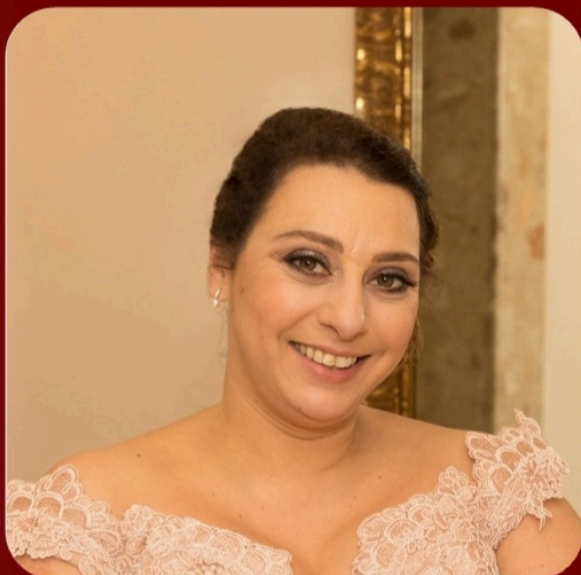


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Carmel-Anne Villella

Founder & CEO at Soulfully Guided

Carmel-Anne Villella of Soulfully Guided is a tarot master and qualified life coach who has turned her passion for connecting with others into a career that she adores. Based in the beautiful countryside of the Central Goldfields Shire in Victoria, Australia, she specialises in Tarot and Oracle readings which allow her to channel her skills as an empath. 'When I read tarot,' says Carmel-Anne, 'my entire life story, life experience, intuition and wisdom comes to light and I use that to apply relevant, relatable, useful, practical and helpful advice.'

Like many who are born with natural gifts, Carmel-Anne did not fully understand the potential of her abilities until she reached adulthood. As a child, she suppressed them and avoided talking about what she was experiencing until reconnecting with her gifts as an adult when she began overcoming her traumatic childhood.

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In a shining example of 'finding the silver lining', Carmel-Anne now uses these abilities to help clients harness their inner strength and to guide them through life's many surprises. 'It is not the cards alone that helps you give good advice,' explains Carmel-Anne. 'The magic is in our connection as readers, our understanding of the cards, our connection and trust in our intuition and our ability to connect with another's energy.'

As well as readings, Carmel-Anne offers tarot lessons, coaching packages, support groups and a range of other services that are detailed on her website. 'I find a lot of sceptics come to me but leave with a more open mind about tarot readings. Perhaps because I love my behavioural sciences and statistics as well as my spirituality. I enjoy the best of both worlds and maybe that makes people feel more comfortable or open towards my style of tarot reading' Carmel-Anne says. 'I just want to help and guide people in the best way I can'

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Tarot cards have been used since the 18th century by those seeking guidance as a tool to help them reflect when they reach a crossroads in life. There is a myriad of different decks available, but all sets of tarot cards share a few commonalities. Carmel-Anne uses tarot cards based on the Rider Waite Smith decks where each card can be divided into the major and minor arcana and while the artwork varies from deck to deck, the cards generally stay the same. Oracle cards are bound by fewer rules and are more open to the interpretation of the reader.

In a tarot session, which can be face to face or online, Carmel-Anne is led by her client's questions and taps into their energy to intuitively select tarot cards. Each of these cards holds a sacred meaning and Carmel-Anne uses this meaning to gain insight into the questions held by her client. She says that the answers to our burning questions are often hidden in our subconscious mind. 'I focus on bringing everything into consciousness but I want people to walk away feeling confident in themselves rather than dependent on me as their reader' she explains.

Carmel-Anne has an innate gift for feeling the underlying emotions of others as if they were her own. As an empath, she says that over the years she has had to learn to 'switch off' from feeling so deeply – not an easy feat when you're a mother of two! Carmel-Anne shares a special connection with her daughters, aged one and five, and says that being intuitive has really helped her with motherhood. Having lost her mother at the age of sixteen, she feels very in tune with her daughters' feminine energies and makes sure to enjoy every moment with them and her husband.

'We sing very loudly – and badly – and turn everything into an opera or theatre show,' she laughs, adding that her husband often asks in desperation if everything has to be in song form.

Considering that Carmel-Anne's day-to-day role sees her give such meaningful advice to others, one might wonder what advice she would give her daughters. The answer? 'Enjoy your childhood, make good decisions, bad jokes and love life. Conquer the challenges but bask in the good times,' Carmel-Anne says. 'We raise our girls to learn from yesterday, to live for today but to think for tomorrow.'

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