



Tarot Cards and Self-Care

History of Tarot Cards:

- Tarot originally came to be in the late 14th century in France and Italy.
- Artists created playing cards like the ones we have today. There were four suits - Cups are hearts, Pentacles are diamonds, Wands are clubs, and Swords are spades.
- Rich people would have artists create family cards with the members being the king, queen, prince (Jack), etc. These became the court cards.
- With the Fool in Tarot being the person on the journey for answers much like the playing cards joker.
- It was originally a parlor game for the rich until the 18th century when people would have artists create cards with symbols dealing with their religious, secret societies, and/or other beliefs on the card. It began to become a divination tool around this time.
- In 1791, Jean-Baptiste Alliette, a French occultist, released the first Tarot deck designed specifically for divinatory purposes, rather than as a parlor game or entertainment.
- Arthur Waite, who was a member of the Order of the Golden Dawn along with another member, Pamela Coleman Smith, created the Rider Waite Tarot, the original tarot that many people use today. She added people to the minor arcana rather than just the cups, etc. This was in 1909.
- Today the tarot deck can be found in many different designs and themes, with most sticking to the layout of the courts and suits.

Types of Tarot Cards:

- Traditional vs Advanced.
- Culturally themed, creature/elemental themed, Tarot of the Witch – Diversity.
- Tarot vs Oracle.

How to Choose Your Cards:

- Pictures that attract you.
- Which one pulls you to them.
- Size of the card.
- Level of experience.
- Modern or traditional.

Reading Cards vs Intuitive Reading

- Reading cards begins with using the book that comes with the cards, reading the descriptions, and then memorizing the cards and other symbols such as astrological and mythological signs, etc.
- Intuitive reading is to trust your instinct and feel what the card is saying by focusing on what you see first.

Major Arcana vs Minor Arcana

- Major Arcana 0- 21 cards
 - Large turning points.
 - More significant.
- Minor Arcana Suits
 - The details surrounding the major arcana.
 - Day to say insights.

The Fool's Journey

“The Fool’s Journey to Enlightenment tells the story of the very first card in the major arcana, the Fool Number Zero. The Fool starts out innocently, hopefully and a little naively on a trek through the major arcana learning lots of lessons and meeting many more important archetypal figures along the way. The Fool’s Ultimate goal is personal enlightenment. As you’ll soon discover, this intense and adventure filled journey through the major arcana has so much to teach you” *Tarot for Self-Care*- Minerva Siegel

Tarot for Self-Care

- *How to Use Tarot to Manifest Your Best Self* by Minerva Siegel.
- Affirmation cards, etc.

More Information for classes and more about tarot

- Facebook-<https://www.facebook.com/anevousselfcare>
- Website-www.anevousselfcare.com
- Beginner’s Tarot Journal-<https://amzn.to/3kANMMf>
- Advanced Tarot Journal-<https://amzn.to/3jujk57>

Tarot for Self-Care Class is held one Sunday a month. Please check my Facebook page for the specific date and time.