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Using Tarot to Access your Personal Power By Lisa De La O Wyman



USING TAROT TO ACCESS YOUR PERSONAL POWER

By Lisa De La O Wyman

My main goal in reading Tarot for others is to help them access their personal power. Each one of us is immensely powerful and our potential is huge, beyond comprehension. Unfortunately, we spend a lot of time feeling frustrated, hurt, and conflicted by the complexities of life. But that's just a starting point. In every moment we have opportunities, perhaps not always the ones we want, but we can choose to engage differently. With Tarot, I urge people to focus on the power of right NOW. The real juice is in the present moment, which will inevitably influence the future anyway.



During a reading, I encourage clients to see what an effective force they are in their life, how impactful their decisions are, and how much agency they truly have. The cards are an invitation to a possibility, not an inescapable fact that you just have to accept. Tarot isn't scary at all. I love seeing my clients leave feeling lighter and more aware of their innate wisdom and capability. I witness them realize that they can make choices supporting a more expansive vision of their life. Especially right now, as we all face the reality of COVID-19 and the fear it creates, Tarot can help us to ground and balance. Our thoughts and emotions don't always accurately convey the truth of a situation, so pulling some cards can bring us back to center and remind us that we are safe, whole, and have options.



The remarkable thing about Tarot is that it really defies any sort of categorization. It's been around for centuries and continues to break through old stereotypes and superstitions. I see Tarot as a sacred art---it connects us to our own experience and the sublime, the mystery of life. It's both universal and intensely personal. For me, Tarot is most powerfully a tool for self-awareness. It was created by human beings to reflect the human experience. This system of archetypes and symbols is something we can all understand. As our world evolves, the meanings of the cards also evolve. It's a living practice that can be worked with spiritually, psychologically, and creatively. You don't need to hold certain beliefs to benefit. They can be used as a form of prayer or spiritual connection, inspiration, communication, or problem-solving. It's more about being open to a new perspective and seeing the role you play in your own life from a vantage point of empowerment and choice. In a way, it's about accepting that there's more to you than you know, and that it's a good thing!



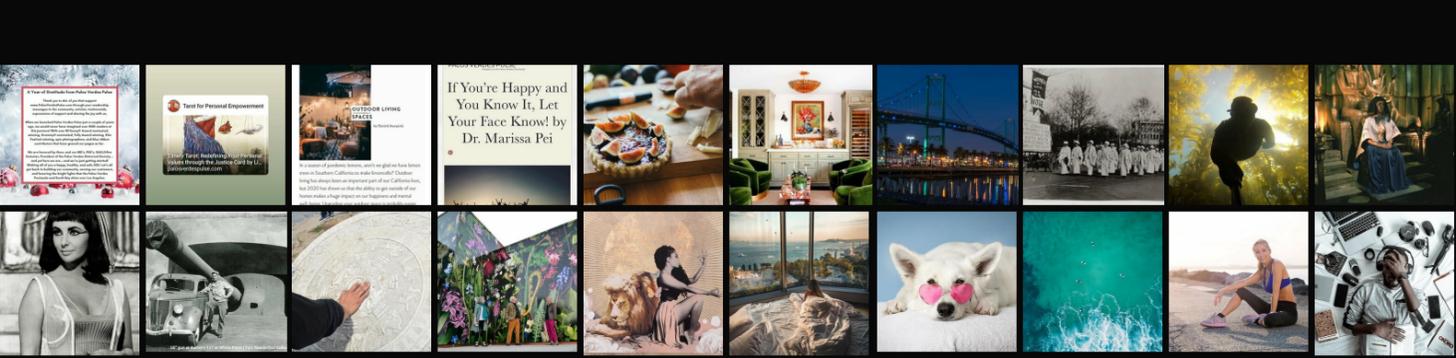
Lisa De La O Wyman is a Tarot reader and writer based in Redondo Beach. Through Tarot for Empowerment she works with individual clients, private parties, and special events. Through her work she seeks to connect people with their innate power as well as encounter the mystery in everyday life. She can be reached via Instagram and Facebook at @tarotforempowerment.

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