



TILLY TAROT



FREE

OVERCOMING  
LOCKDOWN  
ISSUE

SPIRIT

March 2021 Issue @ Tilly Tarot

# STRETCH & SMILE



## *EASY YOGA MOVES TO MAKE YOU HAPPY*

This month's Yoga move to give you a burst of happy energy is the Cobra. It is a gentle backbend to aid digestion, ease back pain and awaken positive energy in the body. Lie on the floor face down and bring your hands either side of your chest. Press through palms to lift the torso off the floor on an inhale. Keep the gaze forward and repeat three times.



## BE CALMER BY THE WEEKEND

Meditation at home is the best way to alleviate worry and anxiety. If you are feeling particularly overwhelmed, especially at the moment settle your mind and add uplifting and calming sounds. Sit upright and just listen. If your mind wanders, tune into the melody and sounds.

MEDITATE



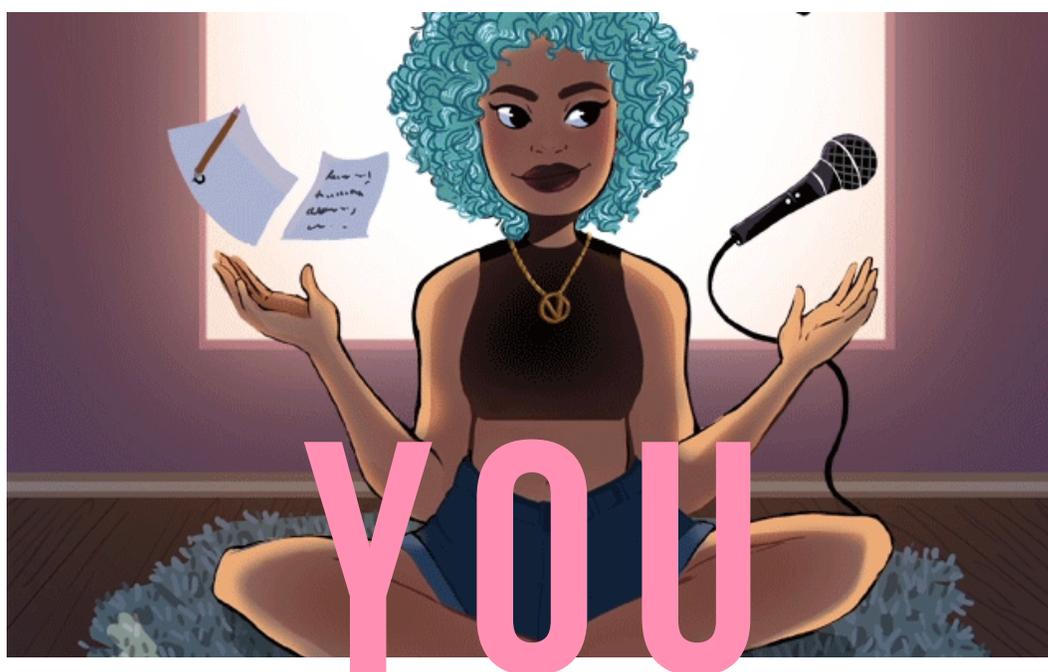
BREATHE

## BREATHE IN CALM

by changing the way you breathe, you can improve your mental and emotional wellbeing. inhale through the nose for a count of four then hold your breath for a count of four. Exhale through the nose for a count of four then repeat four times.

## MINDFUL APPRECIATION EXERCISE

Mindfulness practices can help us to increase our ability to regulate emotions, decrease stress, anxiety and depression. It can also help us to focus our attention, as well as to observe our thoughts and feelings without judgement. In this exercise, all you have to do is notice 5 things in your day that usually go unappreciated.



These things can be objects or people; it's up to you. Use a notepad to check off 5 by the end of the day. Here's a few to think about; 1 Do you know how these things/ processes can exist, or how they really work? 2 Have you ever thought about what life might be like without these things? 3 Have you ever stopped to notice their finer, more intricate details? Make it your duty to find out everything you can about how they were created and their purpose to truly appreciate the way in which they support your life.

# take a nature walk to regulate emotions

*Taking a mindful walk is not only a pleasant activity but it helps release serotonin when exercising and helps you appreciate your surroundings.*

- 1. Focus on your body movement and feel the air on your cheeks and as you breathe it in.**
- 2. Expand your focus onto your surroundings and take in the sights you see as well as the sounds you hear and smells that grab your attention.**
- 3. Try something new and even go on a different route, pay attention to the new things you are seeing.**

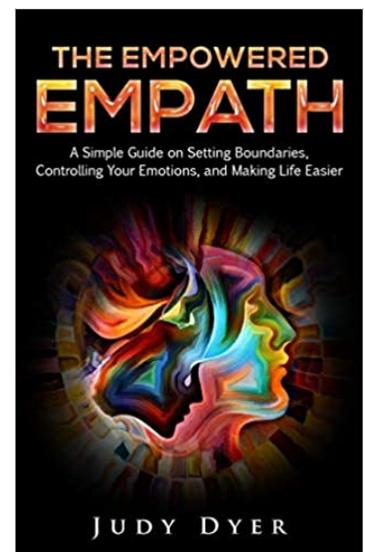


# ARE YOU AN EMPATH?

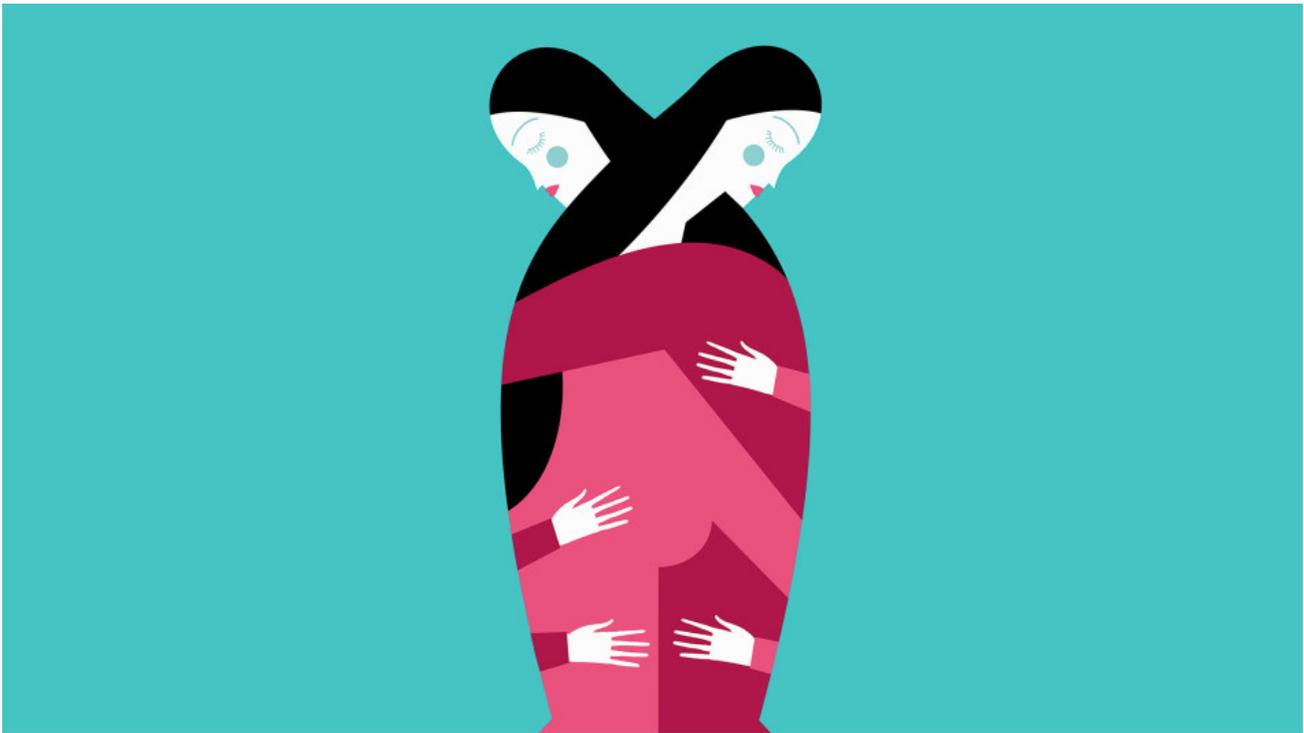
THERE ARE MANY WAYS TO KNOW THAT YOU MAY BE SOMEONE WHO FEELS THE EMOTIONS OF OTHERS AS YOU CAN TEND TO CARRY THESE EMOTIONS AROUND WITH YOU FOR A DAY OR MORE



Being an empath is an incredible gift when it comes to compassion and connection to others. But when misunderstood or unchecked, those empathic insights can leave anyone feeling drained and even out of touch with themselves. If you have empathic tendencies, understanding which type of empath you are can help you work with your gift rather than being overwhelmed by it.



# Being an Empath



Being an empath is an incredible gift when it comes to compassion and connection to others. If you have empathic tendencies, understanding which type of empath you are can help you work with your gift rather than being overwhelmed by it.

PHYSICAL EMPATH - EMOTIONAL EMPATH  
INTUITIVE EMPATH - DREAM EMPATH  
PLANT EMPATH - EARTH EMPATH  
ANIMAL EMPATH.



# Tarot Readings for April

“I purchased the bohemian spread with the hope of resolving my home life as this was one of the areas it focused on. I never expected to completely turn around my situation and give me a new lease of life for myself aswell. Tilly is a gifted tarot reader who has truly helped me no end. I have been a regular for years now and always buy friends and family readings. Honestly use her she is amazing.” (Cate. UK)

## The Bohemian Tarot Reading

The Bohemian Tarot Card reading online is an ancient exotic mix evolved to help untangle all your inner worries that affect you on a personal level.

From homelife to love, what you hope for in the future and how to overcome doubts or fears.

Using seven cards I shall ask the cards for insight on seven specific areas of your life;

1. Home Matters
2. Hopes and Fears
3. Relationships
4. Achievements Hoped For
5. Obstacles and the Unexpected
6. Immediate Future and Possibilities
7. Good Fortune

Choose this Tarot reading to properly understand the major circumstances in your life affecting you emotionally and physically.

'Sensational, wouldn't hesitate to recommend'  
(Coral, Berks.)

Price: £45.00

[BOOK NOW](#)



# Natural Home Remedies

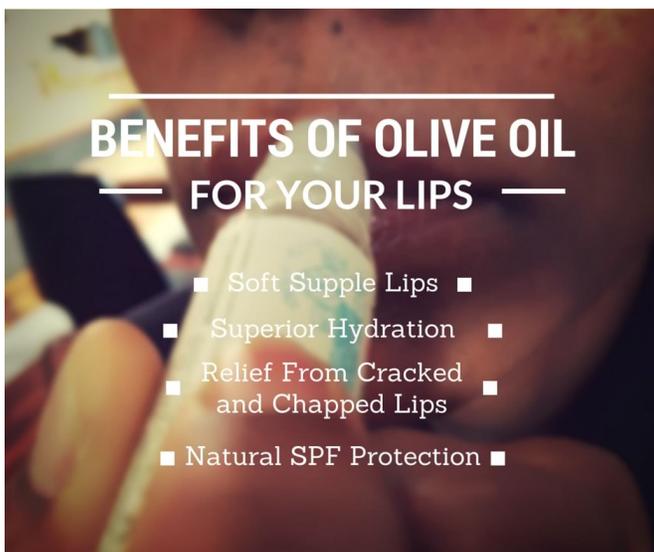
## Olive Oil for Dry Lips

Oils are hydrophobic and stop water escaping so when applying it to dry lips, it creates an effective barrier to stop lips drying out. Put a good amount on before you go to bed to help it sink in overnight. Extra Virgin Olive Oil is particularly good as it is so refined and perfect for hair, skin, nails, lips and scalp. [Aromatika](#) on Amazon is only £12.99.

## Dead Sea Salt for Psoriasis

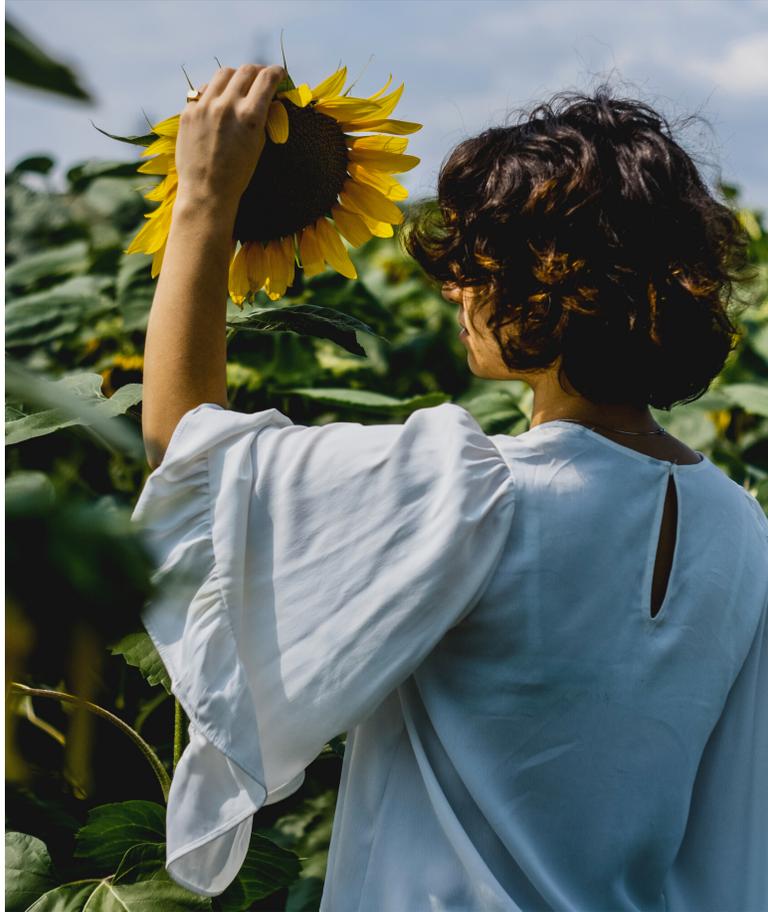
Adding dead sea salt to your bath can relieve the itching and burning that comes with psoriasis.

It is also great for soaking your muscles. I found the [Moksha Beauty](#) range was unbelievably relaxing with its range of essential oils embedded into the salts at just £10.00.



# *SPRING EQUINOX*

SATURDAY 20TH MARCH 2021



*Time to Spring Forward - reincarnate your mind, body and soul with a Spring Equinox Tarot Reading. Rid yourself of negative energy and find out where you are out of balance by literally cleaning house of all that is old in your past memories, present worries and any other problem or negative energy you may have.*

[WWW.TILLYTAROT.COM](http://WWW.TILLYTAROT.COM)

**VERNAL EQUINOX  
TAROT READING**

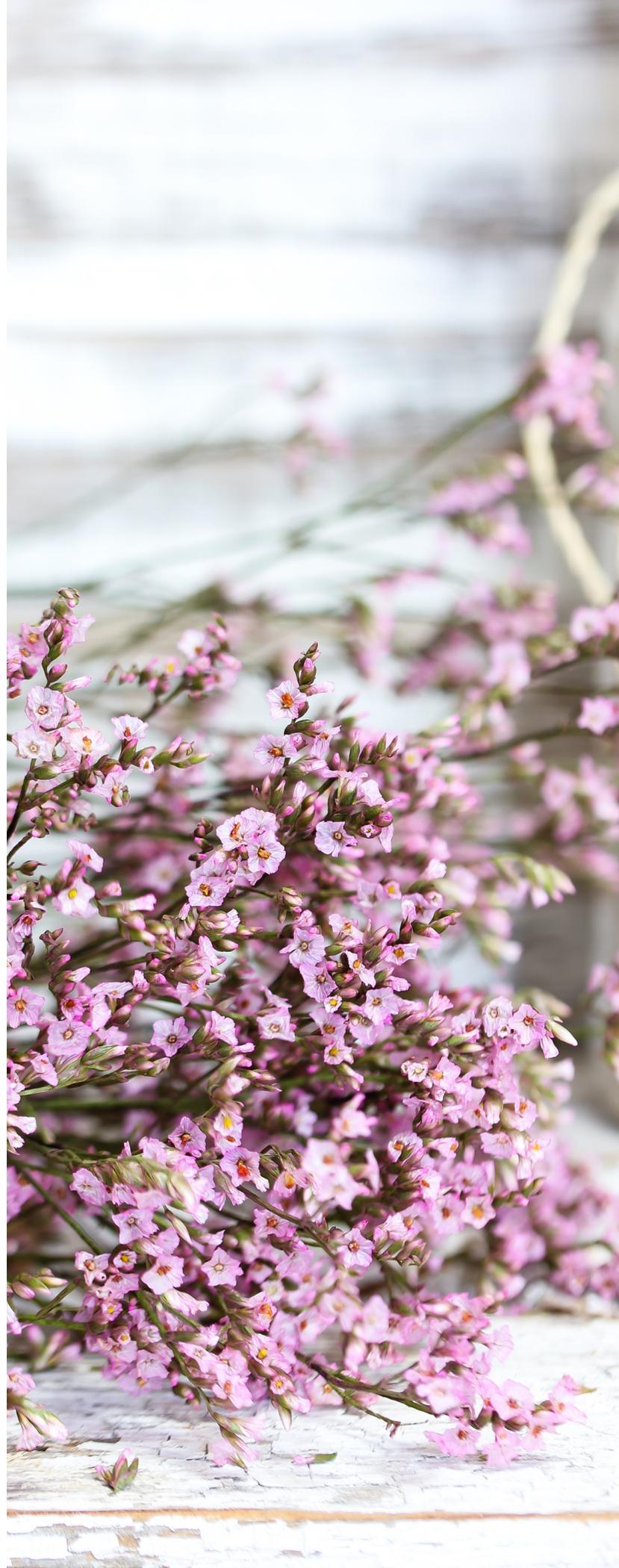
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# Time to Spring Forward

*Using four cards I will use one to focus just on you then the other three will be three areas of your life that need to be let go! It's always interesting to see what the Tarot cards suggest in this Tarot reading. Don't wonder what's holding you back this Spring - feel revived and refreshed - take a leap of faith and ask the cards for insight today.*

£16

[BOOK NOW.](#)



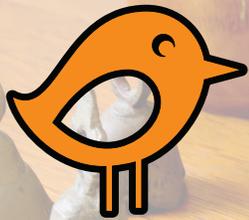


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