

TAROT + ORACLE

ASK YOUR GUIDES

CARD READING



What do I want
for myself?



What do I no
longer need?



What have I
cared too
much for?



A signifier card is used to represent you or your situation. Placing a signifier card in the center of the spread "charges" the reading by setting the tone. To choose a signifier go through your cards face-up and pick one that you feel best represents you or how you are feeling about a situation.



What new
belief would
liberate me?



What have I
agreed to that
is no longer
true?



What have I
cared too little
for?



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The Ask Your Guides Spread is a great reading for looking deeper at how your beliefs may be affecting your life, or a particular situation. We often carry beliefs with us that influence our decisions and our understanding of ourselves. Beliefs can be imposed upon us by society, or they can be formed as a result of positive or negative experiences that we have had.

It can be very useful to consider how your beliefs and attitudes, conscious or unconscious, are influencing your choices. This reading is a simple tool for releasing beliefs that are no longer helpful to you and replacing them with empowering ones.

We can always change the course of our lives! Card readings can help you make better-informed decisions, so you can shape your life and steer yourself toward the best future possible.

MAKE IT YOUR OWN

You can adapt this spread to fit your needs. You can use Tarot or Oracles cards (or both) to read for yourself. Feel free to add cards or omit sections. If you need further clarification, ask the cards, and pull as many as you need.

HOW TO USE SIGNIFIER CARDS

A Signifier card is used to represent you or your situation. Placing a signifier card in the center of the spread "charges" the reading by setting the tone. To choose a signifier go through your cards face-up and pick one that you feel best represents you or how you are feeling about a situation.

Each tarot card helps you to see the story of your life as it is unfolding. The oracle cards illuminate lessons to be learned from your experiences.

HOW TO GIVE YOURSELF A READING

The best time to give yourself a card reading is when you are in a relaxed and open frame of mind. The cards are a tool for communicating with your higher self, your unconscious and your divine support system. Approaching your readings with curiosity and openness makes it easier for your intuition to connect the meaning of the symbols and messages presented to you.

- 1) Select a signifier card. Look through your tarot or oracle deck with the cards facing up. examine the images and messages. Select one that best represents you or the situation that you would like information about. Place that card, facing up, in the center of the spread.
- 2) Relax and shuffle the rest of the deck. You can say a little prayer or ask for direct and clear guidance that is for your greatest good.
- 3) Draw a card for each space in the spread, placing them face-down.
- 4) Read the cards: Each card addresses a question around beliefs and attitudes. It can be tricky see what is right in front of us or pierce a perception that we have long held. If the cards are not making sense to you, consider how you would interpret them if you would reading for somebody else? Stepping outside of ourselves, can help us to illuminate blind spots and get a greater perspective.
- 5) Once the entire reading is revealed and you have absorbed the messages of each area, take a moment to look at the reading as a whole. Are there overall themes you see?
- 6) Snap a photo and make any notes so you can refer to the reading later on.

Reading tip: It helps to focus on the a particular area or situation in your life as you pull cards. The cards tend to respond to what you are thinking about. So for example, if you are pulling cards about you financial situation, but your mind is wandering somewhere else while you pull your cards, the reading will reflect whatever you were *actually* thinking about. Relaxed intention will give you the most accurate results.

