FREE MINI EBOOK



Introduction to Divination

A Gentle Guide to the Tools You Can Use to Practice

DOPE ALCHEMY HANDCRAFTED

A note before you begin

Divination is the practice of asking a question and using a symbolic tool, such as cards, stones, or the stars, to look at it from a new angle. In this guide, we treat it as a mirror for your own intuition.

It does not predict the future with certainty, and it is never a replacement for a doctor, therapist, lawyer, or financial professional. If something here is meant to help you decide, let it help you think, not think for you.

Take what resonates. Leave what doesn't. You are always the one who decides what a message means for you.

USING THIS PDF

Click any shaded box to type your answers. Click any underlined name to open that category at dopealchemy.com, or to jump to a page in this guide. Prefer paper? Print it and write by hand.

What is divination?

A conversation with the unknown

The word comes from the Latin divinare, meaning to foresee or to be inspired. People in nearly every culture have used symbols to ask questions: reading the stars, casting stones, drawing cards, watching patterns in smoke and water.

The tools change. The reason stays the same: to slow down, ask something honest, and listen for an answer that is already partly inside you.

THREE IDEAS TO HOLD

A tool is a doorway, not a decision-maker.
The meaning is made between you and the symbol. You have the final say.

Good questions open things up.
"What do I need to know about this week?" will serve you better than "Will I get the job?"

Practice beats talent.
Intuition grows like any skill, through small, regular repetition.

A simple practice for any tool

Ten minutes, five steps

1. **Arrive**
   Take three slow breaths. Silence your phone.
2. **Ask**
   Write one open question, with no yes-or-no in it.
3. **Choose a tool**
   Pull a card, hold a stone, study a symbol, or check your sign.
4. **Notice**
   Jot down the first words that come, before you analyze. What do you see, feel, or remember?
5. **Close**
   Thank yourself, note one small action, and put the tool away.

QUESTIONS TO START WITH

"What do I need to know right now?" "What is asking for my attention?" "What would help me feel more like myself this week?"

Your toolkit at a glance

Ten categories, ten ways in

Tarot & Personal Readings PAGE 6
Cards, charts, and a reader's eye.

Books & Journals PAGE 7
Guides and fillable journals.

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Stones to hold while you ask.

Chakras PAGE 9
Seven centers, seven questions.

Intention PAGE 10
Start with the theme that matters.

Symbols PAGE 11
Ankh, evil eye, hamsa, heart, lotus, tree of life.

Zodiac PAGE 12
Twelve signs as twelve lenses.

Ritual Tools & Apothecary PAGE 13
Mark the start and end of practice.

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Touchstones you can wear.

Crystal Cove Valley & Kids Books PAGE 15
Curiosity for little ones.

TOOL 1

Tarot & Personal Readings

A second pair of eyes

Tarot and oracle cards use images and archetypes to prompt reflection. A natal chart maps the sky at the moment you were born. Human Design offers a framework for how you make decisions and move through the world.

A personal reading can be a good place to start when you want guidance from someone who works with these tools every day, or when you are too close to a question to see it clearly.

TRY THIS

One-card pull. If you own a deck, shuffle while holding your question and pull a single card. Before looking up its meaning, write three words for what you see. Then compare. No deck yet? The Understanding Tarot illustrated guide is a gentle way to begin.

FIND IT AT DOPEALCHEMY.COM

Personal Readings →

Understanding Tarot: Illustrated Guide →

TOOL 2

Books & Journals

Where practice becomes a habit

A journal turns a single reading into a practice. Write your question, your tool, and what you noticed, then return a week later and see what changed.

Guides give you a shared language, like the Understanding Tarot illustrated guide and the Human Design books on love and career. Fillable journals give you a place to think out loud, like The Courage to Look, a shadow work journal, and The Art of Becoming.

TRY THIS

After any reading, write three lines: What I asked. What I noticed. What I'll do next. You'll find a practice log at the end of this guide.

FIND IT AT DOPEALCHEMY.COM

Books & Activities →
Free mini edition: The Courage to Look →
Free mini edition: Glamour Alchemy, The Art of Becoming →

TOOL 3

Crystals & Gemstones

Something to hold while you ask

Crystals are often used as touchstones, pieces you hold to help the mind settle on a question. Raw and tumbled stones are natural and unpolished, with an earthy feel. Polished stones are smooth and finished, easy to carry in a pocket.

In crystal traditions, stones are linked with themes, such as rose quartz with love and amethyst with intuition. Treat these meanings as symbols to reflect on, not guaranteed outcomes.

TRY THIS

Stone check-in. Lay out a few stones and pick the one you're drawn to without overthinking. Hold it for one minute, then write why you think you chose it. Or let a stone on a cord hang still as a simple pendulum: decide first what a forward-and-back swing means to you, ask, and notice. The movement is a prompt for your own thinking.

FIND IT AT DOPEALCHEMY.COM

Crystals & Gemstones →
Raw & Tumbled Gemstones →
Polished Gemstones →

TOOL 4

Chakras

Seven centers, seven questions

In the chakra tradition, the body holds seven energy centers from spine to crown. Many people use them as a checklist for inner listening: where do you feel open, and where do you feel stuck?

Root →
Base of the spine. Safety and grounding. “Do I feel supported?”

Sacral →
Lower belly. Creativity and feeling. “What do I want to enjoy?”

Solar Plexus →
Upper belly. Confidence and will. “Where do I need to stand up for myself?”

Heart →
Center of the chest. Love and connection. “What am I opening to?”

Throat →
Throat. Expression and truth. “What haven’t I said?”

Third Eye →
Between the brows. Intuition and insight. “What am I already sensing?”

Crown →
Top of the head. Meaning and connection. “What feels bigger than me right now?”

TRY THIS

Body scan. Move your attention from root to crown and notice where you feel a pull. Keep a stone for that chakra with you today.

All chakra stones →

TOOL 5

Intention

Let your question lead

Intention is the compass for a reading. Before you pick a tool, name the theme that matters right now. The five paths below follow the way the shop is organized, and each makes a good starting question.

Clarity & Decision-Making →
"What do I need to see clearly before I choose?"

Intuition & Spirit Communication →
"What am I already sensing but not trusting?"

Love & Relationships →
"What care, boundary, or connection do I want to practice?"

Prosperity & Cleansing →
"What am I ready to release, and what am I ready to receive?"

Spiritual Growth & Soul Purpose →
"What question keeps returning to me?"

These are symbolic paths, not promises of an outcome.

TRY THIS

Pick one path and copy its question to the top of your next reading. Notice whether the tool you choose changes when the theme does.

TOOL 6

Symbols

Images that hold meaning

A symbol gives your attention something to rest on. Many of these come from living cultures and faiths, so approach them with curiosity and respect.

Ankh →
An ancient Egyptian symbol of life.

Evil Eye →
A widely used amulet, traditionally for protection from envy and ill will.

Hamsa →
A hand-shaped symbol of protection and blessing in Middle Eastern and North African cultures.

Heart →
Love, compassion, and care.

Lotus →
Rises from muddy water to bloom, a symbol of awakening and renewal in many Asian traditions.

Tree of Life →
Roots and branches, connection and growth, found in many cultures.

TRY THIS

Symbol sit. Choose one symbol and look at it for two minutes. Then write what it brings up for you and what it might be inviting you to remember today.

All symbols →

TOOL 7

Zodiac

Twelve signs, twelve lenses

Astrology reads the sky as a map of themes. Your sun sign is only a starting point. A natal chart, which shows where the sun, moon, planets, and rising sign sat at your birth, adds detail and nuance.

Aries FIRE
Gemini AIR
Leo FIRE
Libra AIR
Sagittarius FIRE
Aquarius AIR
Taurus EARTH
Cancer WATER
Virgo EARTH
Scorpio WATER
Capricorn EARTH
Pisces WATER

TRY THIS

Sign check-in. Read about your sun sign, or one you're curious about, and underline what fits. Then underline what doesn't. The lines that don't fit are as informative as the ones that do.

FIND IT AT DOPEALCHEMY.COM

Zodiac Sign →
Natal chart readings →

TOOL 8

Ritual Tools & Apothecary

Mark the beginning and the end

Ritual tells your mind that something different is starting. Lighting incense, washing your hands, or settling on one scent can mark the shift from busy to receptive. The shop's Ritual Tools collection will carry Palo Santo and incense when they are available.

If you burn anything, use a heat-safe dish, keep the room ventilated, and never leave it unattended. Skip smoke if you or anyone nearby has breathing sensitivities. The Apothecary carries body-care items, such as African black soap, that can close your practice with a moment of self-care.

TRY THIS

Same song, same seat, same small gesture. Choose one tiny ritual and repeat it before every reading, so your body learns that this is practice time.

FIND IT AT DOPEALCHEMY.COM

Ritual Tools →

Apothecary →

TOOL 9

Jewelry & Gifts

Wear your intention

Jewelry makes a quiet kind of divination tool: a touchstone you can look at or hold when you want to come back to a question. The shop's collections include gemstone bracelets, pendants, earrings, rings, and keychains.

Sharing the practice? The Gifts for Her and Gifts for Him collections can help you choose a piece for someone beginning their own journey.

TRY THIS

Touchstone morning. Choose one piece, say a single-word intention as you put it on or clip it to your keys, and check in with it at midday. How has the word shifted?

FIND IT AT DOPEALCHEMY.COM

Jewelry →
Bracelets →
Pendants →
Keychains →
Gifts for Her →
Gifts for Him →

TOOL 10

Crystal Cove Valley

Curiosity for little ones

Curiosity is where every practice begins, and children have plenty of it. Crystal Cove Valley is a gemstone-themed world of stories, coloring, and activity books that connect imagination with real stones.

Titles include Zoe's Summer in Zoisite Forest and Crystal Cove Valley and the Seven Territories.

TRY THIS

Color and calm. Choose a gemstone, color a page together, and talk about how the stone makes you feel. Naming feelings is a first step in listening inward.

FIND IT AT DOPEALCHEMY.COM

Crystal Cove Valley →

Kids Books →

Your first reading

Use any tool from this guide

Choose one tool, give yourself ten minutes, and fill in the boxes below.

MY QUESTION

THE TOOL I CHOSE

WHAT I NOTICED

ONE SMALL ACTION

Seven-day practice log

One tool a day, one line each

Try a different tool each day, or stay with the one that drew you in. Write the tool and one line about what you noticed.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Keep exploring

This is only the beginning

You've met ten kinds of divination tools and a simple practice to use with any of them. Keep what helped. Leave what didn't. Your intuition is the one tool you already own.

WHERE TO GO NEXT

Divination, the full collection →
Personal Readings →
Understanding Tarot: Illustrated Guide →
Books & Activities →
Free mini edition: The Courage to Look →
Free mini edition: Glamour Alchemy, The Art of Becoming →

Find everything at

dopealchemy.com

With love and respect for your journey.