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Beginners guide to tarot

When I was 15, I meditated quite a bit. I was dealing with some anger issues (mostly anger at being a teenager in an undemanding school system whose friends had started acting in inexplicable ways) and I'm not sure how I learned it, but I had regular practice for almost a year. Fast forward 18 years, and I have a regular practice that starts again, yet I barely engaged in practice in the meantime. Starting to meditate again was a challenge, and it took almost a year to know that I should, want to do it and plan to do it before we finally started the journey. I believe in the positive effects of meditation, because I remember them since I was 15 years old; I could go from the crowd of an almost hysterical freak-out to relative calm in less than 15 minutes, using breathing and viewing. And if you need to convince about how meditation reduces stress levels, prevents heart disease, improves Alzheimer's symptoms, or any of the other hundreds of benefits of regular meditation, you can read more about the health benefits. But if you are like me and wanted to start, but you found it not as easy as you expected, below are some tips that could help. You don't need special props, training, tutoring, or complicated instructions for meditating, and you can do that in all kinds of places. Although it helps to have a quiet place when you first start, that doesn't mean you can't meditate on a bus or train, or even a concert. All you need to know are these three steps: find a comfortable place (it is fine if it is in a chair, it can be on the floor, it can be outside or inside), I find that the crossed legs on the floor with the back resting on a sofa for support work great. So, close your eyes. Breathe normally for three or four breaths, then take four or five deeper breaths, focusing on the air moving in and out of your lungs. Then, keeping your eyes closed, just sit down. When thoughts enter your head, push them aside gently, keeping your mind open and clear from anything in particular. The latter part is the most demanding. But it continues, and continues to practice it. As thoughts float in your mind, push them away and keep sitting and breathing. That's all. While meditation is simple, that doesn't mean it's easy. Although it seems that you are sitting quietly, until you are used to it, meditating can be a real challenge. It's hard to know if you're doing it right, isn't it always obvious where you can sit for 15 minutes without moving too much, and how do you keep track of the time you should still not think about anything? (I use the timer on my phone and added one minute a week. I started eight minutes and now I'm at 1pm. I think I'm going to stop at 15, because that's what I think is right.) It is all very well that meditation is not easy; and it's less frustrating if you go there thinking that there might be some challenges for you, and that it's normal that it is. You will all hear advice on meditation. What should you do for a certain period of time X times a day (many people say twice a day for 20 minutes per session). That you should sing mantra (some people like it; I don't.). That you should display things like flower petals, clouds or ocean waves. That you shouldn't use views because they distract. That you shouldn't have music when you meditate, or that you should. Try what works for you. I find that I like different types of meditation on different days, and as a person who doesn't really like a regular schedule or follow rules, it works for me to mix it. The opposite may be true for you: perhaps the same time, the same place, the same respiratory sequence and the mantra is how you will make meditation your own. But you'll never know unless you try. It's easy to fall under the tarot spell: their meanings are universal enough to apply to almost everyone, and nowadays it's easy to find and buy a deck that fits your one-T aesthetic. But, once you decide to try them, how do you use them? Tarot reader Theresa Reed tells us that it's actually simple enough to get into a robust tarot practice, but there are a few tricks to get it attacked. First, start small. Secondly, practice with a clear mind. Finally, keep in mind that tarot cards are not a memory test. If you're just getting started, Reed explains, don't feel like you need to go blind at first reading. Draw a card and feel free to look for it in a tarot book or online to find its meaning. Or, if you're not 100% clear about how to set up a certain type of spread, your reference materials almost certainly have a model for it, so consult them before laying out a dozen willy-nilly cards. For the same purpose, do not try to deal with all the general problems of the world with a single reading. As you shuffle your deck, come up with a specific question or concern that I hope the cards will address. Reed says practicing out of general concern or confusion will lead to confusing and partial reading. In advance, we'll take a closer look at that first tip from Reed: Start small. This is your best course of action when it comes to creating tarot readings (aka card formations). Read on to get the lowdown on how to use your deck. Cardsy explains that there are five cards (if not more) in each deck that are often met with uncertainty. These are the five cards you might be afraid of but shouldn't be. start. Death: This has a bad rap and is actually one of my favorite cards in the deck, he says. The death card, ruled by Scorpio, is about change and transformation. Just as a scorpion loses its shell to level into a larger and more suitable one, being in the energy of death paper indicates that you are evolving into a more authentic and aligned version of yourself. The Fool: This card doesn't actually make you a fool, contradicting popular opinion. Instead, Cardsy B says that this card is actually to take risks and and in a new chapter sans baggage. The traditional Fool card shows an enthusiastic traveler preparing to jump off a cliff with a dog by his side, representing loyalty and protection (e.g.: Leap and the net will appear; When you take risks that feel intuitively aligned for you, the universe will have its back, Cardsy explains. For me, this is one of the most optimistic cards in the deck that indicates a new beginning and movement in a positive direction. The devil: We are real, drawing the devil can be challenging, but it is not as bad as you might think. The classic artwork shows a demonic figure with a man and a woman chained to the demon, cardsy verbally illustrates. While this card indicates temptations of self-sabotage, when we look closely, the chains around the two individuals related to the Devil are extremely loose. He says this translates into ideas that you can untie yourself and move away from self-sabotaging models whenever you want. The Emperor: This traditional version of this card shows a pope-like stoic figure on a launch indicating leadership and creating a new foundation, Cardsy explains. Traditional patriarchal images of this card can be polarizing as they can be seen as patriarchal energy that affirms overbearing rules and regulations. That's not how he sees it though. Instead, he believes this card is all about how you choose to create the foundation for your life in order to set yourself up for the most authentic alignment and success that advance according to your playbook, no one else. The Hermit: Contrary to the traditional meaning of the word hermit, pulling this card does not indicate that you are a social recluse. Traditional paper shows an old man at the top of a mountain holding a lantern in front of him, Cardsy explains. This tab reminds us to enter and filter out any external noises, even if they are the opinions of loved ones with well-intentioned intentions, as we move towards self-actualization. The lantern reminds us that we do not need to know the whole future, but rather to trust our intuition to illuminate the next steps of our journey. In the beginner's mind there are many possibilities, but in the expert there are few. - Shunryu Suzuki If I'm often worried about learning because we're afraid of failure. As a result, we tend to look for comfortable learning experiences that reinforce what we already know. Unfortunately, following a safe learning path stifles our ability to acquire new knowledge and limits the chances of growth. Some of the world's greatest thinkers - Plato, St. Ignatius of Loyola, Jean-Jacques Rousseau, John Dewey, Kurt Hahn, Parker Palmer and others - have written about how people learn. Shunryu Suzuki, founder of the San Francisco Zen Center, postulated that requires a willingness to embrace new ways of thinking. Suzuki believes that this readiness can be achieved by developing what he calls a beginner's mind, which is more receptive to new ideas than the mind of an expert. A beginner's mind teaches us not only how to reflect on a wide range of possibilities, but also how to make impartial decisions. The most effective classrooms are led by instructors who encourage participants to wake up and cultivate the minds of their beginners. Here are some principles that, if followed, will create a stimulating class environment and legitimize the power of a beginner's mind. Engage in experiential learning. Long and educational lessons are unattractive, insatiable and outdated. When participants share their knowledge - describing what challenges they faced, what lessons they learned, and what they would do differently if given another opportunity - two things happen: they realize what huge resources can be for each other, and they start creating knowledge networks that last a long time after the class is upgraded. Face difficult things with your head held high. For an experiential learning classroom to work, participants face some difficult questions in advance. Participants must understand that their role is to actively participate in dialogue and openly express their personal feelings and values. In turn, other class members must be ready to address alternative viewpoints and cultural perspectives that may be different from their own. Balance action with reflection. Learning action is a popular approach to teaching that brings real business challenges to the classroom. It is a useful but limited exercise, because the action must be balanced with reflection. Reflexive learning teaches people to stop in the middle of the action and ask questions like this: What's really going on here?, I'm facing the right problem?, and is there a new approach I should consider? In today's fast-paced work environment, prejudice about action often leads people to rely too much on past experience or current skills to solve problems. Action must not take place at the expense of reflection. Indulge in teachable moments. Learning agendas should be designed to balance experiential learning, real-time problem solving, dialogue, and thoughtful learning. They should also be flexible enough to indulge in teachable moments. Teachable moments are spontaneous and substantive dialogues that emerge when a discussion presents a challenging problem. Interactions of this kind should not be interrupted; are at the heart of learning. Make learning meaningful. Healthy classrooms should focus on work and life. We all learn from professional and personal experiences. Sharing these lessons encourages participants to think about how they can do difference at work, at home and in their community. After all, meaningful learning should be about contributing to society and improving the lives of others. Maryann Hedaa (mghedaa@hildebrandt.com) and Charlie Douglas (cgdouglas@hildebrandt.com) recently created the Professional Development Practice group at Hildebrandt Hildebrandt a management consulting firm at the service of clients in the legal and investment banking sectors. Industries.

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