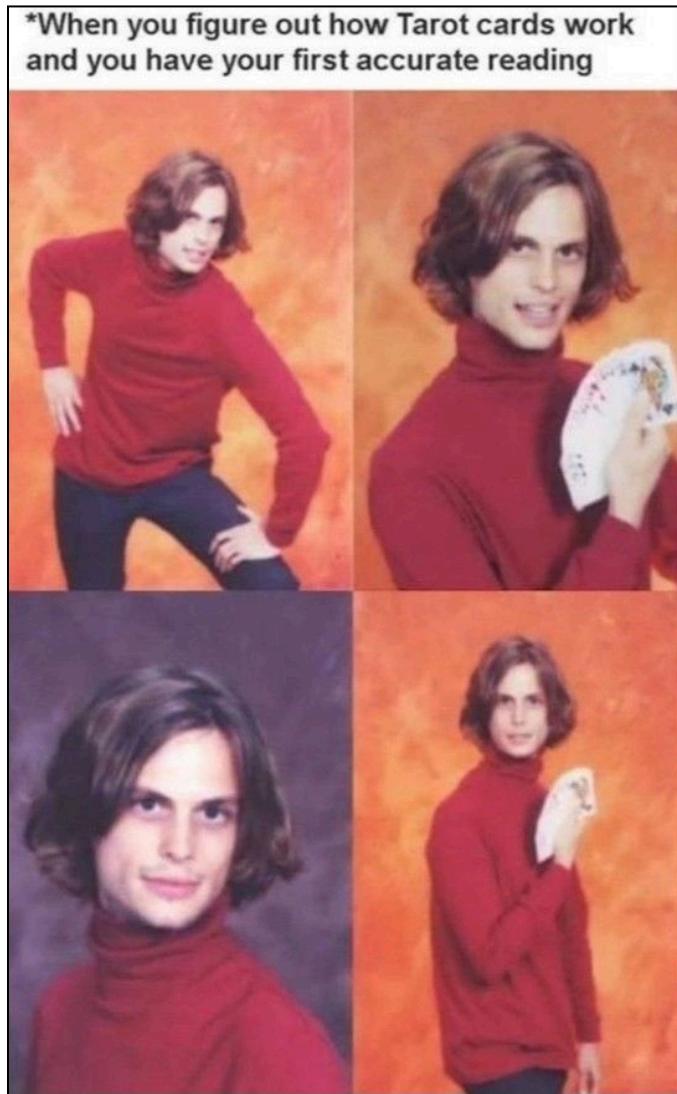


# Mindful Tarot: Readings, Rituals, and Self-Exploration

Course Designed by: Madeline Morningstar



**Course Description:** Explore the enchanting world of tarot card reading while cultivating your own mindfulness practice. This course combines essential intention-setting techniques, breathwork, and meaningful rituals with the exploration of tarot card symbolism. Students will delve into the history and significance of each card, master popular tarot layouts, and develop the skills to conduct insightful readings for themselves and others. Through practical exercises and group activities, you'll discover how tarot serves as a tool for storytelling, self-awareness, and navigating life's questions. By course end, participants will possess a deeper understanding of themselves, tarot reading, and the potential for personal growth and revelation that this reflective practice can offer.

**Learning Objectives:** Students will develop the ability to perform tarot readings for themselves and others with confidence and sensitivity. They will understand the historical origins of tarot, the symbolism of the cards, and various reading methods and layouts. Through integrated mindfulness practices – including

breathwork, meditation, and body awareness techniques – students will cultivate self-awareness and presence. Students will explore concepts of personal responsibility, the ethics of interpreting cards for others, and the role of storytelling in meaning-making. By the end of the course, students will be able to use tarot as a tool for reflection, personal insight, and thoughtful engagement with life's uncertainties.

Required Text + Materials:

[The Only Tarot You'll Ever Need](#) by Skye Alexander and Mary Shannon

Any Tarot Deck of your Choosing

Names and Pronouns:

If you use a different name or a different gender pronoun than the one under which you are officially enrolled, please let Ms. Morningstar know. Students are expected to respectfully refer to each other by their names and pronouns in class.

<b>Mindful Tarot: Readings, Rituals, and Self-Exploration</b> Course Overview		
<b>Unit 1: Why We Read Tarot for Ourselves</b>		
1	Introduction: What are Tarot Cards?	
2	Understanding and Practicing Mindfulness	
3	Exploring the History of Tarot Cards	
4	Breaking and Making Habits: Completing a Three-Card Read	<b>Bring Tarot Deck + Book</b>
<b>Unit 2: Why We Read Tarot for Others</b>		
5	Unpacking Self-Awareness in a Chaotic World	<b>Bring Tarot Deck + Book</b>
6	What is Our Responsibility to Others?	<b>Bring Tarot Deck + Book</b>
7	Practice Makes Perfect	<b>Bring Tarot Deck + Book</b>
8	Final Readings + Conclusion	<b>Bring Tarot Deck + Book</b>

#### **COURSE SCHEDULE**

Please be advised that the following schedule may shift to best address the needs and interests of our class.

## Unit 1: Why We Read Tarot for Ourselves

1

### **Introduction: What Are Tarot Cards?**

*What are the goals, expectations, and plans for this course?*

*Where did Tarot Cards come from and what is their purpose? What does it mean to search for meaning outside of ourselves? What can we do to practice self-awareness?*

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2

### **Understanding and Practicing Mindfulness**

*What does it mean to pay attention? When is it difficult to pay attention and where does that discomfort live in your body?*

**DUE: 1) Order course book + tarot card deck [OR] 2) Request an accessible copy**

1. [The Only Tarot You'll Ever Need](#) by Skye Alexander and Mary Shannon
2. Read: [How Mindfulness Can Ease Anxiety](#) by Alicia H. Clark Psy.D.

In-Class Mindfulness Exercise: Box Breaths

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3

### **Exploring the History of Tarot Cards**

*Where does this practice come from? Why do humans tell ourselves stories? Is this magic?*

**DUE: Bring tarot deck to class**

1. Read: [Before Fortune-Telling: The History and Structure of Tarot Cards](#) by Tim Husband
2. Read: [A History of Tarot Cards](#) by the Victoria and Albert Museum
3. Read: [The Colorful History of Tarot Is as Mesmerizing as the Decks Themselves](#) by John Last

In-Class Mindfulness Exercise: Diaphragmatic Breathing

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4

### **Breaking and Making Habits: Completing a Three-Card Read**

*Why do we do what we do? Is there a way to make our daily behaviors more sustainable and what does that process look like? How do I read my own tarot cards?*

**DUE: Bring tarot deck + reference book to class**

1. [A simple way to break a bad habit](#) by Judson Brewer
2. [On being wrong](#) by Kathryn Schultz

In-Class Mindfulness Exercise: Breath Focus Techniques

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## Unit 2: Why We Read Tarot for Others

5 -

### **Unpacking Self-Awareness in a Chaotic World**

*Why is it difficult to know what you want? What does the existence of tarot cards say in response to that question? Why does everything change?*

**DUE: Bring tarot deck + reference book to class**

1. [Why do time, people, and life change?](#) by A Little Butterfly
2. [Benefits of self-awareness: increase emotional intelligence and wellbeing](#) by the Life Tools Programme

In-Class Mindfulness Exercise: Color and Shape Visualizations, Adaptable to Non-Visual Approaches

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6 -

### **What is Our Responsibility to Others?**

*What does it mean to interpret the answer to someone else's personal question?*

*What if we tell someone something difficult? What do we do when we learn something difficult ourselves?*

**DUE: Bring tarot deck + reference book to class**

1. [Responsibility: What we Feel, not What we're Held to](#) by Robert M. Ellis
2. [Do I have any responsibilities and obligations?](#) in the Human Rights Guide

In-Class Mindfulness Exercise: Body Scans

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7 -

### **Practice Makes Perfect**

*10-Card Reads for ourselves and others.*

**DUE: Bring tarot deck + reference book to class**

In-Class Mindfulness Exercise: Deep Listening

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8 -

### **Final Readings + Conclusion**

*What did I learn? What will I continue to practice?*

**DUE: Bring tarot deck + reference book to class**

In-Class Mindfulness Exercise: Mindful Noticing