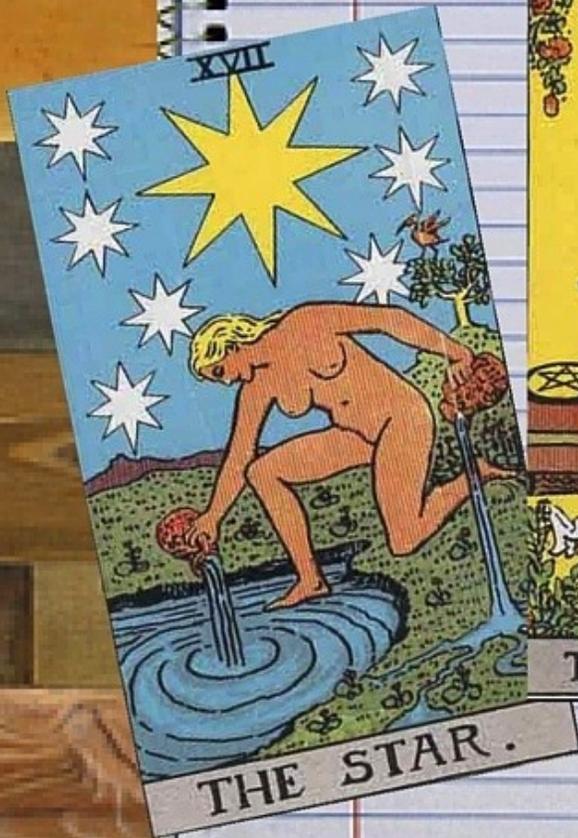


*the Tarot Reader's
Daily Companion*

fourteen days of tarot-inspired self discovery



CarrieMallon.com



Introduction

The Tarot Reader's Daily Companion is a gift for the tarot-loving, expansion-seekers of the world. In this ebook, you will find practical prompts and magical motivation to spur a fourteen day journey of self discovery. If you're drawn to self-reflection, wonder and mystery - this one's for you!

I was initially drawn to tarot during a time when I felt stagnant, stuck and confused. What I found in the cards was a like a series of mirrors, a collection of images that resonated with the depths of my being. As I worked with the cards, I adopted a higher perspective. I could see my problems more clearly, and I began to see potential solutions to my struggles.

Tarot became the springboard from which I entered a phase of tremendous personal growth. The cards led me to a more profound self-awareness, a stronger connection to myself and the forces at work around me. The truth is that, as the cliché goes, the magic was within me all along. Tarot is just a tool that helps me access and work with that magic.

This book is for tarot readers of all stripes: professionals, dabblers, newbies and old hats. Keep in mind, though, this book is not designed to teach you to read tarot! You don't need to be an expert whatsoever, but I'm assuming you at least have a basic understanding of the cards. Instead of aiming to teach you tarot, this book supports you in using tarot as a tool for your own expansion.

This Daily Companion will give you tarot-inspired prompts, tips, and tools to support your growth as a tarot reader, a human, and a magical universal being. The only things you'll need are a tarot deck, a notebook to record your insights, and a healthy dose of curiosity.

Thank you for being here and welcome aboard!

About This Book

I created The Tarot Reader's Daily Companion as a free gift for my newsletter subscribers, but also as a gift for me. When I asked myself 'what book would I be super excited to see?' I had a bolt of inspiration: a daily companion for tarot readers! I was inspired by 'The Vegan's Daily Companion' by Colleen Patrick-Goudreau. I've borrowed her idea of divvying the book into daily bursts of insight.

My name is Carrie, and I live online at carriemallon.com. I'm a professional tarot reader, mentor and classy cat lady. I'm pretty much always thinking about creativity, spirituality, mysticism, and individuation. I use tarot as a framework for self-evaluation and encouragement, and this book is an extension of that philosophy.

I believe that one of the best things we can do with our short time as human beings is to prioritize our growth. The world needs creative, self-aware, insightful people. I hope that this book will provide companionship and encouragement as you become even better acquainted with your bad-ass self!

If you're interested in working with me on a personal level, I give private tarot readings through email or Skype. I also offer a private six week one-on-one mentorship known as the Growth Gatherings. All the details are over at www.carriemallon.com/readings.

How To Use This Book

The short answer is however you'd like (rules, schmrules!). You can switch the days, you can jump around, you can even jaunt through the whole book in one fell swoop if you're so inclined.

The longer answer: this book is designed to be your companion for 14 days. Each day provides a bite-sized chunk of text for you to absorb (except Saturday and Sunday which are bundled together). Some days you'll be given suggested exercises, other days you'll simply be given thoughts to ponder.

The amount of time you devote each day is up to you. As little as ten minutes a day is enough to give you a daily dose of magic. Keep a notebook handy to jot down notes and insights that come to you as you go. If you use the suggested structure, you'll start your adventure on a Monday. Each day of the week has a theme:

Monday: Minor Cards, Meaningful Lessons

Major arcana cards are often given the most attention, and we're about to change that! Each Monday, we'll look at a different card from the tarot's minor arcana. You'll get some suggestions on applicable life lessons that these minor cards hold.

Tuesday: Reader Development

Being an excellent tarot reader is about more than studying the cards. On Tuesdays, we'll talk about other important skills we can develop as we read for ourselves and others: boundaries, effective communication and more.

Wednesday: Quotes

Once in a while, we are lucky enough to have someone else's words activate something within us. When Wednesday rolls around, you'll be greeted with a quote and some thoughts on how it might be relevant to your growth.

Thursday: Tools

We tarot readers are quite fond of our goodies! Thursdays will be about exploring all kinds of tools: crystals, teas, websites and anything else that might assist our self discovery.

Friday: Tarot Spreads

When you work with the right tarot spread at the right time, it can be a transformative experience. At the end of each week, you'll have the chance to explore different spreads that focus on personal growth and spiritual themes.

Saturday & Sunday: Reflection Nudges

The weekend is rolled together, giving you the chance for in-depth introspection. You'll be given a suggested theme, question, or tarot card to reflect upon. Bust out your journal and let the insights flow.

Ready to go? Have your tarot deck and sense of adventure handy? Let's dive in!



Week One

Day 1 :: Monday

Minor Cards, Meaningful Lessons

Giving Yourself Permission with the Two of Wands

One of the most pivotal moments in your life can come when you decide to stop waiting for external permission. If you want something, give yourself permission to pursue it. If you believe something, give yourself permission to express that belief. If you're called to explore something, give yourself permission to heed the call.

Some lucky people are born with a strong sense of inner permission, but it's something the rest of us have to constantly cultivate. One particularly effective way to do this is consciously aligning yourself with the Two of Wands. In this card, I see boldness. Authenticity. Empowerment. These are the hallmarks of internal permission.

The suit of wands is associated with liveliness, innovation and expression. The Two of Wands shows the importance of committing yourself fully to these ideals. The realization that you do not need to wait for validation is thrilling, but also sort of scary. No one else is walking the exact path that you are. No one else can create what you can create. You can get encouragement from others, but not permission. Permission can only come from YOU.

The Two of Wands shows that thrill you find when you start to move forward on your own terms. This card reminds you of what you already know deep down: you ARE allowed to be here. You ARE allowed to take up space. The only permission you need has been within you all along, and you CAN choose to tap into that. You don't need to passively wait for things to happen. Instead, you are ready to venture out and carve your own path!

Day 2 :: Tuesday

Reader Development

Healthy Confidence

I'm going to start by saying something that most tarot readers I've met agree with: there's alwaaaays more to learn. Maybe you've been a tarot reader for 20 years, or 5 years, or 2 weeks. No matter where you are on the time-space continuum, there's always more to learn, of course! That's part of what makes tarot so freakin' exciting.

But here's the flip side of the coin. Even though there's more to learn, you're a pretty awesome tarot reader already. You don't have to be an expert to take pride in your abilities. You don't have to be a scholar to feel confident in your readings.

This message is particularly relevant if you consider yourself to be a beginner. You do not need to apologize for being a beginner. You do not need to feel ashamed for being a beginner. No matter where you are in your tarot travels, it's important to feel confident that you're exactly where you should be.

Today, focus on operating from a place of healthy confidence as a tarot reader. Do not downplay your strengths, but do not inflate your ego. Do not shy away from compliments, but don't beg for praise. Be proud of where you are, and be excited to gain new levels of experience.

Day 3 :: Wednesday

Quotes

“As we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence actually liberates others.” -Marianne Williamson

What does it mean for you to ‘let your light shine?’ How are you currently shining, and on the flip side, how might you be dimming yourself? Have you ever felt liberated by someone else's self-expression?

Day 4 :: Thursday

Tools

Facebook Groups

You may have noticed that using tarot for personal growth is not exactly a mainstream interest. But the truth is that there are a lot of tarot reading, soul searching seekers of growth and expansion out there... they just don't always live next door! The internet is chock full of tools for connecting like minded folks, including Facebook groups. Many of these groups are private, so you don't need to worry about everyone on your friends list seeing your posts.

No matter what you're interested in, it's likely you can find a group of people who are talking about it. And if a group doesn't already exist, start one yourself! Some of the most supportive, engaging communities I've found on the internet have been Facebook groups. Here are a few that might be particularly relevant to tarot readers:

Tarot Bloggers & Vloggers: <http://www.facebook.com/groups/TarotBloggersVloggers/>

Tarot Nerds: <http://www.facebook.com/groups/TarotCardsStudyGroup/>

Spiritual Journey Pitstop: <http://www.facebook.com/groups/SpiritualJourneyPitstop/>

Day 5 :: Friday

Tarot Spreads

Internal Permission Spread

This spread will expand on Monday's discussion about giving yourself permission. If you are still working on giving yourself permission to chase a dream, make a change, or anything else, this spread will help you move forward.



Card one: What do I most need to know about my current sense of internal permission?

Card two: How can I continue to release any reliance on external permission?

Card three: How can I best encourage myself right now?

Card four: How can I effectively increase my sense of internal permission?

Days 6 & 7 :: Saturday & Sunday

Reflection Nudges

You're invited to get out your journal, get cozy, and reflect on the following questions.

-Overall, how empowered have you felt lately?

-In what areas of your life do you have the most confidence?

-If you had unlimited boldness, what would you most like to do right now?



Week Two

Day 8 :: Monday

Minor Cards, Meaningful Lessons

Everyone Gets Stuck Sometimes

No matter how smart, inventive, and generally bad ass you are... the truth is that EVERYONE gets stuck sometimes. The Eight of Swords aptly illustrates the experience of being stuck. Your brain seems to be trapped in a box. The harder you think about your situation, the less sure you are of how to progress.

It's bad enough to be stuck, but what's even worse is when you feel ashamed about your stuck-ness. Even people who meditate, drink green tea and sage themselves on the damn daily get stuck sometimes! This does not mean there's anything wrong with you. It just means you are human.

It took me many years, but I have now reached a place where I'm (mostly) grateful when I get stuck. I've trained myself to see this as a chance to learn about the human

experience, and you can do the same thing. Each time I get into this place of restriction, I know I'm on the verge of a major life lesson. And once I get unstuck and process that lesson, I try to carry it forward as a wiser version of me.

The next time you get stuck, be gentle with yourself. It might not seem so when you're in the throes, but you WILL move through these blocks. You are NOT doing anything wrong just because you can't immediately see how to deal with something. There's no need to force it. Loosen up, sink into your unconscious mind, and trust. Even when you seem to be bound, you're ALWAYS progressing.

Day 9 :: **Tuesday**

Reader Development

Reading for Others: When You Draw a Blank

When I began reading tarot for others, one of biggest fears was drawing a blank. You know what I mean. Those moments when you lay out a spread and your brain just goes "uhhh..." Does that sound familiar? If you've ever read for others, you can probably relate!

I've identified two main causes of these blanks. The first is that, as tarot readers, our egos sometimes get in the way. You pull cards, and your monkey mind chimes in: "I don't want to say the wrong thing. Do I sound dumb? Am I actually good enough to be reading for someone else?"

I heard this trick from another tarot reader, and I've found it a highly effective way to stop this ego chatter. When you sit down to do a reading, simply picture your ego sitting in the corner where it can't interfere. Set an intention to deliver the most clear, useful messages you can and keep your ego in its proper place.

But sometimes, it's not your ego. Sometimes you're genuinely not sure what message the cards are carrying. The cards are incredibly multi-faceted, after all. It does not mean you've failed as a tarot reader if you can't immediately discern the relevant information.

In this situation, open a dialogue with the seeker. Tell them that you want to give them the most relevant information possible, and converse with them about what the cards may be suggesting. The person you're reading for is the most valuable resource you have when you draw a blank!

Day 10 :: **Wednesday**

Quotes

"Are you paralyzed with fear? That's a good sign. Fear is good. Like self-doubt, fear is an indicator. Fear tells us what we have to do. Remember one rule: the more scared we are of a work or calling, the more sure we can be that we have to do it."
-Steven Pressfield

What work or calling (if any) has brought about fear for you lately? What has your

soul been calling you to do, even if your ego is resisting? How can you take your next small step forward through this fear?

Day 11 :: Thursday

Tools

Free Magical Digital Creations

'The Tarot Reader's Daily Companion' is a free book. That's pretty sweet, right? Offering a free gift (either to newsletter subscribers, or simply to anyone who clicks download) is a common occurrence in today's internet community. If you poke around online, you'll find all sorts of ebooks, meditations, video trainings and other digital goodies to utilize on your journey.

This is a win-win for us all. Business owners get to showcase their knowledge and creative genius while reaching an audience who cares about their offerings. The rest of us get to sink our teeth into bad ass digital content, and we might even decide to make a paid purchase after devouring a freebie. Everybody gets something good out of this deal!

Today, I'm going to share some links to free digital content from some people I genuinely admire. Keep in mind that some of these downloads will ask you to subscribe for email updates in exchange for the free gift. Click, download and enjoy! (These links are current as of March 2016, but the internet does tend to change.)

Rookie to Reader Ecourse from The Tarot Lady: <http://www.thetarotlady.com>

Tarot Tutorials from Bidy Tarot: <http://www.biddytarot.com/free-tarot-resources/>

Awakening the Four Queens Ezine and more from Kelly-Ann Maddox: <http://www.kelly-annmaddox.com/p/50-joy-tips-gift-from-me-to-you.html>

Hippie Witch Ebook from Joanna Devoe: <http://www.joannadevoe.com/p/free-stuff.html>



Day 12 :: Friday

Tarot Spreads

Getting Unstuck Spread

Tarot is one of the greatest resources that exists for illuminating blocks and easing stuck-ness. The cards can help us untangle the roots keeping us stagnant and give us actionable advice on finding flow. Try this spread for some targeted guidance around a situation that has you stumped.



- Card one: Energy I am bringing to this block.
- Card two: My unconscious influences around block.
- Card three: Necessary wisdom.
- Card four: How I might handle this block from here.

Days 13 & 14 :: Saturday & Sunday

Reflection Nudges

You're invited to get out your journal, get cozy, and reflect on the following questions.

- What in my life feels stagnant right now?
- How can I bring fresh energy to this situation?
- In what ways am I currently expanding?



Foot Notes

If you adored this book (I hope you did!) keep an eye on your inbox. I have plans to expand this into an entire year, 365 days, of tarot-inspired personal growth! In the mean time, keep growing. Keep discovering. Keep immersing yourself in the sea of tarot! And stay in touch:

Book a tarot reading: <http://www.carriemallon.com/readings>

Book a mentorship: <http://www.carriemallon.com/services/mentoring>

Hang out with me on Instagram: <http://www.instagram.com/carriemallon>

Say hi on Facebook: <http://www.facebook.com/carriemallon>

Send me a note: hello@carriemallon.com

Thank you, thank you, thank you for being on this tarot-inspired journey with me. I am sending you heaps of encouragement, now and always!

Carrie Mallon

