# THE COLORING BOOK

## THERESA REED





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## HOW TO USE This coloring book

There are many ways to use this coloring book. Feel free to do what feels right to you, but here is what I suggest.

#### STEP 1 Get a Tarot Deck

I recommend that you purchase the Rider Waite Tarot Deck, which is considered the "classic" or "gold standard" of Tarot decks—a must-own deck for any Tarot lover.

The images in this coloring book are modeled off the images in the original guide to the Rider Waite Tarot, *The Pictorial Key to the Tarot*, by A. E. Waite, so as you color the images in this book, you can pull out the corresponding Rider Waite card and keep it beside you as a "model" or "coloring guide."

You can purchase the Rider Waite Tarot Deck at online retailers that sell books or at your friendly local metaphysical shop. Just march in and say to the clerk, "I'd like a Rider Waite Tarot Deck, please and thank you." They'll know what you're talking about.

#### STEP 2 Gather Your Coloring Supplies

Got your deck? Great. Now get a set of crayons or colored pencils that you like. Felt tip pens can work, but they may bleed through the paper, so I don't recommend them. If you want to get supercrafty, get some glitter, stickers, washi tape, or gems to add some personal flair!

#### STEP 3 Choose a Peaceful Time

When you're ready for a coloring session, pick a quiet time when you won't be disturbed. First thing

in the morning may work for some, while others might find this practice to be more relaxing at the end of the day. Coloring is a meditative act, so a peaceful environment is best.

#### STEP 4 Set the Scene

Organize your workspace so that you feel centered and peaceful. If you like, you may wish to light a candle or a stick of incense. Soft music in the background can create a lovely ambience.

#### STEP 5 Begin Coloring!

You'll notice that each coloring page in this book includes some helpful info about the card you're about to color—like what this card usually means when it pops up in a reading and so on. I recommend reading this info before you start coloring. If you'd like, take a moment to close your eyes and soak in the information. Then, color away!

#### MOST OF ALL Do It Your Way

There's no "correct" way to color each card. This is your coloring book and your journey!

You may want to start with the background and work your way to the center of the card. Or you may be called to start on one symbol that is catching your eye. You might want to glance at the corresponding card from the Rider Waite deck and color the card in your book exactly the same way, creating a mirror image. Or you might want to go wild, defy traditions, and do a totally different color scheme. Go ahead!

As I mentioned above, coloring is a meditative act. As you continue working on the image, you may

find yourself becoming more relaxed. The more you lean in to this feeling, the more you may discover in the Tarot.

#### **REFLECT AND MOVE ALONG**

When you are done coloring each card, take a moment to examine the finished image.

What did you learn about the card? What do you feel is the essence of it? It's great to understand the general meaning of each card. But when you are doing a Tarot reading, try to forget what "the pros" think and trust your personal instincts. Take your time and notice any thoughts that arise as you color along. Do certain cards trigger strong emotions for you? Do certain cards remind you of someone you know or a situation that's currently going on in your life? Is the card delivering a particular message to you right now? Is there a lesson or story that you suddenly recall?

Gaze at the illustration for a few moments and then jot down any thoughts, interpretations, or feelings that emerge in the space following the description of each card or in a journal.

Enjoy your handiwork, and then move on as you feel called.

Most of all, try not to become discouraged if you forget what certain cards are called or what they signify or if you get confused as you move along. Learning how to do Tarot is just like any other skill (like bike riding, playing the piano, making sushi, or becoming a superfly rapper). The more you practice, the more intuitive and instinctual the process will become. Keep practicing!



## A QUICK INTRO TO TAROT

"When should I start my own business?" "Should I try to negotiate a better offer . . . or back off?"

"What do I need to know about this hot new guy I just met?"

"Why do I have such a weird feeling about this potential job opportunity?"

Got questions? Tarot's got answers.

Tarot is a practical—and mystical—tool for intuitive reasoning and decision making.

Learning how to read a Tarot deck can help you weigh options, identify unseen opportunities, avoid

pitfalls, and confirm that your "hunches" are correct. I believe that everyone—yes, everyone—is born with intuitive abilities. We all get "funny feelings" and "flashes of insight" and "solutions" that seem to pop out of nowhere. The more you use your Tarot deck, the more you'll connect to your intuition, and the stronger your abilities will become.

Plus: it's fun!

Before we dive into the coloring portion of this book, the following chapters provide some info about what Tarot is and isn't, where it came from, and how you can use Tarot to answer questions and solve problems in your everyday life.

#### A (BRIEF) HISTORY OF TAROT AND THE ORIGIN OF THE RIDER WAITE DECK

Where did Tarot begin? Who started it? And why?

Confession: I am not a Tarot history scholar. Some people love to geek out over the history of Tarot, but that's never been my jam. (I'd rather eat a delicious, buttery croissant rather than learn the entire history of French baking, you know?)

But here's a zippy, condensed version of the history of Tarot, just to give you the basics:

Tarot started in Italy during the 1400s. Back then, the early decks were called *carte da trionfi*, or "triumph cards." It does appear that the first Tarot decks were created as a game (they are still played as a game in many parts of the world to this day).

- Tarot cards were rare and expensive—a privilege of the upper classes—until the invention of mass printing in the mid-1400s.
- By the 1500s, more people were able to get their mitts on a deck of Tarot cards, and their popularity began to grow.
- In the late 1700s, a guy named Jean-Baptiste Alliette, often known as "Etteilla," published one of the world's first books on Tarot. In the book, he described how these cards could be used to understand conflicts, make wise decisions, and even predict likely future events. This book created a bump in Tarot popularity. (And triggered a few raised eyebrows and objections from certain religious leaders who were not feelin' it.)
- In the 1900s, Tarot experienced another surge in popularity when a guy named Arthur

Edward Waite commissioned artist Pamela Colman Smith to create a new Tarot deck: the Rider Waite deck. Even today, this deck is considered the "gold standard" of Tarot decks, a timeless classic.

 Today? Tarot continues to come "out of the shadows" and is finally being celebrated and accepted for what it is: a tool for awareness, divination, and conscious decision making!

Lots of celebrities have openly expressed their Tarot love. Some reportedly have a Tarot card reader in their business entourage. (Um, Hollywood celebs, call me if a spot ever opens up. I am in!). Tarot is beginning to enter "the mainstream," and lots of artists are producing whimsical, unconventional Tarot decks—everything from vampire-themed Tarot decks to decks featuring cats wearing Victorian costumes (a favorite of mine!). More and more people are recognizing that Tarot is a fun, useful tool—there's nothing inherently "spooky" about it.

That brings us up to date, historically speaking. If you're a passionate history buff and you want to dive deep into the history of Tarot, I recommend reading *The Tarot: History, Symbolism, and Divination* by Robert Place—an excellent and very thorough book on this topic.

Now that our mini-history lesson is complete, let's move on to discuss colors!

#### ALL THOSE COLORS IN THE DECK: WHAT DO THEY MEAN?

In the world of Tarot, every color holds meaning and significance.

When an artist is creating a new Tarot deck, she's not choosing colors randomly—she's choosing each color with thoughtfulness and intention.

This is certainly true for the Rider Waite deck.

The colors you see on the cards in the Rider Waite deck are not accidental. Each one represents a specific quality or emotion.

Here is a general guide to the colors that show up in the Rider Waite deck:

BLACK negativity, evil, transformation

BLUE peace, spirituality, aspiration, tranquility

BROWN earth, ground, stability, commitment

GRAY depression, mystery

GREEN nature, renewal, vitality, prosperity, abundance

ORANGE success, aspiration, fun

PURPLE spirituality, ideals, wisdom, royalty, psychic

RED vitality, love, passion, action, danger

SILVER illumination, clarity, awareness

WHITE purity, peace, innocence

YELLOW intelligence, creativity, student, positivity, healing

On the description of each card, I list the traditional colors in the Rider Waite deck for quick reference. Feel free to take a peek at your deck as you color. But remember, you've got options.

You can color the images in this book so that each matches the corresponding card in the Rider Waite deck exactly, if that is your preference. Or you can break away from convention and color the cards your own way, using nontraditional colors. It's up to you. Whatever feels most enjoyable, relaxing, and fun is the way to go!

#### WHAT DOES "DOING TAROT" OR "READING TAROT" ACTUALLY MEAN?

When you "read Tarot" or "do Tarot" (same thing) this is what's happening:

- You come up with a question. (Or if you are doing a reading for someone else, such as a friend, family member, or client, you ask them to come up with a question.)
- You sit with that question for a moment, taking a deep breath or two, letting it sink in.
- You shuffle and cut your deck of Tarot cards.
- Then you pull out a single card (or, if you're being fancy, you pull out several cards to create a "spread").
- You gaze at the card (or cards) and see what is revealed to you. (You might refer to the reference book that came with your deck if you're drawing a total blank, or your "gut" might give you a strong message or interpretation—no book consultation required.)

That's pretty much it: come up with a question, shuffle, cut, pull out a card, stare at it, blammo—

epiphany. Maybe I'm exaggerating on the epiphany part. For you, it may be a gentle knowing or a little intuitive nudge. That's Tarot in a nutshell.

Okay, perhaps I'm being a little overly simplistic, but, honestly, not by much! Anybody can learn how to do Tarot. The process is simple—the tricky part is getting completely calm, centered, and focused so that when you pull out a card and gaze at it, your intuition can actually "speak" to you instead of getting drowned out by all the chatter and stresses and monkey-mind stuff that typically crowd your brain.

Sometimes a card will show up upside down when you place it for a reading. In the Tarot world, this is called a *reversal*. Some Tarot readers take the reversal into account, while others treat the card as if it's right side up and don't "read into" the reversal. Either way, you can deliver a powerful reading. But I recommend giving reversals a whirl, because reversals can add subtle nuances to your readings, and, personally, I love that!

#### TEN WAYS TO USE TAROT IN YOUR EVERYDAY LIFE

Tarot can be used in a lot of different areas of your life. You can use it for the following:

- General decision making ("This or that?" "Rent or buy?" "Taco or burger?")
- Understanding the best way to help a loved one ("How can I support Mom right now?")
- Coming up with creative ideas ("What should I blog about this week?")
- Finding strategies for sticky situations ("What's the best way to proceed with \_\_\_\_?")
- Mapping out plans for the future ("What should I focus on next year?")
- Seeing the potential in a situation ("I feel stuck. What's the silver lining for \_\_\_\_?")

- A conversation prompt ("How does this card make you feel?")
- Avoiding pitfalls by looking at potential roadblocks and outcomes ("What is one challenge that's likely to come up if I choose \_\_\_\_?")
- Timing ("Now or later?" "Move forward or back off for now?")
- Entertaining your friends! ("Anybody got a question?")

If you want to learn more about how to do Tarot for yourself or your friends—including simple one-, two-, and three-card spreads that are great for beginners check out chapter 11, "Spreads and Layouts."

If you're ready to get acquainted with each card in the deck—and start coloring!—then just turn the page.





## THE MAJOR ARCANA

Every Tarot deck has two types of cards: Major Arcana and Minor Arcana. There are twenty-two Major Arcana cards and fifty-six Minor Arcana cards for a total of seventy-eight cards per Tarot deck.

We're going to begin our Tarot coloring journey with the Major Arcana.

Major Arcana cards represent the bigger spiritual picture: the big, deep, powerful forces that may be creating opportunities or obstacles to our personal growth. Major Arcana cards are sometimes called "trumps" or "trump cards," but in this coloring book, we're going to stick with "Major Arcana."



## THE FOOL

#### Card Number: 0

*In our modern culture, calling someone a "fool" means you think they are reckless or stupid. But in the Tarot world, the Fool is no dummy.* 

The Fool represents someone embarking on a new adventure. Brave. Curious. Playful. The Fool is willing to put it all out there and try something new. If you've ever loaded up your car for a spontaneous road trip, ready to embrace whatever lies ahead, you have felt the thrilling, adventurous energy of the Fool. The Fool card is number 0, which represents nothingness, unlimited potential, or what Zen Buddhism calls "the beginner's mind." This card represents new beginnings, risks, and a leap of faith.

#### **REVERSED (UPSIDE DOWN)**

The Fool becomes hesitant. He pulls back from the edge. Is this wisdom or doubt? Are you staying in your comfort zone out of fear? Or are you simply not ready to move forward? If this card comes up for you in a reading, you might want to examine how fear may be playing a role in your life. The Fool reversed can also represent recklessness, immaturity, and impulse, not looking before leaping.

#### NOTICE THE SYMBOLS

A CLIFF The Fool is standing awfully close to the edge of the cliff—yikes!—yet he seems confident and joyful. The Fool craves adventure, even a bit of danger, but he knows his limits.

THE DOG The Fool has a small dog as a companion. The dog leaps playfully, perhaps mimicking his master's jubilant energy. The journey might be short or long, but the Fool won't be traveling alone.

A ROSE In the Tarot world, roses often symbolize freedom—particularly sensual or sexual freedom. The Fool might enjoy some, ahem, liberated "pleasures" in the near future.

BOOTS Those boots were made for walking! The Fool is geared up and ready for the journey ahead.

COLORS In the Rider Waite deck, the Fool is wearing a green, black, and yellow tunic over a white shirt with yellow boots. His rose and dog are both white. The sky is yellow with a white sun. The jagged mountains on the horizon are blue and white. (Peek at your deck to check out the color scheme in more detail.)

How do you want to color in The Fool? Which colors make you feel like taking a big, brave step? Go for it!



## THE MAGICIAN

Card Number: 1

*The Magician symbolizes the ability to direct your energy toward the things you wish to accomplish.* 

Unlike the carefree Fool, the Magician is ready to get down to business. His tools are laid out before him, and his stance is powerful. With a wand pointed to the heavens and a finger to the earth, this crafty trickster sets his intention and focuses his will on manifesting a goal.

Think about the times that you've wanted something so badly, you mustered every ounce of your power to make that happen. The Magician represents that level of willpower. This card also means skill, talent, and having all the tools you need to make epic stuff happen. The power is yours. It's up to you to stand in that power. So mote it be, indeed.

#### REVERSED

The Magician lacks the skills and gumption needed to succeed. This could be due to weakness, laziness, or incompetence. The power becomes blocked, and, in some cases, there may be a tendency to blame others for your inability to manifest your goals. The reversed Magician isn't just negative thinking—it can also symbolize an abuse of power. How are you taking responsibility for where you are . . . or aren't? Empowerment begins within.

#### NOTICE THE SYMBOLS

#### THE INFINITY SYMBOL ABOVE HIS

HEAD Also called a "lemniscate," this represents the endless energy in the universe. Energy is neither good nor bad; it's just available for our use. It's up to you to set the right intention and then take action.

THE SNAKE BELT AROUND HIS WAIST Snakes symbolize renewal and rebirth. What are you ready to transform?

A WAND, CUP, PENTACLES, AND SWORD

ON THE TABLE Like a chef's *mise en place*, these are his tools and represent the four elements: fire, water, earth, and air. The Magician has all the resources he needs to succeed. He brings his talent and willpower to the table and bam—magic happens!

COLORS In the Rider Waite deck, the Magician wears a bright red robe over a white gown. His table is a reddish orange. The cup and pentacles are yellow, while the sword is silver. He has two wands—a brown one on the table and a white one in his left hand. The flowers around him are red roses and white lilies.

Which colors make you feel powerful?

