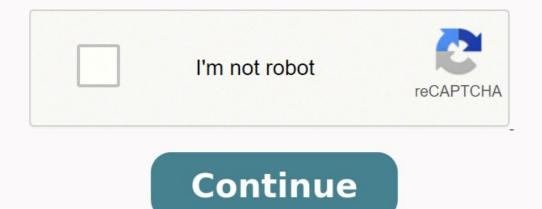
## Holistic tarot worksheets



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Games Sys-tems, Inc. and Samuel Weiser, Inc. and Samuel Cover design by Kathryn Sky-Peck Printed in the United States of America SP 10 9 8 7 6 5 4 3 2 1 www.redwheelweiser.com/newsletter To Ed Buryn And Casimira Greer Buryn And Casimira Greer Buryn cknowledgments I would first like to thank Tristine Rainer for her book, The New Diary: How to Use a Journal for Self-Guidance and Expanded Creativity. It was through reading and working with her book that I realized what was to me of most importance in the Tarot: the personal search for self-understanding. Her book was the key that made all the pieces fit, and she demonstrated through her way of writing—as if she were talking to me as a close friend—the way in which I too wanted to reach my readers. Any similarities between her book and mine are due to my admiration for her writing and the inspiration of her ideas. There are many readers, artists, teachers, counselors, healers, thinkers, magicians, and movers of Tarot, especially in the San Francisco Bay area, that I have been privileged to know and study with. I have used what they have taught me along with my 15 years of independent study, to the extent that their ideas have blended and merged with mine. I have tried to acknowledge their seed ideas and creations throughout the book, and I want to give special thanks to: Angeles Arrien, Vicky Noble, Suzanne Judith, Diane di Prima, Dori Gombold, Joanne Kowalski, Jim Wanless, Hilary Anderson, Ed Hoscoe, Tracey Hoover, Jean Samiljan, Gail Fairfield, and Luna Moth-all practitioners of the art of Tarot. For what I have learned from them in the fields of psychic development, astrology, healing, and crystals, I would like to thank: Tamara Diagilev, Oh Shinnah, Merlyn, Dale Walker, Aaron Greenberg, and Yana Breeze. And to my best teachers of all, my students of the last eight years, I offer this book in gratitude. Special thanks go to four people who were my coaches and midwives as I gave birth to this work: foremost to Ed Buryn, who inspired, encouraged, edited, cooked, washed dishes, and made this whole book possible. To my friends: artist and astrologer Susan St. Thomas, whose illustrations grace these pages; to Tarot and past-life counselor Dori Gombold, whose writing skills and knowledge of Tarot smoothed many an awkward passage; and to Howard Fallon, who introduced me to the wonders of word processing and provided the computer support. I've dedicated this book to Ed, who knew I could do it and without whom it would have taken many more years, and to our daughter Casimira, born at the time the book was first conceptualized and who has grown with it. ontents Foreword Preface to the 35th Anniversary Edition Preface Introduction Chapter 1 Getting Acquainted with the Cards Chapter 2 The Tarot Journal Chapter 3 Reading the Cards Chapter 4 The Celtic Cross Spread Chapter 5 The Court Card Personalities Chapter 6 Permutations: Reading in Depth Chapter 7 Dealing with Moods, Emotions, and Relationships Chapter 7 Dealing with Moods, Emotionships Chapter 7 Dealing with and Creativity with the Tarot Epilogue Appendix A Interpreting the Cards The Minor Arcana: Number Cards The Minor Arcana: Court Cards The Minor Arcana: Cour Spread The Three Modes of Tarot Spread The Celtic Cross Permutations #1 The Turning Wheel Spread #2 Past, Present, Future Spread #3 The Whole Person Summary Spread #4 The Path of Hermes Spread #4 The Path of Hermes Spread #3 The Whole Person Summary Spread #4 The Path of Hermes Spread #4 The Path of Hermes Spread #3 The Whole Person Summary Spread #4 The Path of Hermes Spread #4 The Path Relationship Spread Angie's Relationship Spread The Horoscope Spread The Major Arcana Spread The Tree of Life Spread Form CHARTS (You may want to photocopy these before using for your continued use.) Patterns of Personal Destiny Zodiac Lessons and Opportunities Tarot Profile Body-Mind-Spirit Daily Reading Chart Calculating Your Year Card Chart Lifetime Year Card Graph Basic Celtic Cross Reading The Path of Hermes Reading The Vorksheet The Major Arcana Reading The Chakra Reading The Tree of Life Reading EXERCISES Your Tarot Profile Selecting Cards by Personal Choice Court Card Roles Understanding the Court Card Roles Understanding the Court Cards Dealing with Depression Discovering Joy Clarifying Your Relationships Your Inner Masculine and Feminine Turning Points and Major Milestones Clarifying Your Options The Five-Year Fantasy Clarifying Money Issues Planning with Tarot Interpreting Your Own Deck The Fool's Tale A Story Through the Suits Creating a Plot MANDALAS Relationship Mandala Five-Year Fantasy Mandala Planning Mandala Birth Chart Mandala ACTIVE IMAGINATION AND VISUALIZATIONS Relaxation and Grounding Entering a Card A Tarot Story High Priestess Guided Visualization Contacting Your Tarot Visualization RITUALS Purifying Your Tarot Cards Purifying Your Tarot Visualization and Grounding Entering a Card A Tarot Visualization Story High Priestess Guided Visualization Contacting Your Tarot Visualization Story High Priestess Guided Visualization Story High Priestess Guided Visualization Contacting Your Tarot Visualization Story High Priestess Guided Visualization Story H Crystals Infusing a Crystal with a Tarot Archetype Protecting with Crystals and Tarot: Setting Wards INTERPRETING THE CARDS AND SPECIAL USES Year Card Lessons How to Ask Questions Interpreting the Suits Reversed Cards Meanings for the Celtic Cross Positions Life Choices as Depicted by the Major Arcana When? A Timing Option Healing with the Tarot Archetypes oreword When Tarot for Your Self was first published, it caused a paradigm shift. The book set a milestone in the development of Tarot reading as an independent study tool, inspiring people from every walk of life to work with the cards for self-realized introspection. More than three decades later, and passing the test of time, Tarot for Your Self continues to be on the oft-recommended shortlist of books that Tarot novices learn their craft from. This new edition comes at the most critical period of human history, in an era when people are seeking personal sovereignty and are filled with a desire to connect directly with Divinity rather than seek out an intermediary. Tarot for Your Self synthesizes Tarot reading for your self and reading for others. Getting a Tarot reading or others. Getting a Tarot reading or giving one to others is often about facilitating a resolution to a problem and does not necessarily emphasize ritual or personal spirituality. In contrast, while reading Tarot for your self is also about facilitating resolution, the practice deepens the development of your own spirituality. In contrast, while reading Tarot for your self is also about facilitating resolution, the practice deepens the development of your own spirituality. which guides you through using Tarot to cultivate a personal spirituality, is presciently relevant. Mary K. Greer has the voice and experience of a high priestess navigating you through reflection, rumination, ritual, and connecting your consciousness to a greater beyond. Tarot masters and initiates alike regularly cite this book as the seminal text for examining the reflective qualities of Tarot and how the cards serve as doorways to the many realms of possibility on the inward journey. This book is also iconic for popularizing the cards, and we can credit Mary Greer for that. In classical music education, the study of Mozart's work is imperative. Knowledge of Western philosophy arguably requires knowledge of Socrates. To lay a strong foundation in psychology is to have read the works of Sigmund Freud. With full equivalence, any basic education in both Tarot history and contemporary Tarot reading techniques requires familiarity with Mary K. Greer's oeuvre. Greer's first appearance onto the public stage marks a pivotal turning point in the development of Tarot. Her contributions enter the fold during the postmodernist philosophical movement, characterized by her application of rational-based scholarship to what for decades had been a hearsay-oriented construction of the Tarot. What she has done for Tarot scholarship can be compared to the influence of French philosophy and semiotics. As a tarot luminary, Greer's work reconciles psychology with Western occultism, Golden Dawn traditions and history, with a scope that reaches from astrology, numerology, aromatherapy, crystals, psychic development, and channeling to art, poetry, and mythology. Her work is well-known for using Tarot to examine the socially-conditioned nature of knowledge, integrating cultural studies, linguistics, and feminist theory. She has also had an appreciable impact on Tarot deck creators and the progression of Tarot trends. You can see her influence in nearly all the popular decks of the twenty-first century. I was a freshman in high school the first time I sat with Mary Greer's workbook open in front of me. What do you feel is the purpose of the Tarot Cards? was the question. The purpose of Tarot, I wrote with full, unqualified conviction is to help me pass AP Biology and to find out whether I'll get asked to the winter semi-formal. What are you hoping to gain from this workbook? was another question in the book. Fourteen-year-old me was eager to advance my knowledge and skills with the Tarot (to pass AP Biology and find out more about that semi-formal). Twenty-two years later, I sit here now with Mary's workbook open in front of me, going through it cover to cover again. What do you feel is the purpose of the Tarot Cards? I am proud to say that my statement of purpose has evolved beyond good grades and boys. Revisiting the question, What are you hoping to gain from this workbook? I wonder what teenage-me would have thought if I told her that one day, she would be writing the foreword to this very same book she is filling in with her best handwriting and favorite pen. Tarot for Your Self helped me to build a strong foundation to later become a Tarot author in my own right, presenting at Tarot conferences around the world. In the way we acknowledge A. E. Waite, Aleister Crowley, and MacGregor Mathers, then Dion Fortune, Israel Regardie, and Paul Foster Case, posterity will pay its tribute to what Mary K. Greer has done for us all. I may have learned basic card meanings from a mass market paperback by Eden Gray, but I, along with so many of my peers, came to appreciate the multifaceted dimensions of Tarot and then deepened my knowledge because of her influence. Tarot for Yourself blends academic scholarship with mysticism, esoteric practice, and personal spirituality in a way that was groundbreaking when this book was first published and is still radically significant today. My own work has been an echo in mimicry of her encyclopedic, balanced approach. Every one of my accomplishments as a Tarot reader was and continues to be built upon the citadels of wisdom, techniques, and wealth of research that Mary K. Greer founded. Benebell Wen Oakland, California June 13, 2018 reface to the 35th Anniversary Edition The year 2018 started off with yet another request from an online Tarot groups have used it as a focus for study. Then I heard from Weiser Books that they were issuing a 3rd edition. I thought about what I would like to add or change for this new edition and decided that I wanted to let the book stand with only minor edits. It also teaches methods you can use to guide another person through their own Tarot reading. In the thirty-five-plus years since this book was first published, Tarot has gone through their own Tarot reading. In the thirty-five-plus years since this book was first published. deck in most countries. However, individuals are exploring a far greater array of Tarot motifs and designs than ever before—pushing the envelope of what Tarot is and how it best speaks to and through its users. As our culture changes, the need to address those concerns fosters new images and new ways of seeing old images. The techniques in this book have been embraced by new generations of Tarot readers and teachers as being some of the most reliable ways of getting to know any deck and the messages they convey in a personal way. With the advent of self-publishing, it's relatively easy to publish a Tarot deck and we find decks in almost every art style—from Japanese manga and anime, to abstract watercolors, to impressionistic sketches, to computer-assisted hyper-realism. They range from animal to angel decks, from science-inspired themes to film and story-based imagery. Some are intensely personal and idiosyncratic while others reproduce or re-vision old decks. A deck can be found for every interest. Tarot as a mirror of the soul is about the interplay among the personal, the cultural, and the perennial or archetypal. This book emphasizes that personal dimension. Today there is a false dichotomy among readers suggesting that everyone uses intuition when reading the cards. The problem is that people see intuition differently, from being a more acceptable term than psychic, to receiving messages from god, angels, guides, or the deceased, or, as some mysterious, infallible sense of knowing. Research conducted since the 19th century coupled with modern neuroscience offers tremendous insights into how intuition works. Intuition is the ability to know something immediately, drawing from emotion and bridging the gap between conscious, and judgments. The best intuition comes from experience in one's domain, resulting in the recognition of patterns that worked in the past. Intuition is really learned expertise disguised as a wise voice within. Knowing correspondences plus card and symbol meanings provides an invaluable cross-check to one's personal predilections. This is precisely how reading cards for yourself can help. By regularly writing down your first thoughts and then going back later and noting your understanding or what really occurred, you'll come to recognize your own tendency toward seeing the best or worst in a situation, trying to make the cards fit preconceived notions, or even when you're lying to yourself. Unconscious fears and desires will become apparent along with an awareness of subtle mind and body sensations that signal the triggering of these unconscious tricks. This sensitivity not only serves to develop self-knowledge but also helps you maintain objectivity when reading for others. Like many others of my generation, I was introduced to the Tarot in the mid-1960s via the afternoon soap opera, Dark Shadows, which came on just as I was getting home from high school. The main characters were vampires and witches who, on occasion, laid out mysterious cards to give warnings and foreshadow future developments. While intrigued, I soon forgot about the cards. Then on Christmas morning in 1967, my best friend, Nancy, showed me a book she had received, called The Tarot Revealed by Eden Gray. I was again captured by the notion that images on cards could tell stories revealing hidden or unrecognized aspects of a person's life. Frustratingly, the book came without a deck. I was directed to an old-time spiritualist and metaphysical bookstore in Tampa, Florida and, in a borrowed car, set off on my first spiritual quest to buy the University Books edition of the Rider-Waite-Smith Tarot deck. The timing was perfect, for as an English major, I was studying archetypal criticism and learning about Carl Jung's work with myth and symbols along with Joseph Campbell's Hero's Journey. I recognized these ideas immediately in the cards. During a Greek drama course, I found the Major Arcana, perfectly illustrated, in order, in the entire three-part Oedipus cycle. Those were heady days of discovery; I was hooked for life. I have a terrible memory. I would never have learned Tarot if I had had to start by memorizing all the card meanings. Luckily, the Rider-Waite-Smith deck has seventy-eight pictorial scenes, and I had a talent for seeing connections and analogies among the symbols and scenes on the cards by remembering the personal stories people told me to verify what the book said. For instance, I soon discovered that the 'thieving' Seven of Swords came up frequently when people were sneaking around having affairs. I also generalized this card to a broader meaning of 'getting away with something.' My readings became a litany of it's sort of like when . . . Unfortunately, I didn't have enough friends who wanted readings—they became too wary of what the cards were showing! So I turned to telling myself stories in order to better understand the situations in which I found myself. By 1972 I had moved to Atlanta and then London, collecting Tarot decks and books wherever I went. I was introduced to the Marseille, Swiss 1JJ, Church of Light Egyptian, and Thoth decks and realized there was no one single way to interpret the cards. In fact, for its first 350 years, Tarot had been a card game and was not even used for divination! Most of our basic meanings were made up in the late 18th century by the printseller, Jean-Baptiste Alliette, who created the first Tarot deck specifically for fortune-telling. Those meanings were added to and modified by a variety of people in rival occult groups so that conflicting European continental and English systems soon developed. In 1975 I began teaching Tarot as a noncredit course at the University of Central Florida where I worked as a graphic designer and typesetter. In 1976 I moved to San Francisco where I taught at a small liberal arts college's emphasis on Socratic inquiry. As an interdisciplinary for-credit course, my students and I explored the Tarot as a weaving together of literature, art, psychology, probability theory, history, music, and feminism. I combined Jungian and New Age processes, such as those developed at the Esalen Institute, with exercises I'd learned as a theatre student and in encounter groups, to explore the potentials and interactions of the cards. I took classes from many Bay Area teachers in Tarot and related fields like Kabbalah, Jungian dream work, visualization, and psychic development. This book came about through my creation of a college degree completion program for working adults who could obtain credit for life experience. I included a journal-writing component to document their learning and also taught workshops on journaling. That's when I faced a conundrum that had long intrigued me: all the books available up until then said not to read Tarot for yourself, yet everyone I asked admitted hesitantly that they did! I had discovered Tarot's best kept secret, a deeply held taboo that everyone I asked admitted hesitantly that they did! I had discovered Tarot books. Tarot for Your Self was written in Mexico and San Francisco from 1980 to 1983 and published in 1984. I wrote much of it on one of the first IBM home computers with a neighbor. There was no internet but I taught lots of Tarot classes so the exercises and worksheets were well-tested and continually revised through student responses to my handouts. From journal-writing, personal development processes, and life-mapping came ways to organize and view one's history, overcome obstacles, and create an illustrated path into a desired future. As director of advising at New College of California, working with adult students who were often in the midst of career changes, I had ample opportunity to see the results of such life review and planning processes. I left San Francisco for a small town in the Sierra foothills in 1989, devoting myself to writing books and living the ancient past and our own present and future paths. I'm a featured presenter at nearly all major Tarot conferences and have taught Tarot to and read for hundreds of thousands of people all over the United States and in more than a dozen countries. I connect with many more online: in forums, webinars, and via my blog. I predict this book will become your treasured companion and guide to using the Tarot to navigate the joys and difficulties found along your life path. reface More than 20 years have passed since I began writing Tarot for Your Self. Its working title was Personalizing the Tarot in that I hoped you would use this book to establish your own relationship with the cards and to create life affirming changes that you chose for yourself. This is not to say that other uses of the Tarot such as metaphysical study and meditation, fortune telling, or historical research are not valuable and worthy—they are. I felt, however, that plenty of books had already been written on these subjects. On the other hand, there was a rich area of experimentation and practice about which little was being written, simply because all the books said never to read Tarot for yourself. It was time to bring it out of the closet and to share what I and my students and friends were discovering. Since then, many people have told me that I wrote the book they wanted to write. This book started with class handouts and my own journals. If you keep a journal, as I recommend here, you will one day discover that you have, indeed, written your own book. I have been put in ring binders so that pictures and journal pages can be added. Those who have written in their copy from the very beginning say that it becomes a treasure chest, full of their own insights, growth and development, and brings new understanding whenever they re-read what they have written. They recommend not worrying about being simplistic or silly—just put something down—its significance may only be apparent later. If I were to emphasize just one thing, it would be that there are lots of rules, but that rules are made to be broken. Taboo comes from a Polynesian word that means sacred or holy rather than simply prohibited. It suggests that great power is available, but that the tabooed thing must be approached in the proper way, with respect and with consciousness. In using Tarot for yourself I find that an attitude of sacred play serves well, since Tarot began, after all, as a game. When working with this book, if you aren't sure you are doing something right, then do whatever makes

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