

Deck: \_\_\_\_\_ Significator: \_\_\_\_\_ Spread: \_\_\_\_\_

Question: \_\_\_\_\_

Card 1

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 2

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 1

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Conclusion and answer to the question: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Tarot Reading Worksheet

*For spreads up to 10 cards*

Day of the Week: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Moon Phase: \_\_\_\_\_ Weather: \_\_\_\_\_ Your Energy: \_\_\_\_\_

Deck: \_\_\_\_\_ Significator: \_\_\_\_\_ Spread: \_\_\_\_\_

Question: \_\_\_\_\_

Card 1

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 2

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 3

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 4

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 5

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 6

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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Card 7

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 8

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 9

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Card 10

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Conclusion and answer to the question: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# No More Second Guessing

Even the best tarot readers can have doubts. A few hours or a few days pass. You think of alternate interpretations. You become frustrated with the many layers of meaning each card embodies. Confidence crumbles and your insightful interpretation lies in ruins.

One thing I hear over and over from readers of many experience levels is that they wish they were more confident.

I'm here to tell you: confidence is a mirage.

When we think of confidence, we usually think of our own inner strength. But the truth of the matter is, the reading doesn't come from us.

Tarot readings come from something greater than us. You can think of it as your super-conscious, your higher self, or your angels and guides. Some people believe that readings come from the Universe, Spirit, the Divine, or whatever term you use for the Source of all.

We have confidence in ourselves. But we have faith in Spirit.

Developing faith — we can call it trust — is the key. Trust the process, the cards, Divine Source, and yes, your own abilities.

There are three rules for being the best reader for yourself:

- ◆ Find clarity by connecting to Spirit, because this is Divine Truth
- ◆ Be curious and ask honestly, because the power of asking leads to wisdom
- ◆ Trust the process, the cards, Divine Source, and your own abilities, because faith in the answer leads to understanding.

When you approach a reading with a clear intent, an honest question, and faith, then you will get true, easy-to-understand, compassionate answers.

Could there be other interpretations? Sure. But when you follow these three rules, no other meaning will have any relevance.

Because you've already discussed it with your highest truth.

After all, tarot readings are always conversations.

## Additional Resources

A blog post was an inspiration for this workshop. I cover slightly different tips in it. "Ten Reasons You Can't Read Tarot For Yourself (And What To Do About It)"

<https://joyvernon.com/you-cant-read-tarot-for-yourself/>

Stuck in a catch-22 situation? My post, "Earned Success," helps you reframe unresolvable dilemmas. <https://joyvernon.com/earned-success/>

More tarot spreads in my "Tarot Spreads" category. <https://joyvernon.com/category/tarot-2/tarot-spreads/>

Need a good meditation to practice before your readings? Try:

Basic Reiki Meditation, <https://joyvernon.com/rbh-reiki-meditations/>

Fourfold Breath with Tarot Aces Meditation, <https://joyvernon.com/fourfold-breath-meditation-with-tarot-ace-visualization-beginning-meditations/>

Tarot Reading Worksheet for 1-3 cards, <https://joyvernon.com/Tarot%20Reading%20Worksheet%203%20Cards.pdf>

Tarot Reading Worksheet for up to 10 cards, <https://joyvernon.com/Tarot%20Reading%20Worksheet%2010%20Cards.pdf>



Joy Vernon is an astrologer and tarot reader in Burien, Washington. She formerly served as the Organizer of the Denver Tarot Meetup and Denver Tarot Geeks and now runs the Greater Seattle Tarot Meetup. Joy brings expertise and practiced familiarity to her specialty of esoteric tarot, which layers astrological and qabalistic symbolism onto the traditional images. Over the past ten years, Joy has published more than 300 free articles on tarot, astrology, qabalah, Reiki, and meditation on her blog Completely Joyous, <https://joyvernon.com/Blog/>. To see her philosophies in action, schedule a reading, <https://joyvernon.com/>.