

# Mary K Greer's Three Card Reading Worksheet

*Cards Drawn*

BODY:

MIND:

SPIRIT:

**Note your first impressions:**

What do you see?

What colors?

What does the number on each card mean to you?

What human figures or animals do you see?

What is the environment of each card?

What symbols are there?

Can you describe the cards in terms of an emotion? How do you feel when you look at each of them: Apprehensive? Expectant? Glad? Sad? Angry?

Note which way figures in the cards face: toward or away from each other, moving in the direction of body or spirit, focusing on the center, etc. Write down the relationships you see:

Now relate each card to its position meaning. Work with the pictures on the cards as if they were dream images. Or create a story by role-playing. Become the various persons and things in the cards. Dialogue orally or on paper to find out what the images have to say to you and each other. If you don't know the card meanings, look them up.

**BODY:** The state of your physical body and the environment. Habits and automatic responses. How you ground yourself. How you've been manifesting yourself and things you have produced. Often the origin or source of the situation. Feelings.

My Body Card is telling me:

**MIND:** What you are thinking about and are consciously aware of dealing with. The way you reason and rationalize things; your attitudes. The state of mind in which you approach the reading.

My Mind Card is telling me:

**SPIRIT:** Your ideals, goals, and aspirations. The spirit is like your higher self offering new possibilities and advice on how you can work through your problems. You tend to be drawn toward manifesting what the card indicates. If the card is negative, you might be blocking or resisting the things your spirit wants you to see.

My Spirit Card is telling me:

Connect the three cards you drew into one statement. Can you weave a story, or tell a tale using what you see in the cards? Write down your own message using the following format:

While my body wants \_\_\_\_\_, my mind is telling  
\_\_\_\_\_, yet my spirit is using me to  
\_\_\_\_\_.

At this point you can end the reading or you can continue for more depth and understanding. The rest of this section tells how to gain more insight using these same three cards.

The next step is to go back and look at your reading from a “time” perspective:

What does your reading tell you about your past, present, and future?

**PAST:**

**PRESENT:**

**FUTURE:**

Put your cards in a new and different order. Do you like this order better? What new perspectives do you see?

Note down any further insights you have by moving your cards around: