

## Session 1: The Role of the Key Major

### Situation:

Our client comes with a question regarding her career, she is considering a career change.

She would like some guidance on this, as she would like to see if there is any potential in this idea.

2 of Pentacles



Emperor



4 of Pentacles



**Question:** Sum the total number value of the cards together until you come to the Digital Root Number ( Single Digit)  
Which Major Arcana card does this give you?

**Student:**  $2 + 4 + 4 = 10$  (Hierophant)  
 $1 + 0 = 1$ , The Magician

**Mentor:** Hello Chaitali, the number 10 Card of the Major Arcana needs taking another look at. The Wheel of Fortune brings the next is like the kingpin of the Majors. It brings new cycles and ends to old ones. Away to remember it maybe is that it is a 'wheel' and shaped like the 0 in the number 10. However, you did

calculate correctly which is very important for the Numerology and you did get the Magician as the number one so well done.

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**Question:** Give a very basic interpretation of the reading in regards to the original question.

**Student:** I think that the career change will be a good and successful idea. We see in the 2 of Pentacles, that she is weighing her option, I feel that perhaps she is also weighing the financial benefits of the options at hand. With the Emperor next, we know that she will be analyzing her options thoroughly and that the final decision will be made after thorough planning. With the 4 of Pentacles. I feel that her decision to switch careers will be positive as it will give her a solid foundation, both for her career wise and also financially. With the Shadow of the Chariot, it again reinforces a balanced decision being made and that she will move forward with the career switch successfully.

**Mentor:** Excellent interpretation of this 3 cards Chaitali!

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**Question:** What do you feel the theme of the reading is?

**Student:** I feel that theme of the reading is making a balanced decision after careful consideration, by weighing all options.

**Mentor:** Yes, I would agree there.

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**Question:** Describe the energy of the Key Major

**Student:** The Magician offers her the energy of using everything at her disposal in making the balanced decision; meaning that with the Magician one has all of the

qualities needed within to manifest what they most desire. And with the Magician, we also have the extra energy of his will to manifest.

**Mentor:** Very nicely put Chaitali, the energy of the Magician is significant in this type of reading especially. The Magician rules over commerce too so maybe we see his influence here also. Communication and finances are his realm, maybe there is something along these lines within his new career? I love how you describe how the Magician can use his will to achieve anything he wants in this direction.

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**Question:** Can you describe any links that you identify between the interpretation and the Key Major.

**Student:** I feel that the link between the reading and the key major of the Magician is that she must know that she has the power to make the career switch and that she has the knowledge to help make it a positive experience for her, both professionally and financially, once she has weighed her options and thought it through. She control her will to make any hasty decision.

**Mentor:** I think you are absolutely right Chaitali, as you can see, the energy of the reading, in terms of Numerology and Tarot gives us that additional insight. This can be considerably helpful when looking over one of those readings that isn't so easy to read and we just want a little confirmation.

Very good first session Chaitali! Looking forward to the next!

Blessings, Lara

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## Session 2 :

# Self Reading Using the Key Major

This next session will be a self reading. Choose any area of your life you wish and use between 3 and 5 cards

**Question:** State the question and cards that you have laid, then sum the card numbers, reducing down to the single digit  
What Major Arcana card does this give you?

**Student:** How can I use my spiritual gifts to help others?

**Jumper:** King of Pentacles + 10 Pentacles + Star + 4 Wands, Rx + Hierophant; Shadow Queen of Pentacles

**Key Major:** 9, The Hermit

**Mentor:** Great question Chaitali and interesting cards too.

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**Question:** Give a very basic interpretation of the reading in regards to the original question.

**Student:** I feel that the basic interpretation is that I am currently laying solid foundations upon which I will be able to offer hope/healing and advice to those in need via a counseling-type service. Though this might cause some issues within my family structure, I feel that with the Queen of Wands as Shadow, I will be able to stay committed to my family and family responsibilities, while balancing helping others via some type of spiritual counseling.

**Mentor:** Just to clarify, did you lay the queen of pentacles or the queen of wands?

But either queen does successfully manage to look after her responsibilities of work and home-which is a positive and a question that you may ask yourself and your ability to be able to do both.

The queen of pentacles is still very focused on family whilst working hard, the queen of wands is more so focused on her career but she does manage her family too.

Great thoughts on the foundation being established too.

Student: 18/2/2017 the shadow is the Queen of Pentacles, though I do find it interesting I wrote Q. of Wands in the body. I do relate to both Queens very much so perhaps it is a blend of energies being lent.

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**Question:** What do you feel the theme of the reading is?

**Student:** I feel the key is to lay a solid foundation now via continued learning through the ITF and to understand that it is possible to balance my need to help others and my need/desire to ensure my family is also taken care of.

**Mentor:** I really like how you talk of the foundation being built..I agree, this King is resourceful and has all he needs to ensure he is equipped to move forward onto his next goal..and importantly, move forward with confidence.

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**Question:** Describe the energy of the Key Major

**Student:** The Hermit: I will need to look within for guidance as to how to proceed in such a way that fits me. . . . .I also feel that the Hermit will guide me as to the way forward of helping others, while staying true to myself.

**Mentor:** The Hermit is such a wise counsellor, who better than he to assist you on this journey. It is interesting that you have the Star in your reading, whose emphasis is on the longterm vision and here we have the Hermit who focuses on

the shorter term vision and insight. He is like your stepping stone in a way and as you rightly describe- he will be your guide.

**Question:** Can you describe any links that you identify between the interpretation and the Key Major.

**Student:** I feel the link is that the Hermit offers the guidance if I listen within on how to proceed forward. . . .by continued learning, laying down the ideas that I have to grow some sort of way to help others, and to find the balance by following my inner voice

**Mentor:** How insightful this is, yes the Hermit seeks knowledge and this knowledge he can later share..

Excellent Session Chaitali! Really well done.  
Blessings, Lara

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## Session 3:

### Calculating your Individual Tarot Birth Card

**Question:** Referring to the method stated in the resource, calculate your Tarot Birth card and shadow card.  
Please state them below

**Student:**  $21+11+1977= 11=2$

The High Priestess, Shadow of Justice

**Mentor:** Yes, now just to add that the number 11 is a master number, which is very important. This means that we do not need to reduce this number down to the single digit. I often do to give more insight but I also

take a lot of the insight from an aspect of Justice too, when doing a profile of the Birth Card.

Student: 18/2/2017 so Lara, what would it be, Justice with HP as Shadow? And when calculating for others, would I leave it as an 11 birth card?

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**Question:** Note at least 5 features of your Tarot Birth card's insight

**Student:** With regards to the HP:

- 1) I depend on my inner feelings about people/situations that do not always match up with reality.
- 2) I am a little mysterious, as I do not readily open up to everyone
- 3) duality is a running theme for me
- 4) I am emotional, in-line with the element of water

With regards to the Shadow of Justice:

- 1) I definitely am aware of something if fair or not, a theme I even use in raising my children
- 2) I firmly believe in the golden rule, do unto others as you would have done to you.

**Mentor:** Excellent, you have a wonderful insight of the relationship between your Birth card and it's shadow. I would say that number 11/2 individuals will feel their way through life at a very deep level.

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**Question:** Describe one challenge of your Tarot Birth card that you recognize within yourself.

**Student:** For myself, I feel I am still working on developing the HP's psychic and intuitive connection within my life. And fully accepting what she has to offer.

**Mentor:** Excellent, honest evaluation. This is something that will come with time, the more you learn to trust, the more you will be shown.

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**Question:** Can you see any aspect of yourself in your Tarot Shadow card?

**Student:** For Justice, I feel I take the theme to far at times and it can cause some bitterness and anger if I feel I was slighted. It also has been an ongoing

theme.....always the underdog not taken seriously and then it makes me feel like I am never recognized and am treated unfairly.

**Mentor:** Yes, this sounds very typical actually. It could well be one of your lessons recognizing that whilst you will have a remarkable ability to decipher and display fairness, others may not to this degree. Also, I do find, that the universe does adjust these wrongs, they may not be immediate but they do in fact come.

Very well done Chaitali, great session!

Blessings, Lara

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## Session 4 :

### The Insight of the Magician, High Priestess and the Empress Birth Card

**Question:** Consider for a moment, your 'Magician' sitter is having a relationship reading. The cards indicate that their partner is the Queen of Cups and somewhat 'needy' of her Lover. How and why would this show in the cards as a significant issue for him, more so than any of the other Birth cards?

**Student:** The Magician might struggle with the Queen of Cups emotional neediness as he is a thinker. Where she is water and emotion and needs the cup to be filled with some emotions/love/romantic gesture, he will naturally be more inclined to give philosophical offerings which address the mind not the heart per se.

**Mentor:** Yes, this is a problem that is in the making for sure. The Queen, if not fulfilled will become more so demanding for the Magician's attention. His logical mind may not quite understand her needs. You are absolutely right Chaitali.



**Question:** The High Priestess is an individual thinker and she appreciates fairness to the degree of making it her mission to right the imbalance in the World. However her cards indicate that she is becoming depressed and that work is causing conflict, she wants guidance...

Think of one job prospect that would suit her and one that would magnify the issue.

**Student:** A job that would suit her would be a guidance counselor as she is in a position to offer help to those who need it and she can impart her wisdom on them to help guide them through their struggle.

A defense lawyer on the other hand might not be the role for her. She would have to defend no matter if her client is really guilty or not and I think this would Definitely take its toll on her as she is quite ruled by right/wrong and fairness/justice for all.

**Mentor:** Very astute insight Chaitali, what a great perspective. I love how you explain the job that would not suit the High Priestess. This would be very challenging for her indeed and go against her core principles. It is interesting when I think about this as Justice is also her shadow.

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**Question:** The Empress's children have all left home now and she is unsure what direction to take in her life. The Tower shows up for her and the Ace of Swords.

Why would we see such a dramatic card for our Empress sitter?

**Student:** I love the Tower no matter how hard the lesson may have been in my life. For our Empress the Tower in combination with the Ace of Swords presents her with great change and a new way of thinking. She no longer has to be the focused Mother making sure that her children are growing and developing properly. She now must adjust to the empty nest and learn new ways and/or new thoughts of how to live and what to do. Perhaps now is the time to start a new "job," or a new creative interest that has been on the back burner while she focused on raising her children.

**Mentor:** I love this perspective Chaitali, how right you are. The Empress has opportunity for a new start and one she can embrace. We all too often think of the negative aspect of the Tower and yet, as you rightly say, it can bring new directions in life.

Well done Chaitali, a very insightful session.

Blessings, Lara

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## Session 5:

### The Emperor, Hierophant and Lovers Birth Card

**Question:** The Emperor is a decisive and structured man, what do you think his stresses in life will be?

**Please state below**

**Student:** For the Emperor, if there is too much chaos around this person will struggle. I imagine it would like living with someone who does not pick up after themselves. . . .ever! This could be very overwhelming for the Emperor as things will probably never be tidy and organized.

**Mentor:** Yes! He will like everything in its place for certain. Unfortunately, he may suffer from stresses in many areas of his life unless he learns to let go of the control a little. Maybe this is where we see his shadow card, the Death card come in? I often think that we are challenged in life on the very nature that we are driven by so that we can overcome aspects of it.

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**Question:** The Hierophant sometimes struggles to follow his heart, he wants to do the right thing, always.

Give an example of how this can conflict for him?

**Student:** If the Hierophant is a teenager, then perhaps there is a BIG party tonight, but there is also a BIG test tomorrow morning. This teen may struggle knowing the right thing to do is study, study, study, while our teen may also really want to the party with his/her friends.

**Mentor:** Yes and here lies the depth of conscience that the influence of the Hierophant gives an individual.

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**Question:** The Lovers are described as the Empath of the Birth Cards. They tend to be the ones to firstly help everyone and listen to everyone's problems.

What affect can this have on someone over a period of time?

**Student:** If the Lovers are always on the end of listening and trying to solve other people's problems, they will become drained of energy, both physical and metaphysical. They can only try to help so much being an Empath, because they "feel" the stories, which overtime can make them grow weary and even perhaps bitter and cynical of the world. Due to being Empaths, the Lovers must be careful as there will be an energy drain. . . .the person complaining will transfer their negative feelings and fill on our Lovers sitter's positive energy.

**Mentor:** Yes you are right, this is the eternal struggle for an empath. Learning how to draw boundaries is essential for the Lovers individual, people will always be drawn to them.

Well done Chaitali! Blessings, Lara

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## Session 6 :

### Chariot, Strength and the Hermit Birth Card

**Question:** What kind of readings do you think that you may come across with a Chariot' client?

Describe one potential situation

**Student:** I feel that this person will have the Devil pop up from time to time in their reads to indicate that the temptation is there, testing to see what they will do. I feel that they will always be presented with duality, again to test their resolve and their ability to not only choose well, but to find balance of the options. For example, let's take an alcoholic. . . they clearly didn't choose the right path in the sense that they chose the drink over sobriety. Then the Tower comes crashing down, perhaps they are presented with a life/death situation, perhaps a car accident. Now they are cleaning up their lifestyle, and are actually doing a great job day by day sobering up. Now they are invited to an open bar wedding reception, what will they do??? Will they choose the path of sobriety or will they partake in "one" drink, the Devil really is in the details here?? I think this type of example is one of many that a Chariot person will face in life. . . a test of their moral compass almost.

**Mentor:** Oh yes, very well explained too Chaitali! This is often the case for a Chariot. It sure is a test and one that they 'should' be able to succeed at. I often find that Chariots are challenged more so and their lessons can be tough. Many Tower hits until they stay true to their path.

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**Question:** Strength people seem to have challenges presented to them often, what is their coping strategy?

Describe what thoughts come to mind.

**Student:** It feels to me that Strength people must be pet owners, especially dog owners. I think this because when faced with challenges I feel that they would almost need to walk or have some physical activity as their way of processing the challenge. And well, dogs must be taken for walks, so this would be mutually beneficial. Also, I feel that having to take care of a pet would allow them to show their compassion and caring in a safe way so that they can not only process how to tackle the challenge, but to continue to use and grow their compassion so as not to become bitter given challenge after challenge.

**Mentor:** How interesting Chaitali, that is such a wonderful insight because Strength people are often outdoor and sun lovers. This would certainly be beneficial to them in many ways. From the research that I have carried out in the past, I have found that Strength individuals, often give service. Their compassion from their struggles helps them to help others who suffer.

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**Question:** The Hermit shadows with the Moon, can you describe any links that you see between the two cards?

**Student:** The Hermit and the Moon seem to be a perfect match. The Hermit leads us through the dark of our nature in order to help us find our truth. The Moon offers it's light as we traverse this inner journey. Additionally the Hermit helps us decide wade through the Moon's illusions helping us find the path. It's almost like they work together in order to help decipher each's message.

**Mentor:** Lovely way to explain Chaitali. This pairing do go especially well together and your understanding of them is excellent.

Great session Chaitali! Blessings, Lara

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## Session 7 :Bringing Insight together:

5 of Wands, Ace of Wands, 2 of Wands, 2 of Pentacles

**Question:** Using the method shown earlier in the course, calculate the Key Major State which Major please

**Student:** 9: Hermit

**Mentor:** Please re check your calculation Chaitali- it should be 10 which reduces to 1 the Magician. With this in mind, take a re look at the reading and then consider how the Magician can influence the energy of the reading.

Student: 3/3/2017 Magician:  $5+2+2+1=10 = 1+0=1$

Great thankyou Chaitali!

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**Question:** Considering the cards, the notes on the reading in the resource and what you know to be the Key Major, how do you see the Key Major associating with this reading.

Write your thoughts below

**Student:** I would see there being a second guess of: Am I doing the right thing? Is this the best choice I could make, or was it too spontaneous?

Student: 3/32017 with the Magician I feel our sitter is able to will this new job as she wants. Perhaps when she starts the job, she sees that she could be doing more within the role and so suggests that her role be expanded and/or given additional responsibility. With the additional work, I imagine she would also be able to renegotiate her pay to reflect the greater responsibilities.

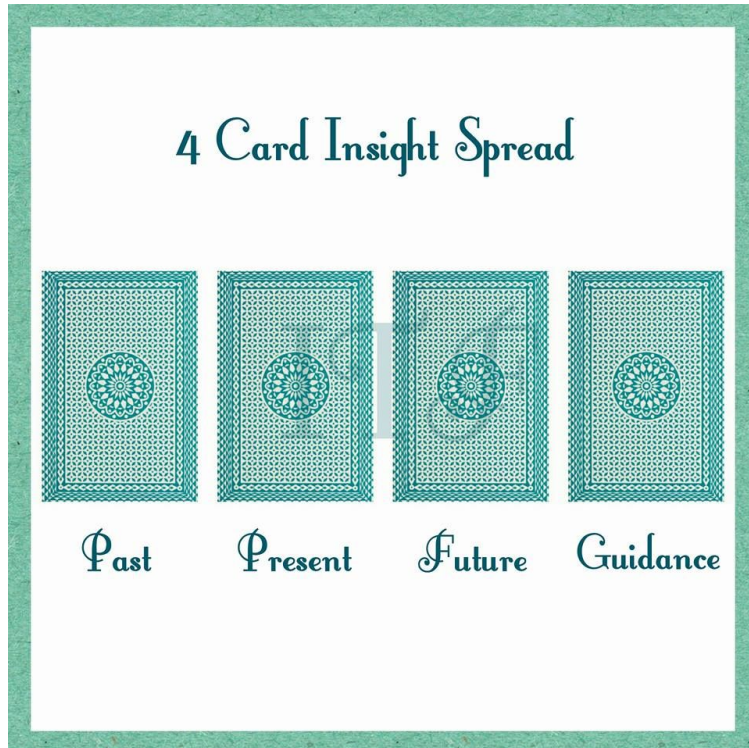
**Mentor:** Wonderful Chaitali, the Magician's energy is such a useful energy to have influencing this reading. His presence will give that additional confidence to discuss and negotiate as you say. He is a great major for commerce though so the read recipient can be reassured.

Well done Chaitali and thankyou for working on this promptly.  
Blessings, Lara

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## Session 8:

### Self Reading: Incorporating Numerology



State your question below

**Student:** What must I know about this year, 2017?

**Mentor:** Good question, a big question.

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**Question:** State the cards below please

You can include the 'Shadow' card, if you normally use it.

**Student:** Jumper: 3 of Swords, Rx

Past: King of Swords

Present: 9 of Pentacles

Future: 5 of Swords, Rx

Guidance: High Priestess

Shadow: King of Pentacles

**Mentor:** Interesting set of cards.

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**Question:** What observations can you make in regards to the number pattern of the reading?

**Student:** This year will be a year of healing and a release of past hurts/resentments/struggles/fights. I see the journey from the King of Swords, using my analytical mind to see if this trauma is really worth holding onto or is it time to cut it away. I see myself now enjoying the fruits of my labors in the 9 of Pentacles, this isn't the first time that she has shown herself to me in this facet. In the near future, I see myself laying down my sword for peace. Is it really worth being right or self righteous or continuing to let the past hurt me if it means that I am going to stand alone? I must continue using the discernment I learned from the King of Swords and combine his knowledge with my inner HP as guidance states. I must learn to befriend her and to fully trust in her. the shadow of the King of Pentacles makes me feel safe as I feel that through this whole year, I will not have to worry about money or the finer things in life as that is being provided for as the undercurrent of 2017. This makes me feel safe to continue my growth by really releasing all that no longer serves my Highest Great, while knowing that I am being supported

**Mentor:** Letting go of past hurts is always positive and the 9 of Pentacles is such an independent energy, she works hard for her achievements. I think that you have this just right with what you say about trusting the High Priestess. Her water will be a great addition to your readings.

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**Question:** What is the Key Major and how do you see the association?

**Student:** 2: High Priestess, which just further adds the importance of learning the lesson of trusting my inner HP and building the bridge that will strengthen our bond; yielding in a greater trust and greater



**Mentor:** Yes a very important message. If we look to the 5 of Swords, we see conflicts, when we see the High Priestess so close to such conflicts, she asks us to take no action.

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**Question:** What association do you see with your Tarot Birth Card?

**Student:** My Tarot Birth Card is 11, Justice, which is the lead card of 2, the HP. So again, this reading further confirms that I am on the right path and that

**Mentor:** Absolutely yes, the two working together are a great combination. If you look at the High Priestess, we see the energy of internal balance and if we look at the energy of Justice, we see the energy of external balance. This would be of great benefit to you.

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**Question:** Please give your interpretation or thoughts on the reading

**Student:** I feel that the reading was quite straightforward and really shows me that this is a healing year

**Mentor:** Yes, indeed so. Keep your guidance in mind and your will find the positivity and the balance that you are looking for.

Great session Chaitali! Blessings, Lara

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Session 9: Soul Purpose Self Read:  
Incorporating your Birth Card and Numerology Insights



**Question:** State your cards please and the Key Major for the reading

**Student:**

- 1) 8 of Pentacles
- 2) High Priestess
- 3) Star
- 4) 10 of Pentacles
- 5) Empress

Key Major: (4) Emperor

**Mentor:** Such an interesting group of cards Chaitali..Significant energy.

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**Question:** What is your Tarot Birth Card and what associations in any of the card positions can you see?

**Student:**

Tarot Birth Card: Justice, with HP Shadow

Given the above position of the HP in the #2 spot, I would say that the relationship between my birth card is help me become/transform into the HP. By this I mean, to encompass her energy into my life and to heed her call by listening to her guidance and to not only accept her, but to understand that I am safe within her arms as she will treat me and guide fairly.

**Mentor:** Absolutely, you have a strong link with your birth card within your reading. The High Priestess, Card 2 and in the number 2 spread position, interesting also. It would seem that your purpose is indeed to learn to allow the HP to guide you, trust your instincts and your feel. With the Empress being the 'outcome', I would see it as emphasising the importance of having faith and knowing how to use the energy of the HP to add to your creative potential.

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**Question:** What association is there with the Key Major and the reading?

**Student:** I find the key major of the Emperor welcoming and reassuring. I feel that under his watchful eyes, my soul's purpose and progress will be structured, almost like a ladder so that with every lesson I am given, my soul can move further up the ladder. Also, if more time is needed or more than one lesson is needed for my soul to learn and grow, I am still supported by the ladder and the structure of the Emperor. I feel his energy is similar to a strong, yet loving father. He wants to ensure my soul learns and grows, and has given me the safety net that will hold me and/or catch me whilst I learn.

**Mentor:** Beautifully expressed Chaitali.

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**Question:** Interpret your reading or give your thoughts on the aspects of Numerology that you can identify within the reading.

Consider the number patterns also.

**Student:** 8 of Pentacles tell me my soul personality is one of constant student and learner. I feel that there is an underlying curiosity to the man in the card. . . perhaps each pentacle is something new that he has learned over the years as he was curious about many things, as perhaps my soul is too! I also feel that this card tells me that my soul's perosna is diligent and steadfast, working towards things that interest my until I am "good" at them.

High Priestess as my soul's purpose tells me this is the time to learn to trust my inner voice and guidance. My soul is learning to develop a relationship with me and to help guide me to soul growth. I also feel that it is also to learn a balance in life, and to learn to control my emotions so that they do not get the better of me. I imagine that the HP has been through it all and that is why she can sit there stoic and not be phased with her current experience.

The Star as advice for my soul development feels to me that in order to grow, I may need to learn to heal first. I don't imagine that this is my soul's first physical body, but I do imagine in this lifetime it will be important to let go of the old hurts from this and other lives. I feel the advice is to also have patience, not only with the speed of my development, but will the cycles of life. Do not try to rush through things to get to the end of the tunnel. And to keep hope that the lessons being offered are for the betterment of me and of my soul.

10 of Pentacles as advice for progress feels to me as if saying be thankful for that has come and is coming to me. The advice would be to always be thankful no matter the lesson.

**Mentor:** You have connected well with your reading Chaitali and you have a genuine understanding of your Soul purpose. The Empress is a wonderful energy as the outcome for this reading and I would say that she is a positive sign that you will achieve your purpose. We often have to deal with hurts from the past before we can move forward and the Star card is an ideal energy for you here also. One very positive reading.

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**Question:** Advice for Soul's development?

10 Swords. Be aware of my limits for finding these truths.

**Student:**

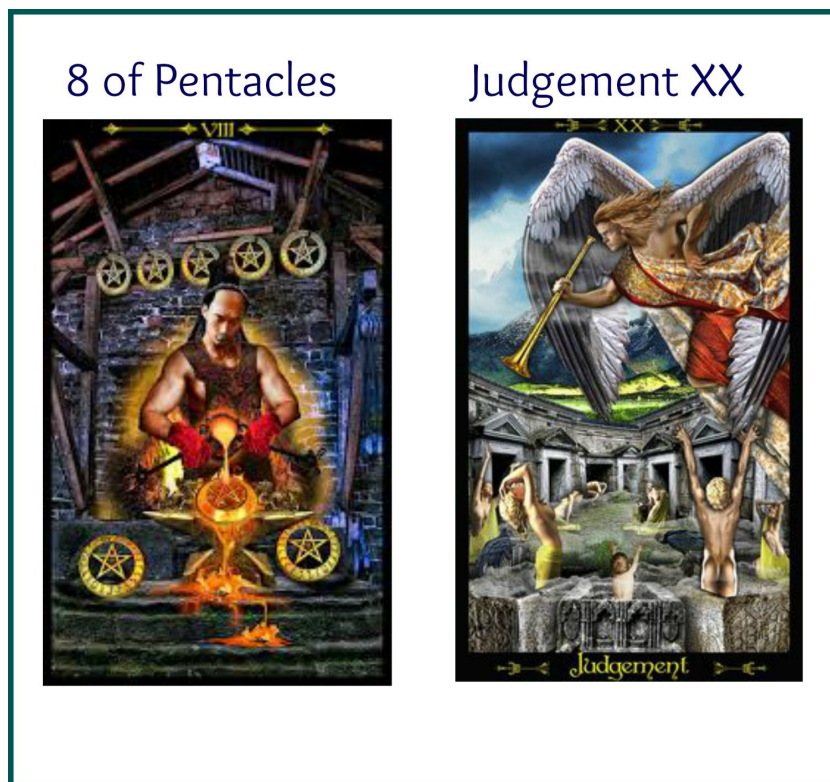
**Mentor:** Yes and know that a new dawn is on the horizon

**Wonderful session Chaitali! Blessings, Lara**

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## Session 10: Considering the insight of the Shadow Pair within a Tarot Reading

**Question:** Guidance for a female client who would like guidance on how to bring positive energy into her life.



Please write your initial thoughts on the guidance

**Student:** I feel that with the 8 of Pentacles our sitter has learned many ways in which she could bring more positivity into her life, but for some reason she is unable to apply the skill set that she has to her life. It's almost like she is or has been just collecting information but then leaving it behind her on the wall like the man on the card. With Judgement, I feel that she needs to think through everything that she has learned and judge which to take action on first. Perhaps she is overwhelmed by the collection of how to's

and is unclear where to start. With Judgement, I feel the angel will help her, perhaps that would be her first step, to pray for help. Even if she is non-religious, a simple please help me or please guide me is a good beginning.

**Mentor:** I like how you refer to Judgement as looking to past learning and reflecting on this. As the Major Arcana card within the 2 card reading, it will have significance over the other card and also the individual's life. Whichever the situation was of the 8 of Pentacles, this will change. As the reader we need to decipher whether the individual needs to let go of an issue around the 8 of Pentacles or are they being rewarded for their efforts in the 8 of Pentacles. Either way, Judgement will bring renewal, as this is their energy. You made some suggestions of how the individual may find answers and in many cases this will be helpful, what we can do is empower the client and guide them so they can identify with the energy of the 8 of Pentacles.

**Question:** Now consider the insight of the Key Major and it's Pair and make some notes below.

**Student:** Key Major: 1, Magician  
Shadow Pair: Wheel of Fortune + Sun

With the Magician as Key Major, this female sitter definitely has the skill set/know how to make the changes that she needs to in order to bring more positivity into her life. She just needs to do it! With the Wheel of Fortune and Sun as shadow pairs, I feel that there is change coming her way. The Fates are perhaps helping to see the positives even in the smallest of steps, like coming for the reading and gaining further insight. With the Sun, I feel she is heading in the right direction. And perhaps is another key step in bringing the positivity into her life, spending more time in the sun. Spending time in nature and taking the time to smell the flowers may help her feel more positive and grateful.

**Mentor:** Yes, very nicely explained Chaitali!

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**Question:** How can this insight be applied and integrated into the guidance for the client?

**Student:** As for guidance, I would suggest to her that she has the inner knowing on how to bring in the positive changes she is looking for. On days where she is overwhelmed by her choices, I would suggest to start simple, perhaps by taking a walk in nature in the sun. This will give her a new perspective as she walks. She can also make this into a walking meditation to make it a two for one step. She must remember to keep each step simple and to trust herself that she can and will do this. And if there are days where she just can't or doesn't want to deal with too much or with walking, I would suggest to just

say "Thank You" in gratitude for the simplest of things, like for waking up or for the hot cuppa tea or coffee. By using her judgement to keep things simple, she will be able to move forward with ease and use the skills that she has been collecting.

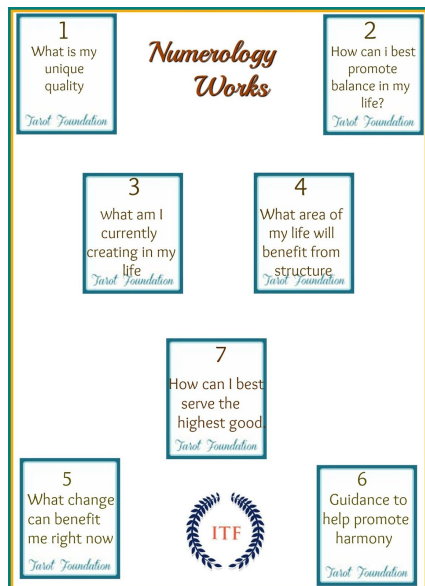
**Mentor:** Very peaceful and balanced guidance Chaitali yes, she will also be very prepared to embrace the new beginning that may be afoot.

Great session Chaitali, well done.

Blessings, Lara

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## Session 11: Self Reading: Numerology Self Reading



**Question:** State the cards with their positions

❖ You can include the 'Shadow' card, if you normally use it.

**Student:**

- 1) Queen of Pentacles
- 2) 9 of Swords
- 3) Page of Wands
- 4) 2 of Cups, Rx
- 5) Wheel of Fortune
- 6) Ace of Pentacles, Rx
- 7) 5 of Wands, clarifier: 8 of Cups
- Shadow) 7 of Swords, Rx

**Question:** What are your initial thoughts on the reading?

**Student:** My initial thought is there is much change afoot. I with the reversed 2 of Cups, 7 of Swords, and upright 8 of Cups as a clarifier, I feel that I am leaving a lot of old baggage behind and I am in the process of a change of perspective which will lead me to be like the Queen of Pentacles, admiring all of the positives in my life. With the Ace of Pentacles, Rx, I feel this is a delivery of this Ace from above directly handed to me, like an exchange of currency. If I can leave of the "stuff" of yesteryear behind, then this is the "coin" I will receive!

**Mentor:** Insightfully read Chaitali, the Queen of Pentacles is a quality you already hold, do you maybe not see this? Look how she is the foundation to everything and yet you seem to feel that you have yet to become this? The Ace of Pentacles reversed may suggest that you are blocking this and it is quite possible that your worries and concerns hinder this?

Student 22/3/2017: thank you Lara, I actually didn't see it at all. I can feel it inside that your words are true.....this could all be part of the shift in perspective that I need. I must learn to really "see" myself. ♥



Chaitali, you will see your worth, your self esteem will grow, others already see you that way and that is how wonderful you are. Always remember, we are what we create.:-) Blessings , Lara 24/3/17

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**Question:** Do you see any patterns, in regards to numerology, shadow pairs or anything that you feel is significant?

Remember to trust your feel too.

**Student:** I was most struck by the Wheel of Fortune in position 5. As 5's are known for change and/or conflict, I find the W.O.F in an appropriate spot. Almost like having a triple 5. . . .as 10 cut in half would yield two 5's in the 5th position. With that, I feel there will be major changes/shifts within and with out me this year! Which would also go along with an earlier session's reading too.

**Mentor:** A significant point to highlight yes. The Wheel of Fortune allows for opportunity to come from the changes we make also.

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**Question:** What is the Key Major and how do you see the association?

**Student:** To calculate, I have also included the shadow and clarifier card as I used them for the reading.

Key Major: 6, Lover's

Shadow Pair: Devil

I find this major to apropos given it will be MY choice as to whether I will let go and let God or will I hold on to the old ways, the old hurts and continue to live in an internal strife. With the Devil as it's shadow, I will be tested and be presented with people and situations from the past to see if I am ready to change and leave it behind so that I may accept the Ace of P, Rx to evolve into the Queen of Pentacles.

**Mentor:** Normally, I wouldnt calculate the shadow card and the clarifiers into the reading but if you prefer to do so then that's absolutely fine. It

would give the number 18-reduced to 9 which is the Hermit. I would see that the Moon is influencing quite strongly too and facing your fears and moving forward is a block for you but one that will benefit you. You will reach the sun once you take that step.

Student 22:3:2017: I would say that this in combination with the WOF suggests to me that this is the time to face my biggest fears. Removing the old programming and to start see myself in the light of day.

Absolutely yes! Lara 24/3/17

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**Question:** What association do you see with your Tarot Birth Card

**Student:** With Justice and the HP, I will need to learn that not all things will be fair and just in respect to leaving the old behind.. Yes, I was done wrong but by holding onto it, I continue to let "them," whether it be people or an event or a situation of the past, to control me and to continue to hurt and have power over me. Or will I see the best way to be Just and Fair to myself, is really to let go and to forgive not because they deserve it, but because I DO! I must learn the fair and just choice is to let go of the "them's" and the hurts they caused, and replace it with self love and care like the Queen of Pentacles.

**Mentor:** I love how you discuss this Chaitali, this was clearly something that has caused you considerable pain. Your Tarot Birth cards are the most 'just' and fair of all so experiences such unfairness is even harsher and deeper for you. What may give you some reassurance is in the knowledge that the universe will bring balance in this situation.

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**Question:** Please give your interpretation or thoughts on the reading.

**Student:** I think the reading as a whole is very welcoming and ensuring to me that the internal work that I am doing and will continue to do, is right for me. I feel that my unique quality in the Queen of Pentacles is have gratitude for all that I have right in my life. By focusing on this, I will draw more of that into my life, whether it be having gratitude for financial safety or to be thankful for the chair

that I sit on to do my work, I must learn/train myself to see the positive in everything with a grateful heart, even with those who may have hurt me dearly in the past.

With the 9 of Swords, I must let go of the worry of what will people think of me or am I enough or worthy. If I want balance in my life, especially in my emotional life, I must learn to let go of all of the negative thinking and retrain my monkey mind to see the positives that are all around me instead of focusing on the dark or the lack of.

The Page of Wands brings me welcomed new passionate energy to make the changes that I am talking about. Like him, I must see the how there are new buds on the wand instead of focusing on the barren desert around him.

**Mentor:** Chaitali, beautifully read, you are an absolute treasure to those in your life. Know your worth and the beauty you hold!

It has been a pleasure working with you on this course Chaitali, truly it has! Congratulations on completing another course! Blessings, Lara

My evaluation:

Chaitali has shown an excellent understanding of Tarot and Numerology, reducing to the single digit, examining the insight and applying the understanding to her reads. Lara Houston ( Mentor)

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