

THE METHOD THE TAROT ALCHEMIST

LET THE CARDS GUIDE YOUR
TRANSFORMATION



*« Know thyself, and you shall know the
universe and the gods. »*

– Ancient wisdom –

ALLETTE L'ALOUETTE CADET

You're about to open much more than just a guidebook.

You're stepping into a laboratory.

A space where the cards aren't used to predict your future, but to shed light on what still lies beyond your awareness.

This isn't about memorizing what each card means.

It's about developing a new vision.

Revealing what was once "invisible".

Tuning into what seeks to emerge.

Alchemizing what you uncover.

And embodying it in your life.



Because a reading that doesn't change the way you live is just another piece of information. Wisdom is doing it!

The true Work begins when awareness becomes movement...

Welcome to the Tarot Alchemist laboratory!

INTRODUCTION

This guidebook was designed to be read, but above all, to be put into practice!



4 CHAPTERS

Guiding you step by step as you explore the cards as a tool for transformation:

1. The Raw Material
2. The Medium
3. The Athanor (the most in-depth chapter, unfolding over 5 steps)
4. The Great Work



IN THE LAB'

At the end of each key step, you'll find an "In the Lab" section that invites you to move from theory to experience and immediately put what you've just discovered into practice.

It's through practice that the Method truly comes to life!



YOU WILL NEED:

- 1 tarot or oracle deck,
- 1 notebook (or a few sheets of paper)
- 1 pen
- 1 open heart and mind ☺



IMPORTANT NOTE

Throughout the Method, you'll be invited to assign a role to each of your 3 cards:

1. THE BLOCK: what is holding you back, limiting you, or asking to be looked at more closely.
2. THE GUIDANCE: the direction, way forward, or next move recommended.
3. THE RESOURCE : something you can draw on to navigate the situation — a quality, a strength, an insight, support, or something already available within or around you.

Beautiful alchemical exploration, dear initiate ...

« *gently, with great industry* »,
this is how great things are accomplished.

CHAPTER 1

The raw material = you

Every alchemist starts with raw material — *the materia prima*.
Yours is you :

- Your emotions.
- Your beliefs.
- Your patterns.
- Your fears.
- Your desires.
- Your blind spots.
- What weighs you down.
- As much as your untapped resources.



The cards have the power to shed light on all this material.
They offer you a reading interface that allows you to access it, see it, “grasp it” to turn it into something...

But it all starts with you!

CHAPTER 1 : THE RAW MATERIAL



IN THE LAB'

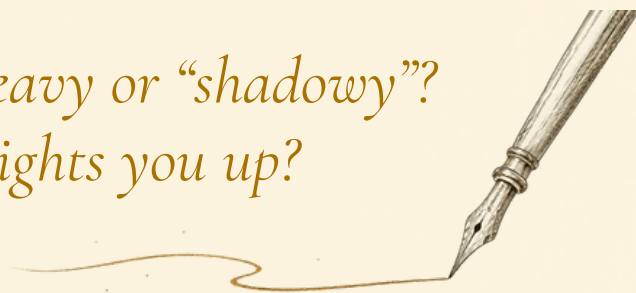
Before you even reach for a deck of cards, take a few moments to observe the raw material you're bringing with you today.

Without trying to change it.

Without trying to intellectualize it.

Simply... acknowledging it.

What feels heavy or “shadowy”?
What lights you up?



Welcome what is.

Alchemy begins right there.

CHAPTER 2



The medium = the cards

The word “medium” is often misunderstood. Yet its original meaning is simple : a medium is an intermediary.
And that’s exactly what the cards are.

AN INTERMEDIARY.

A MEANS, NOT AN END IN ITSELF.

A reading interface that helps you :

- Make visible what is already there – in “the field”– but you aren’t aware of yet.
- Shed light on your blind spots (or your shadows 😊).
- Reveal your untapped resources.
- Exercise your discernment to make more intentional choices.

CHAPTER 2 : THE MEDIUM



THE CARDS ARE NOT A PREDICTION TOOL.

They don't take away your power — to choose, to create, ...
They guide you towards taking this power back & reclaiming
your sovereignty!



TAROT OR ORACLE ?

The main difference is that Tarot follows a codified structure, while an oracle deck is free in its composition.

Both can be excellent tools for reading and transformation.

In this method, whether you use one or the other doesn't really matter.

Choose whichever calls to you most!

CHAPTER 2 : THE MEDIUM



IN THE LAB'

Choose the deck — or decks — you'll be working with throughout this guidebook.

This will be your medium!



ONLY ONE RULE...

Put your card guidebook away!

Not because it belongs in the trash, but because my Method is about connecting to your own inner Wisdom. Not constantly looking outside yourself to find answers, only to give your power away!

You can bring the card guidebook back in the game later, if you want. (To complete & enrich your readings!)

But for now, keep it... “out of play” 😊

CHAPTER 3

The athanor = experimentation

The Athanor refers to the alchemist's
“oven”.

This is where theory gives way to
experience.

Roll up your sleeves, it's time to get
hands-on (your cards 😊)



CHAPTER 3 : THE ATHANOR

I. Prepare Yourself

Before drawing a single card, take a few moments to prepare your “athanor”: yourself & your space.

Make yourself comfortable, reconnect with your body, and breathe.

This isn't about silencing your mind or reaching a state of perfect calm. Quite the opposite: simply sit with whatever is already there.



THOUGHTS, EMOTIONS, SENSATIONS,
PHYSICAL TENSION, RESTLESSNESS, FATIGUE,...

Listen. Pay attention... to all this material!

CHAPTER 3 : THE ATHANOR

I. Prepare Yourself

Clear your “intuitive channel”: 🌫️🌱💧💖✨

🌫️ CLEANSE

For example, visualize a shower of light flowing over your bodies (physical, mental, emotional and energetic) carrying away anything that no longer belongs to you – or never did.

🌱 GROUND & RECHARGE

Imagine strong roots growing from the soles of your feet and reaching deep into the soil.

Then, let the Earth’s energy slowly rise through your roots until you feel fully recharged.

💧 PROTECT YOUR ENERGY

For example, by visualizing – or even “air drawing” – a bubble around you.

Not a sealed-off bubble, but a vibrant space that protects your renewed energy while still allowing through the information you NEED to receive, here and now.

CHAPTER 3 : THE ATHANOR

I. Prepare Yourself

♥ CENTER YOURSELF

Bring your attention to the heart of who you are, to the very center of your being.

✨ CONNECT

Connect to something greater than yourself (your Higher Self, your soul,...) so you can receive the information that is right for you in this moment.



IN THE LAB'

Put this protocol into practice!
It will bring greater clarity & flow to your
readings.

CHAPTER 3 : THE ATHANOR

II. Set Your Intention



The time to draw the cards is almost here... but not quite yet! First, take a moment to define the direction, the focus of your reading.

I recommend starting with a simple, open-ended question:

*What message do I need to receive,
here and now?*

This wording helps limit projections driven by fear, desire or expectations. It invites you to welcome the message that is right for you, rather than looking for an answer that would confirm what you hope for... or what you dread.

CHAPTER 3 : THE ATHANOR

II. Set Your Intention

Of course, you can make the question more specific.
For example:

*What message do I need to receive regarding
this situation, this relationship or this area
of my life?*

With experience, you'll be able to explore even more
specific questions.



IN THE LAB'

Take time to set your intention.
Write it down before moving to the next step.

CHAPTER 3 : THE ATHANOR

III. Draw the cards



The time has finally come to draw the cards!

For this step, you'll assign each of your three cards a specific role:

- Card 1: your main block
- Card 2: guidance
- Card 3: your key resource

Keep your intention in mind throughout the reading.



Then, as you shuffle the cards, ask:

1. Please show me my main block.

Choose whichever method feels right for you: draw a card yourself or let one jump out of the deck. (There's no dogma here. Experiment, then stick with what works for you.)

CHAPTER 3 : THE ATHANOR

III. Draw the cards



Shuffle your cards again and ask:

2. What guidance do I need regarding my question?



Follow the same process for your final card:

3. Please show me my key resource.

You now have your reading framework.



IN THE LAB'

Your turn! Time to play your hand 😊

CHAPTER 3 : THE ATHANOR

IV. Open your Eye



You have your three cards.

Now resist the temptation to interpret them right away.

Start by observing them.

See them as a scene you're discovering for the very first time.

Before looking for meaning, simply gather data.

👁️ OBSERVE YOURSELF FIRST

- *What is your immediate reaction when you see these cards?*
- *What do you feel in your body? What emotions arise? What are the first thoughts that cross your mind?*

CHAPTER 3 : THE ATHANOR

IV. Open your Eye

▷ Attraction, rejection, curiosity, discomfort, relief... ALL YOUR REACTIONS already provide VALUABLE INFORMATION.

👁️ THEN, LOOK CLOSER AT YOUR CARDS

- *What are they telling you?*
- *What story seems to be unfolding before your eyes?*



▷ Pay attention to:

- The characters. Their postures. The direction of their gaze. Their interactions.
- The dominant colors.
- The symbols that catch your attention.
- Elements that seem significant to you... or, on the contrary, strange.
- The language that comes to mind as you observe the cards (semantic field, recurring words, expressions or themes), as well as any words that may appear on the cards themselves.
- ...

CHAPTER 3 : THE ATHANOR

IV. Open your Eye

👁 SPOT RECURRING ELEMENTS

- Are there elements that appear on more than one card?

The actual Elements — earth, air, fire, water. Symbols. Colors. Words. The characters' gender. Etc.

- Or, on the contrary, are there major differences? Striking oppositions?

▷ Repetition tells time. Patterns are meaningful.

In a sense, the cards work a little like a Rorschach test.

They are a tool for reading the invisible and the unconscious. Your eye doesn't linger on one element rather than another by chance. Whatever spontaneously catches your attention already provides precious clues for your reading.

At this stage, you're not interpreting yet. You're simply observing what emerges. AND WRITING IT DOWN!



CHAPTER 3 : THE ATHANOR

IV. Open your Eye



IN THE LAB'

Observe each of your cards for a few minutes.
For each one:

 Spot at least 3 elements that spontaneously catch your attention.

Feel free to refer to the observation prompts listed above (characters, gazes, interactions, colors, symbols, semantic field, etc.), while remaining open to anything else that naturally stands out to you.

 Write down 3 descriptors that come to mind.
Words or expressions that could describe an emotion, an atmosphere, a quality, a tension, etc.

Without trying to make sense of any of it. Not yet!

CHAPTER 3 : THE ATHANOR

V. Interpret



Final stage of the process, interpretation is also the most delicate – and the most prone to projection. Take it step by step!

CONNECT THE DOTS

You now have everything you need to complete your reading.

Go back to your notes, read them over and “connect the dots” to watch the message begin to take shape.

Return to the intention you set at the beginning, then see how each card responds to the role you assigned it (block, guidance, resource).



CHAPTER 3 : THE ATHANOR

V. Interpret



IN THE LAB'

✍ Group the elements & descriptors you gathered into “semantic families”.

For example: emotional wave + same boat + journey + navigate + unconscious depths

✍ Look at the recurring elements. What themes naturally emerge? Which ones take up the most space?

Little by little, your message will begin to take shape.

✍ In light of your intention and the role assigned to each card, what can you already make sense of in your reading?

What can you identify as your block, guidance or key resource?

CHAPTER 3 : THE ATHANOR

V. Interpret

ASK QUESTIONS

- *What connection can you make between your block, guidance and key resource?*
- *What common thread connects them?*
- *What story do these 3 cards tell as a whole?*
- *What other questions do they raise for you?*

WRITE THEM DOWN.



Always favor questions over statements.

Questions open up possibilities, invite exploration, and give you the opportunity to shift your perspective.

Statements, on the other hand, tend to close things down and frame them as truths set in stone.

CHAPTER 3 : THE ATHANOR

V. Interpret



GOOD CARD? BAD CARD?

– *Apply the Principle of Polarity*

I don't believe there's such a thing as a good or bad card.

The idea that the Sun is a “good” card while the Devil is a “bad” one is completely misguided.

Cards are like you, me, and everything else in this world:

POLARIZED.



Use this principle in your readings.



Take the Sun card, for example.

The sun is wonderful... until you spend an entire day under it during a heatwave, with no shade and no water.

See where I'm going with this?

So, if this card were to appear in the block position, it wouldn't necessarily mean there is no block.

Perhaps it is simply inviting you to explore the other pole of its expression...

CHAPTER 3 : THE ATHANOR

V. Interpret

👉 STILL A LITTLE BLURRY?

If some parts of your reading still feel unclear, that's okay. In fact, it's perfectly normal.



Write it down! And let it settle for a few hours or a few days. Then come back to it later with a fresh Eye 😊

Often, a new insight can:

- Emerge over time.
- Strike you seemingly out of nowhere – like a whisper from Life itself!
- Suddenly become obvious when you approach it from a different place: another angle, another “state of being.” (Emotional, mental, physical → you’ve slept better, you’re less stressed/more relaxed, etc.)

CHAPTER 3 : THE ATHANOR

V. Interpret



IN THE LAB'

- 👁️ Connect the dots. Question. Let it settle.
 - 👁️ Pay attention to how your reading feels in your body. Don't get too caught up in your head 😊
 - 👁️ Feel free to expand your “vocabulary” by exploring the meaning of the elements you spotted (symbolism, etymology, etc).
- It might broaden your horizons and take your reading in new directions!

CHAPTER 4

The Great Work = your life



The reading is over. But the real work begins now.

In alchemy, the Great Work refers to the process of making the Philosopher's Stone.

For you, it's about revealing your own precious gem 💎

Do you know what other name is given to the Great Work?

The Great Art.

**YOUR LIFE IS YOUR WORK OF ART,
YOU'RE THE ARTIST !**

The cards have made your “material” accessible to your awareness. Now it's up to you to transform it in the crucible of your everyday life.

CHAPTER 4 : THE GREAT WORK

INTEGRATION

To bring to life everything your reading has uncovered, ask yourself:

- *What has this reading helped me understand?*
- *What is it encouraging me to approach differently?*
- *What new perspective is it opening up for me?*
- *What is it inviting me to adjust?*



The goal isn't to collect insights.

IT'S ABOUT INTEGRATING THEM INTO YOUR LIFE!



So, what is the smallest action you could take today to embody what this reading has revealed to you?

That's precisely what will make the difference.

CHAPTER 4 : THE GREAT WORK



IN THE LAB'

👉 Choose one action.

Even a tiny one. Don't underestimate the "atomic" power of small steps!

✌️ Put it into practice within the next 24 hours.

And, if possible, experiment with it over time: try it for 21 days and observe how it impacts your daily life, your relationships, the way you think, feel, or act.

👉 EXPERIMENTATION

Only through experience and testing against "reality" can you verify, confirm, or challenge what you've understood.

CHAPTER 4 : THE GREAT WORK

So, after testing an action, take stock:

- Observe what this experiment has produced.
- Learn from it. Adjust if necessary.
- If needed, draw other cards to shed new light on your reading.

Proceed this way, step by step, gradually refining your perspective, your words, and your actions until you find what feels right for YOU!

One transmutation at a time.

IT'S A PROCESS... AN ALCHEMICAL ONE!



CHAPTER 4 : THE GREAT WORK



IN THE LAB'

Treat every experience as a source of information.

► Observe. Adjust. Experiment again.

REVELATION

Cards are just a tool.

Just as you can use a hammer to build or destroy, you can use the cards to reveal or delude yourself.

I've given you a method. THE "Tarot Alchemist" Method. Apply it as often as needed to make it your own and...

CHAPTER 4 : THE GREAT WORK

...Work towards revealing the gem that you are!



The cards are in your hands.

Wish to take it further ?

I'd be delighted to support your alchemical journey.



WORKSHOPS

Deepen your practice of the Method with me.



GUIDANCE SESSIONS

I draw the cards to shed light on your path.



COACHING SESSIONS

We Work together towards your transformation.

► Check the details on :
<https://www.aliettetarot.com/en>

*Aliette
L'Alouette* ✨



THE TAROT ALCHEMIST

