

Tips for a Satisfying Tarot Session



James Himm Mitchell, M.A.

Fairy Tarot Cards are by Doreen Virtue, Radleigh Valentine, and Jeff Bedrick.
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About the Author:

James Himm Mitchell

My name is James Himm Mitchell, and I'm the intuitive consultant at *LifePlan Coaching & Consulting*.



I help spiritual seekers by providing insight, guidance, and direction with the use of Tarot, so they can create positive changes in both their personal and professional lives.

To connect with me on social media, you'll find me on Facebook at [facebook.com/LifePlanCoaching](https://www.facebook.com/LifePlanCoaching), on Twitter [@JamesHimm](https://twitter.com/JamesHimm), and on Instagram [@jameshimm](https://www.instagram.com/jameshimm).

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Introduction



This e-book has been created as a guide for people wanting a session with me, specifically, but I think the suggestions mentioned would be applicable to most readers.

This is, in part, due to the numerous people I have had the pleasure to consult with over the years, and to help those who may be considering a reading for the first time.

Come with Questions



When coming to a session, it's good to come with questions in mind.

I suggest asking yourself, “*What is it that I really want to know about at this point in my life?*”

Start with the issue or concern you want to know most about first. The reason being that, in the course of a single session, all your questions may not get addressed. So, at least, make sure that the issue you need answers to the most is always asked first.

The questions should be as *specific* as possible.



For example, you may want to know about your job. It's not enough to ask, *"What do I need to know about my job?"*

The questions I would then ask would be:

"What is it specifically about your job do you want to know about?"

"Are you interested in knowing about a raise or promotion?"

"A new project?"

"A change in careers?"

"Your working relationship with another co-worker?"

"Whether you will be laid off or transferred?"



The more specific the question, the more specific the answer.

To Ask a Question or Not? That is the Question

Now, I have conducted what I refer to as “general overview” readings, when no specific questions are asked (this is mostly done at parties and psychic fairs, due to time constraints and the number of people I see at these events).

It has been my experience, with general overviews, that you get a lot of information (mostly generalized) about a number of events and situations, which can create the need for a second reading to either clarify things or answer a more specific question that has now come up.



Pictured: The High Priestess card, from the *Mystic Dreamer Tarot*, created by Heidi Darras. Published by Llewellyn.

Another thing concerning questions is that you should ask them in a way that places some level of responsibility on yourself.

For example, a common question I get is, “*When will I be in a relationship?*”

A much more meaningful question would be, “*What do I need to do to become open and willing to be in a relationship?*”



A question asked in this manner indicates the questioner is assuming responsibility for his or her part in a relationship.

Along these same lines, I often get, “*When will I become rich* (usually associated with winning the lottery!)?”

A better question I often suggest to clients is, “***What do I need to know about my relationship with money?***”

People seem surprised by this, but we are all in relationships with money.



And, like some of our other relationships, some can be good, and some challenging.



Some readers don't like having the questions asked, and that's fine.

It's believed that too much information can be a hindrance, and that the cards will answer the most pressing concern in the seeker's life at that moment.

I offer this to consider: when going to a doctor or car mechanic, they will ask you what the problem is, with your body and car, respectively. You have to give some specific information in order to get the best treatment possible for your body or car.

It's the same with a reading.

A Word About Timing

Another aspect with regard to questions is that of timing. Working with the Tarot is an intuitive *art*, not an *exact science*.



This means that timing can only be an *approximation*. You can help with this by placing a time reference in your question. An example of this would be, “*Will I be getting married in the next year?*”

Final Thought on Questions



The last thing I want to mention, in regard to questions, is this:
When you have prepared your questions, consider all aspects of the question.

The reason I say this is because you, as the seeker, need to be prepared to hear any and all possible responses to your question.

Don't go into a session thinking that you'll validate only what you want to hear, because you're attaching a particular outcome to your question, and may wind up being disappointed.

The sessions are not necessarily about what you want to hear, but what you *need* to hear.



Consider the Information Given

Most often, you'll be given information to consider that you'd never thought about before.

Don't be so quick to dismiss something because you think it's not true or important.

Readings are meant to enlighten you by providing you with what you don't already know (as well as what you do know); otherwise, what would be the point?

So it's important to be open to all the information that comes through, and evaluate it afterward.



Pictured: The High Priestess card from the *Steampunk Tarot*, created by Barbara Moore, with art by Aly Fell. Published by Llewellyn.

The Energy You Bring...



Come to your session as calm and relaxed as you can be. I know with some situations being looked at, that can be challenging, but the reader can become blocked by the nervous energy.

Again, if you're afraid of a particular piece of information you might receive, consider whether you really want--and are really *ready*--to have the reading done.

Be a Part of the Process!

Be a part of the process!

- Ask if it's all right to take notes or record the session. I encourage clients to take notes, and I offer to record the session as well, so I'm open to this.
- Ask questions if something is unclear, and you need to have a point clarified.
- And lastly, validate the information you know to be true during the session.



Interact with the reader!



After the Reading



After you've had your reading, when things happen in your life that came up in your session, let your reader know by dropping him or her a line.

I can only speak for myself here, but I love hearing from clients, knowing that the information they were given was beneficial and manifesting in their lives!

In Conclusion...

I think I can safely say that if you consider following these suggestions, you will leave your session feeling satisfied with what you received.



Pictured: Cards from the *Robin Wood Tarot* by Robin Wood.
Published by Llewellyn.

To Schedule Your Tarot Session

If you're interested in having a Tarot session, you can arrange it with me:

- by phone: (843) 708-2199
- by e-mail: james@jameshimm.com
- or book your appointment with my online scheduler:
<http://www.jameshimm.appointy.com>
- via my site:
<http://www.life-plan-blog.com/tarot-consultations>



Pictured: Cards from the *Original Rider Waite Tarot* by
A. E. Waite & Pamela Colman Smith.
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