

Intuition & Energy Reading Workbook

Meditation Before Reading

Spend 5 to 10 minutes in silence before starting readings. This improves focus and emotional balance.

- Key concept understanding
- Practical beginner guidance
- Realistic learning approach
- Student-friendly explanation

Daily Card Observation

Observe symbols, colors, emotions, and hidden details in every card.

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Journaling Practice

Maintain a tarot journal to track predictions, emotional patterns, and intuitive growth.

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Understanding Energy

Every reading reflects emotional and mental energy. Learn to interpret emotional tones instead of only memorized meanings.

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Confidence Building

Confidence develops with practice. Focus on clarity and honesty instead of trying to sound mystical.

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Practice regularly and focus on emotional clarity, intuition, and responsible guidance while learning tarot reading.