

FREE SPIRIT

A FREE MAGAZINE BY TILLY TAROT

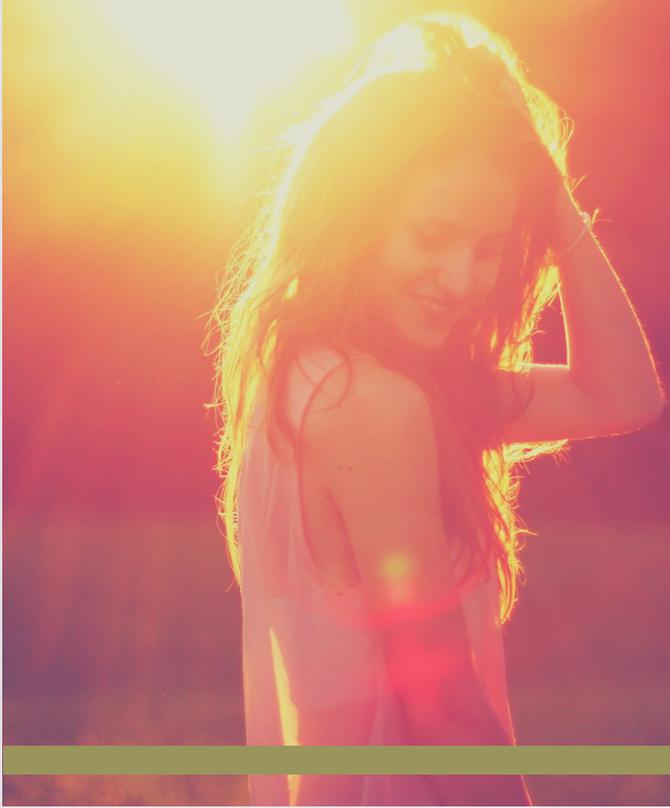
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SPECIAL
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ISSUE

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GENUINE HONEST TAROT CARD READINGS ONLINE



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WELCOME

Cool to see you again in this issue.

I'd like to welcome everyone to the May edition of Free Spirit Magazine filled with uplifting articles, Tarot readings and interesting spiritual facts.

If you would like to be featured in the next magazine or contribute please contact me at mail@tillytarot.com

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Positive Vibes to Everyone - Tilly x

MINNIE MESERVE SOULE (1867-1936)

AMERICAN MENTAL MEDIUMS

BIO

Born in Boston on 12th November 1867, Minnie Soule trained to be a teacher and taught in Somerville, Massachusetts. As a child she had precognitive dreams, but after she married her husband Charles L Soule, in 1897, she began to develop her mediumship more deeply. She practised 'automatic writing' where she would receive messages from unknown people who had died many years ago. To help, her husband took her to a spiritualist, and they helped her find her spirit guides: one called 'White Cloud' who was a herbal healer and another 'Sunbeam' who came to her as a 16-year-old Choctaw Native American. When White Cloud spoke to her in Native tongue she spoke in her language, something she never learned before. She worked for the American Society of Psychical Research and died on 28th April 1936 but uncovered the question that people with multiple personalities are actually caused by spirit possession - her research supported this explanation in depth, and she continued with many sittings connecting with spirits with individuals and multiple personalities.





TAROT CARD FOR MAY

Hosting, congratulating, preparing and manifesting all you need for the month of May the Magician is here to greet you back into reality. There is so much potential for May as the spirit world meets with the physical and you can begin to put into practice a feeling of normality once more. If you know you have potential for big things in an area of your life - grasp it now!

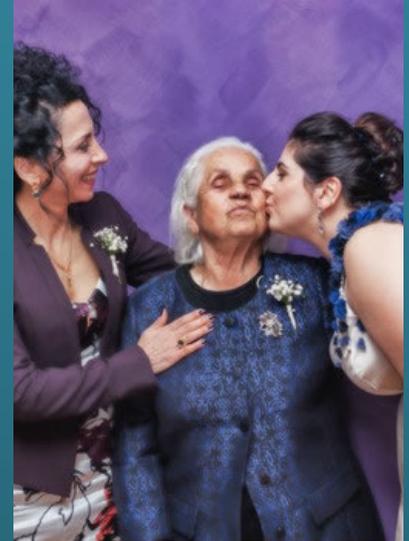


FAMILY TAROT READING FEATURE

Everything family orientated to bring harmony into your home with these personalised family Tarot readings. Choose from a variety of Family Psychic Tarot Card Readings. Maybe you would like a Tarot reading on your family for the year with the Family Calendar spread or an in depth Tarot reading on the energies between you all with the Family Affairs reading.

Family Affairs Tarot Reading

Arguments at home?
Disputes that cannot be resolved? A Family Tarot Reading using the Family Affairs Tarot spread can help you. We all have issues time to time within our family and to help us move on from situation sometimes we need a boost or outsiders view. With this family Tarot reading all issues are discussed and you can really find a solution to any problems you have had in your family. If you are a mother, father, son, daughter, cousin, stepmother, stepfather, niece or nephew... things can be worked out. Let the Tarot help you find a renewed sense of clarity again... there is hope.



**"TILLY IS AN AMAZING READER..I'VE USED A FEW TIMES NOW AND AM ALWAYS PLEASED WITH MY READING AND THE WAY SHE HANDLES IT. EVERY READING HAS COME TRUE. I HIGHLY RECOMMEND ANYONE READING THIS CONSIDERING A READING BY TILLY TO HAVE ONE."
(ANON)**



BOOK A FAMILY READING

Smell the flowers breathing activity

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.



Breath work is a simple and very powerful mindfulness activity that can help individuals calm themselves when strong feelings arrive or even as a daily breathing exercise. Here's how;

1. Picture a flower in your mind, this can be your favourite flower or a huge bunch of them and slowly imagine yourself smelling the flower.
2. Breathe slowly in through your nose as if you are taking a sniff of the flower and out through your mouth.
3. Pay attention to the feeling of your breath leaving your body and try and focus on the scents your mind is imagining.

The aim of this task is to try and focus your mind on nothing but imagining the smells of the flower, recognising your emotions when imagining it as well as controlling your breathing in a relaxed state.

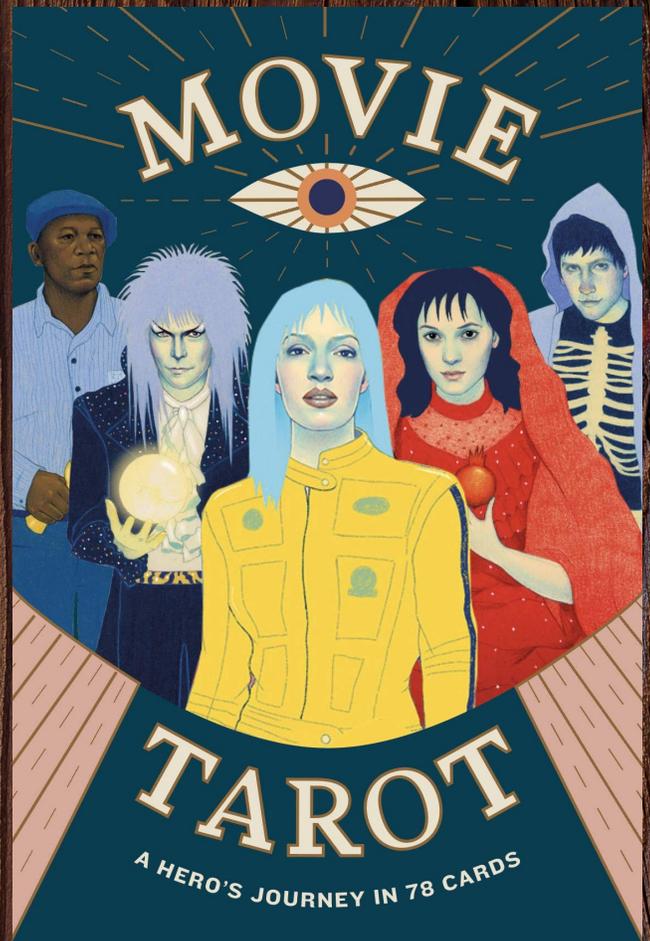
5 CELEBRITIES WHO SWEAR BY PSYCHIC TAROT CARD READINGS

Celebrities have their everyday troubles and worries just like you or me. Although they may be rich they still like to find out how their career or love life is going to progress. For many actors they change into new people for every job - no wonder they need a check on their mind, body and spirit. They use Tarot reading not for entertainment for but serious long-lasting decisions and to help with nerves and staying focused. They have the power to go to top therapists to help heal their worries and fears, especially in this age of social awareness.

When you see photos or videos online of celebrities looking cool, calm and collected with a serious demeanour as if they know exactly what they want out of life you can be sure there is a Tarot reading behind the face of most celebrities out there today.

A Tarot card reading is personal to the participant and you can ask almost anything to the cards. This is something that appeals to a celebrity because who else has everyday worries such as will I win the Academy Award for Best Actress!

However, even though they wonder on about whether they will be handed those shining gold trophies they also have a regular life in the background and seek the psychics and Tarot readers for guidance on becoming a success. Here are a list of the famous five Hollywood stars who swear by psychics and Tarot card readings!



[Movie Tarot: A Hero's Journey in
78 Cards Tarot Deck.](#)

Keep reading to find out!

AND THE WINNERS ARE...



Our first celebrity who is renowned for using Tarot readers and one that you wouldn't expect is Brad Pitt!

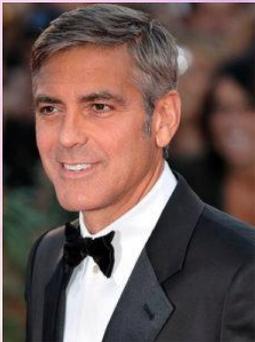
Brad has always sought the advice of the Tarot to help him in his career and build confidence (yes confidence) in his role as an actor. He has kept his film career stable and flawless with many of his major decisions being put to psychic Ron Bard - a psychic to the stars. Well if it's good enough for Brad then why not!



At number two is Jennifer Lopez. Someone very much in tune with her mind, body and spirit and it shows in her unaging appearance.

J-lo has had an amazing career acting, singing and dancing her way to success.

It was during the time before her wedding she sought the advice of a psychic Tarot card reader and evidently cancelled the wedding.



Our third celebrity who is extremely indebted to the Tarot and psychic awareness is George Clooney.

He is a man that would surprise you. His dearly beloved pot bellied pig 'Max' passed away and devastated he sought the advice of a psychic Tarot reader to find out if he was at peace.

George is a celebrated actor and another celebrity who certainly opens up their mind to the Tarot to help guide and find new pathways in their life. But there's more... can you guess who's next?



The fourth in our celebrity Tarot journey is Taylor Swift - the beautiful female vocalist who has made it big time in the music industry.

Before she became famous she visited a psychic Tarot card reader for a general outlook on her future and was told she would become the star she is today.

Even the palm reader at her father's birthday when she was 12 foretold that 'the world would know her'. Find out who is next on our list!



At number 5 is Sarah-Jessica Parker is one of the celebrities who has also brought along her husband Matthew Broderick to a reading to help heal her marriage.

Sarah also visited a psychic for a reading to find out if she should appear in the sequel to sex and the city the film.

Again, another massive career and love decision put to the Tarot!



Learn to Read Tarot Cards in 5 Easy Steps Intuitively and with Confidence

BY TILLY TAROT

Have you ever tried to actually relax into a Tarot reading at home and found you have an energy block?

If so, you'll know that it's difficult because you are ever so focused on remembering all the Tarot card meanings.

Learn to read Tarot cards yourself with confidence and intuitively today with these 5 easy steps.



So how do I start? You first start by setting your scene and a quiet place. Many people have found inner calm by using incense, music, candlelight or a other dim lighting.

With these first steps you will build a solid, positive and neutral space to begin. Tarot reading are much easier when you feel relaxed in your safe space and take time over the reading. The best starter Tarot deck to buy is the Rider Waite pack.

Keep it in the forefront of your mind that you can't perform a Tarot reading in a wrong way, in fact it's just the opposite. Everyone has their own method and gaining experience by letting the cards speak to you is the best way to learn Tarot. This is what builds a professional, natural, confident, intuitive Tarot readers.

But there are a few things you should know before you begin your Tarot reading journey.

Just before I start with the 5 easy steps, if you're looking for easier self reflection after a Tarot reading just remember these 2 methods to ensure you end up with a reading that answers your question more precisely;

1. Make sure you let the reading speak for itself. Easier said than done at first I know but every time I promise you will improve. If you don't open up to the Tarot and relax you'll end up focusing too much on the meanings. This will give you trouble building upon your intuition.

2. So ensure you have a specific question in mind. Nothing too broad. Although, if you are performing a general Tarot reading then of course you will need to apply some of the basic strong card meanings.

Any good Tarot reading will visually open up to you and let you see new imagery in every card. Just as though you are in an art gallery staring into a painting searching for the true meaning/ message from the painter.

Every time you pull a card, you will notice something new and alluring. This means you are doing well and if you already have this within you, well done because it is your natural intuition speaking to you.

It is not essential to know the full meanings, but some really help you to trigger certain memories and help you relate your Tarot reading to your specific or general question.



During the first early stages its' best to use a Tarot diary to record all your readings to make sure you can reflect upon it later and always build upon your intuitive techniques without the pressure of worrying too much about the card meanings.

If you contact me I will send you a free one page pdf cheat sheet of all the Tarot cards to give you a quick and easy guide when pulling a card.

This article will tell you what you need to know to learn to read Tarot cards in 5 easy steps, but just on a side note, when you turn your cards over, take time to think on it a little while and you will gain more clarification to your personal question.

The time you spend opening yourself up to the cards is when you receive the best interpretations. You can't rush it and in the meantime if you are looking for the best Tarot books I've made a [list](#).



It's true that anyone can learn to read Tarot cards but not everyone allows energies to flow through them during a reading. To do this you simply need to open up your mind, it's that simple.

Tarot has been used for centuries to help heal mental health and help people see other pathways that before were shadowed to them and this is because the stigma attached to Tarot wasn't as prevalent then as it is now.

Just one Tarot reading helped me years ago get through a difficult time and one that a dear friend of mine performed for me. It changed my life and turned around the darkness that had befallen me. So this article I hope does the same for you and you too gain as much from a reading as I did all those years ago.

Know that reading the Tarot for yourself can be difficult at first, but once you find your true empathic abilities, you will find the cards really do help give you more vision and perspective on life.



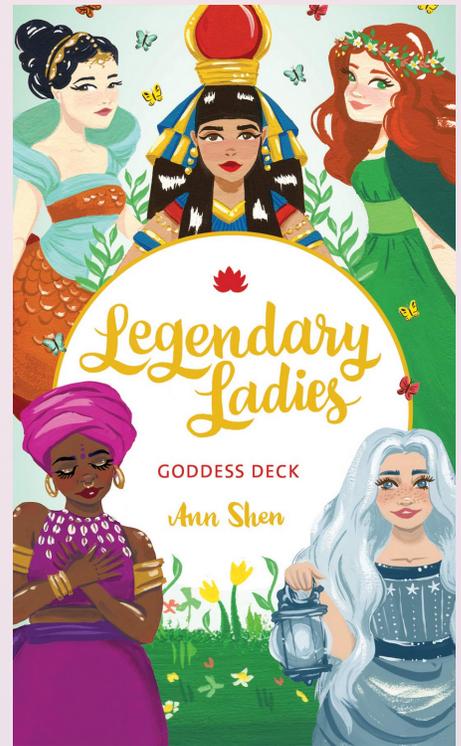
So now without further a do, I will reveal the following 5 sections to learn to read Tarot cards for beginners, intuitively and confidently; *(because you haven't got time to read a whole book at the moment!)* -

1. Choose your Tarot deck.
2. Bond with the cards.
3. Read the cards everyday.
4. Start with an easy Tarot spread.
5. Diarise your readings.

1. Choose your Tarot Deck.

When choosing a Tarot Deck, it's like buying a house, it has to call to you! You can go for a beautifully visual Tarot deck if you wish such as the Legendary Ladies Goddess Deck by Ann Shen, or similarly, like a cat it also has to choose you, not you choosing the cat!

Take a browse through the available Tarot decks in shops or online but just as a suggestion because of its vivid imagery you could start with the most popular deck Rider Waite here. This deck is easy to read and a good starting point, however I truly believe that you need to let the Tarot find **You** as it is the start of a good solid base for intuitive Tarot readings.



Legendary Ladies Goddess Deck
by Ann Shen

You can also visit a metaphysical shop and handle the sample cards if you want to get up close and personal with them or try a Tarot deck that visually works for you which can be bought online such as the Modern Witches Tarot, Revelations Tarot or Llewellyn's Classic Tarot.

To be intuitive you need to bond with the cards which is in my next step on learning how to read Tarot cards.





Above all take in the beautiful pictures on the cards and soak it all up. After a just a few days of Tarot reading you will feel an enormous pull to them and bond that will start you on the road to being an avid reader.

2. Bond with the Tarot cards.

So there are many ways to bond with the Tarot. Essentially you need to carry them round with you always and if you sleep with them next to your bed or even under your pillow.

You will find the energy from the Tarot will begin to absorb and there will be a connection that you will begin to feel which in turn will set you up on a magical journey helping you decipher the cards naturally and ultimately using your intuition - I hope that makes sense!

Get used to the different cards by familiarising yourself with each individual card face. Just pull a card and take a little while to see what you think it means instead of reading from a guide book. Then read the guidebook to get general help with the meaning.

The more you read the Tarot, the more the cards will connect with you.

4. Start with an easy Tarot spread.

The Tarot has many different spreads but most commonly a one card Tarot reading can be great for a yes or no question to start with. If you have a deep question then the full Celtic Cross is your answer but don't try to do too much to start with.



If you would like to know how to grow from a past experience try the past, present and future spread of 3 cards as this provides easy and straight forward clarification.



Modern Witches Tarot Deck by Lisa Sterle

Stay focused on the symbols and imagery in the decks as sometimes you will notice things you never noticed before. For example in The Sun Tarot reading card (Rider Waite Tarot deck) the Sun emerges out from the dark clouds as though you have come through a dark time overcoming the worst and now you are starting afresh. Let the cards speak to you and try out a few different Tarot spreads!

5. Diarise your readings.

For this last section on learn to read Tarot cards I put a personal recommendation across (plus it helps because my memory has had it!). A bit like when you wake up from a dream and then forget it immediately racking your brains for what happened. Very annoying because you know it was really meaningful!

Take a note of your most memorable Tarot reading to help you learn how to read Tarot cards with more speed and diarise all those intuitive messages because you might need these answers in the future.

I use [The Gypsy Tarot Journal One Card Draw: Tarot Diary For Recording Daily Readings](#). This way you can refer back to your Tarot reading as and when you need to and reflect on how the predictions and interpretations turned out.

With a diary you can build a more personal relationship with the Tarot cards and become the reader you always wished to be.

Honestly, you have it in you to do this - reach for the stars!

Contact me for a personal Tarot reading - Learn to read Tarot cards is copyright Tilly Tarot ©





Self Tarot Card Readings - Build up Self Confidence, create a Positive Outlook on Life, renew your Wellbeing.

Rediscover your old self and improve areas of your life you have neglected with a renewed sense of positivity.

Who Is My Spirit Guide?

EMAIL TAROT READING

Is there more than one guide or several?

Are they human, animal, someone you know who have now passed or another entity?

This Tarot reading is very personal and will help you link in with your personal spirit guide and develop your psychic abilities that are within us all.

I dedicate a whole evening to perform and meditate on your Spirit Guide using just the Major Arcana cards from the Tarot deck.

By selecting three cards in a Tarot reading about your Spirit Guide I shall ask about who they are, their personality and what they want from you.

"I ordered the who is my spirit guide tarot reading from tilly and received it within 24 hours. It revealed to me what has been in the back of my mind for some time about a spirit and I am so pleased I chose the reading!!! An amazingly gifted person.. I will be recommeded you tilly thank you"(Julia, UK)

£30.00

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Thank you for reading this month's issue of Free Spirit

TILLY TAROT



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