

## THE HEALING TAROT: TAROT AS A TOOL TO CULTIVATE WELL-BEING

The traditional model for tarot reading involves a heavy emphasis on future prediction. Cards are considered as positive or negative, hopeful omens or ill omens.

Conversely, many modern readers believe that no tarot card is inherently good nor bad. Each card teaches a lesson, and each card describes a necessary (though sometimes unpleasant) energy.

From this same modern model for tarot reading comes the idea that readings don't need to be predictive. Tarot reading, instead, can help find solutions, discover options and offer advice on how to manifest the future you want.

It is this modern model for tarot reading that informs the practice of using tarot as a tool for healing. That's not to say that predictive readings are wrong, or unhelpful. Tarot is a versatile tool that we can use in a variety of helpful ways.

### WHEN WE USE TAROT AS A TOOL FOR HEALING WE MUST:

- Understand that healing can involve releasing energy, transforming energy, or embracing something new.
- Understand that we can use this technique for ourselves, and with others.
- Set our intention to use tarot as a tool of healing.
- Acknowledge that the healing journey is natural and necessary.
- Acknowledge each card as an opportunity for healing.
- Nurture a divination practice which asks practical questions that help us find healing, and asks insightful questions that help us find the perspective we need.
- Nurture a meditative practice that utilizes the tarot images and archetypes.
- Use the tarot images to set goals and visualize our healing.
- Use the tarot images to understand and communicate our feelings.

### HEALING DIVINATION PRACTICES

*Exercise:* Look through your deck, contemplating each card. Consider what each card has to say about healing, and what advice each card might offer on the healing journey.

When you set your intention that your divination will engender healing, interpret the cards you receive from this healing perspective.

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### QUESTIONS AND SPREADS

There are many spreads you can use for healing. Arguably, you can interpret any tarot spread from a healing perspective. You can also create a healing spread for a specific situation.

Here are two quick, two-card general spreads to help inspire healing.

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#### HEALING SPREAD ONE

Card 1: What must I release in order to heal?

Card 2: What must I embrace in order to heal?

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#### HEALING SPREAD TWO

Card 1: What energy must I transform in order to heal?

Card 2: Into what shall this energy transform?

You can also work with the cards in a question-and-answer dialogue, rather than using a spread.

The questions that you devise for this dialogue would be the same as spread positions in a custom healing spread.

Whether devising questions or a spread, you can make those questions, or card positions, as personal as they need to be. In other words, the question is not “What can all humans do in order to heal?” The question is “What can Sophie do in order to heal?”

### HEALING QUESTIONS:

- What is the spiritual source of the distress?
- What is this injury here to teach me?
- What tools do I have that will help me heal?
- What is the nature of my healing journey?
- What are the things that are hampering my healing journey?
- How can I advocate for myself better?
- What must I release in order to heal?
- What must I embrace in order to heal?
- How might my life be different once I am further along on my healing journey?
- Where might I look for professional help on my journey?
- What might be the results of particular offered treatments?
- What behaviors do I need to change in order to heal?
- How do I change my behaviors in order to heal?

You can also use tarot as a coach of sorts on your journey toward fitness, simply by asking questions that offer motivation toward diet, exercise and healthy habits. The traditional “Body, Mind, Spirit” three-card spread can help keep you on track!

## TAROT MEDITATION, MANIFESTATION AND COMMUNICATION

### RELEASING AN ENERGY OR SOLVING A PROBLEM

*Exercise:* Look through the deck, and pick a card that represents, to you, your current problem. Note that this is not a divination - you are not choosing a card at random, but rather picking the card which, cognitively, seems to describe your problem as you see it. You could choose the card based on your knowledge of its classic interpretation, or you could choose a card simply based on how the image makes you feel.

This cognitive tarot process is an important part of tarot healing. By choosing the image that describes our feelings, we become abler to acknowledge and understand our feelings, and communicate those feelings to others effectively.

We can then meditate with the image we have chosen.

In meditation, we might visualize ourselves becoming the character in the card, and engaging in a symbolic action designed to correct a situation. For instance, an anxious person might use the Eight of Swords to visualize a way out of their predicament.

In meditation, you may also visualize a conversation with the character in the card. You will be amazed at the wisdom that can come from this.

If the card you chose indeed represents an energy that you would like to release from your life, you can turn in upside down, or face down, on the table. Do so with energy and intention. Make a statement such as “I transform this energy!” or “I release this energy!”

### EMBRACING A HEALING ENERGY

*Exercise:* Go through the deck as you did before, but this time identify a card that expresses something that you want in your life, something that would bring you healing or make you feel whole. Ask yourself, “What is it I need in my life in order to heal?” Look through the cards and cognitively choose one card that represents something you need to manifest in your life to facilitate your healing.

In meditation, imagine entering the card and embracing its energy. Once again, you can become the card character, or you can have a conversation with the card character.

Since this card represents an energy that you want to manifest, hold the card to your heart and breathe in its energy, bringing its energy into your heart.

Make a statement such as “I am filled with this energy” or “This energy is abundant within me”.

## HEALING A RELATIONSHIP WITH TAROT

Tarot divination, either on ones’ own or with a partner, can help each person understand the other’s motivations, fears and feelings. Sometimes it’s even hard to understand one’s own feelings - tarot can help with that!

Try a relationship spread or dialogue to help define the issues and offer solutions. Even three cards, one for each person and one for the relationship, can be very helpful.

As a relationship exercise, both partners can look through their cards (use two decks) and cognitively choose the cards that express their feelings, and their desires for the relationship. Discussing these cards and the feelings they evoke can improve communication and facilitate understanding and healing within the relationship.

## STUDY THE FOOL’S PATH

We see tarot as an allegorical journey through life. The Fool represents each one of us on our journey, while the other seventy-seven cards represent our experiences, lessons and fellow travelers along the way.

From this perspective, we recognize that each card contains within it a “Path Lesson”. That is, something that we need to learn along the way.

Look at each card and consider what you can learn from it. Rather than thinking about what the card can predict, think about what the card can teach.

As you study each card, embrace each lesson as part of your healing.

In divination, consider the lessons of the cards as part of your interpretation.

In manifestation, embrace and manifest the lessons that you need the most.

## BE INSPIRED!

Tarot inspires our creativity, which is also a source of our healing. Be creative as you devise spreads and questions, and as you interpret the cards. Be creative in your meditations and visualizations.

### OTHER WAYS TO USE TAROT CREATIVITY FOR HEALING ARE:

- Randomly choose a card a day to journal about. In your writings and musings, focus on ways this card can bring healing to you.
- Find a card that symbolizes your healing to you. Create a dance or a physical posture or motion based on the card as a way of embracing its energy.
- Make a collage that symbolizes a healing tarot card.
- Write a poem about a tarot card.

Tarot is limitless in its ability to help us understand our lives, and find the healing we need. As you embark on your tarot healing journey, be open to discovering new ways that you might use tarot as a tool of healing.

### USE TAROT FOR ENERGETIC PROTECTION

No one is really okay right now. As psychics, empaths and mystics, we feel the sorrow, fear, and anger of millions. We feel the cries for justice, we feel the wounding of the planet, and we feel the division of our communities, in ways that are deep and palpable. In these times, tarot helps us protect ourselves, help ourselves, and help others.

Energetic protection will not keep us from being compassionate, aware and informed

Perform regular tarot rituals using the Seven of Wands, the Four of Pentacles, Strength, and any other card that feels protective. Create a circle by placing the four Aces in the four directions around you, Ace of Swords in the East, Ace of Wands in the South, Ace of Cups in the West, and Ace of Pentacles in the North. From within this circle do a meditation with the cards you have chosen.

*Which tarot cards feel most protective to you?*

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### USE TAROT TO FIND UNDERSTANDING OF CURRENT EVENTS

Whether done as entertainment, distraction, speculation, or to find real insight, most of us conduct readings on events of national and world importance. The exercise is to figure out the best questions to ask. Try not to let your own opinions sway your questions or interpretations. Ask for spiritual insight and meaning as well as practical outcomes.

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### USE TAROT TO GET THROUGH DIFFICULT TIMES

Divine to find strategies as we make our way through dark times. Ask questions of the cards like these.

- What do I need to remember in order to stay safe?
  - What will be my best strategy today?
  - How can I stay flexible?
  - For what should I be prepared?
  - What gifts can I find in this situation?
  - What specific challenges might I face?
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### USE TAROT TO HELP INDIVIDUALS IN NEED

In difficult times, just as is true anytime, we can ask the cards questions such as the following.

- What does this person need from me?
  - What skills can I share with this person?
  - What resources can I share with this person?
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### USE TAROT TO HELP THE WORLD

As tarotists, we may have special gifts and insights we can use to help our communities in difficult times. We may feel called to make a difference on a larger scale.

- We can use tarot to divine the best ways and places to help.
- We can use tarot to help others by offering readings, classes, videos and blogs that entertain and inspire.
- We can use tarot to offer healing energy to the world.

*What tarot card would you use to manifest healing for the world today?*