

# Therapeutic Tarot

*An introduction*

Therapeutic tarot is all about harnessing your intuition. The inner guiding intelligence that communicates in felt-sense, imagery, symbolism, archetypes and emotional landscapes.

*This is also the language of tarot.*



A deck of 78 cards, telling the stories and struggles we've been grappling with as humans since day dot.

*And they can tell your story too.*

So let's dive in...

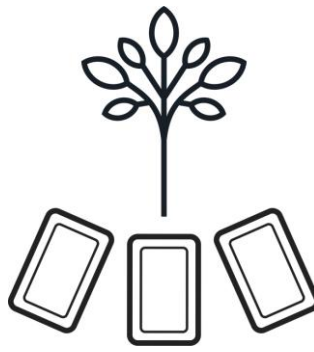


Here is the High Priestess, the card of intuition. She's going to help answer a question you have or an issue you're seeking clarity on. Hold it in mind, as you explore these intuitive prompts:

- What is your eye drawn to in the card? What objects or things?
- How might these things feel to the touch? What are their textures?
- If you could step into the card, what might you hear? Smell? Taste?
- If you could become the High Priestess, sit where she is sitting, how would it feel? Is the moon crown heavy, or light on your head?
- What is the ground like under your feet? The temperature of the air?

Now, revisit your question or issue. Hold it in your heart this time, rather than your mind. Imagine your heart is a bowl, ready to receive the answer in whatever form: words, an image, a feeling, a thought, a memory.

What arrives?



How did it go?

It might be that you didn't receive an answer. Just radio silence. Or the noise of your mind telling you how you *should* be receiving an answer but it's *never* going to happen and it will *always* be like this and what a waste of time this exercise is anyway... and round and round it goes.



Thoughts like these can be seen as intuitive blocks. But let's be kind and call them protectors. Because that's their job: to keep you safe in what is known and familiar.

*In therapeutic tarot we can turn these protectors into allies.*

In therapeutic tarot you're not alone, either: *intuition is a relational process*, not a solitary one. In a session with me, we work together to find the answer - drawing on the traditional messages of the cards and your felt-sense responses to the imagery.

Book a session with me on my website [katecoffey.co.uk](http://katecoffey.co.uk)  
or follow me @soulcarewithkate for more intuitive explorations.