

# Mini Tarot Practice: One-Card Clarity

## 1. Ground

Close your eyes, take 3 slow breaths. Feel your feet on the floor.

Say (out loud or silently):

"I'm grounded, I'm present, I'm open."

## 2. Set an Intention

Ask a clear, open-ended question like:

- What energy do I need to be aware of today?
- What do I need to focus on right now?
- What message wants to come through for me?

## 3. Shuffle & Draw

Shuffle slowly, keeping your question in mind. When it feels right, pull one card.

## 4. Reflect

Look at the card. What's your first instinct or feeling?

Then ask yourself:

- What stands out in the image?
- How does this card answer my question?
- What action can I take based on this message?

## 5. Close

Say: "Thank you. I release this reading and carry it with clarity."

(Optional) Jot a note in your journal or grimoire.