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# Holistic Tarot An Integrative Approach To Using For Personal Growth Benebell Wen

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The Ultimate Guide to the Rider Waite Tarot Llewellyn Worldwide  
Written by trained therapist and

expert tarot teacher Juliet Sharman-Burke, this guide to the art of reading and understanding the tarot uncovers clues to the historical, mystical, and psychological spirit of this ancient system of revealing past, present and future. Going Beyond the Little White Book: A Contemporary Guide to Tarot Weiser Books Just who are those kings, queens, knights, and pages in the Tarot deck? Generally considered the most difficult part of the Tarot to interpret, they actually represent different characters or personalities that are aspects of ourselves. They also serve as teachers or projections of our own unacknowledged qualities. Two esteemed Tarot scholars unmask the court cards with details not found in any other book. Discover your significator and your nemesis. Compare the differences among the cards in well-known decks. Match the court cards with the zodiac signs, the Myers-Briggs personality types, and the Jungian archetypes. Learn a variety of spreads that reveal childhood issues, career destiny, and a

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storytelling spread to spark the creative writing process.

#### *Ancestral Tarot* Weiser Books

A classic guide on how to master a Tarot reading that combines self-teaching techniques with personal insight provides revised interpretations for the Minor arcana as well as coverage of topics ranging from crystals and astrology to numerology and occult metaphysics.

#### *Cancer as a Wake-Up Call* Llewellyn Worldwide

Kevin Connolly was born in Helena, Montana in August of 1985. Born without legs, Kevin was otherwise a healthy baby and grew up like any other Montana kid; getting dirty, running in the woods, and getting dirty some more. In the way developments tend to snowball, Kevin began skateboarding and taking photographs for the first time in 2005. His first taste of living abroad came in 2006 when he left to study in New Zealand for one year. It was on the return home - skating down a backstreet in Vienna - that Kevin took his first prototype photo for what was to become *The Rolling Exhibition*. Kevin currently lives in Bozeman, Montana as a photographer and

professional skier. For more information on Kevin's other endeavors, please navigate to [www.kevinmichaelconnolly.com](http://www.kevinmichaelconnolly.com)

*The Big Book of Tarot* Llewellyn Worldwide  
A deluxe hardcover 40th Anniversary edition of the best-selling Tarot classic. This edition features: Printing on acid-free, archival-quality paper Smythe-sewn hardcover binding Bound in quarter-cloth with paper over boards Cloth spine is stamped in gold foil Front board features a blind stamp of Sun motif Rachel Pollack's Seventy-Eight Degrees of Wisdom inspired a whole generation of tarot students. Often referred to as the "Bible of tarot books," it is a landmark book that helped launch today's Tarot renaissance. Drawing on mythology and esoteric traditions and delving deeply into the symbolism and ideas of each card, the book offers a modern psychological interpretation of the tarot archetypes rather than a system of esoteric symbolism.

#### *Holistic Tarot* Penguin

"...In *WTF Is Tarot*, author and tarot reader Bakara Wintner unpacks the magic of the Major and Minor Arcana with shamanic wisdom and girl boss wit, illuminating their meaning with thoughtful anecdotes and analogies that reveal how deeply rooted these symbols already are in our everyday lives: we can feel the Moon in a howling barefoot run

through Prospect Park, accept the grace of Temperance in falling in love or a divine intervention, "ghost the haters" with the Six of Swords, or identify when it's time to let go of an ex with the Hanged Man..."--Back cover.

#### **Tarot 101** Penguin

A "how-to" book with 19 lessons and numerous exercises, beginning with the basics and gradually moving into advanced concepts so that you can learn to read the tarot at your own pace. Includes interpretations for all the cards. The author first presented this course on the Internet, and continues to provide website support for students with questions. 178 illustrations using the popular Waite deck. Appendix. Bibliography. Index.

#### *The Secret Language of Tarot* Weiser Books

Most people think that Tarot cards are only for doing readings. Some know they can also be used as focal points in meditation. But those in the know have the secret--some incredibly powerful magic can be performed easily with the help of the Tarot. Now you can discover those secrets and use them to improve your life with *Tarot Spells* by Janina Renee! Techniques of using the Tarot cards for magic are fully explained in this book. Also covered are preparations and additions, such as how to add candles, gemstones, colors and crystals to enhance your spell. But mostly this book is about using the cards of the Tarot to cast spells that will change your life. You'll be able to cast

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spells to ease stress and increase psychic ability. individualized results.

You'll get a spell to encourage your debtors to finally pay you, and a spell to tap your unconscious mind for knowledge. There are spells for healing and job hunting, for finding a home and to get more friends. There are spells to bring peace between you and other family members. You'll find spells for business, for success in competition and for courage. The list of spells just goes on and on! If you have been using the Tarot, here is a chance to increase your knowledge of the power of the cards. The book is illustrated with beautiful designs from the Robin Wood Tarot, but you can use the spells with any Tarot deck. If you want to make changes in your life, here is a way to work magic with no tools other than your Tarot deck. For ease and power, you will want to work with the secrets revealed in this book.

*The Everything Tarot Book* Livingtree Books

Take a journey through the looking glass with cards based on illustrations by Sir John Tenniel from "Alice's Adventures in Wonderland and "Through the Looking Glass.

Tarot for Your Self Llewellyn Worldwide

Offers techniques for giving more interesting and accurate tarot readings, as well as instructions for creating and using numerous different spreads for specific purposes, and for modifying classic spreads for more

*Holistic Tarot* Llewellyn Worldwide

Designed for beginning as well as experienced tarot readers, *Holistic Tarot* offers a fresh and easy-to-follow approach to the use of the tarot deck for tapping into subconscious knowledge and creativity. The tarot deck has been used as a divination tool for more than two centuries; while the tarot is still most commonly thought of as "fortune telling," the true power of the tarot lies in its ability to channel a clear path for our deep intuition to shine through. Consulting the tarot can help clear creativity blockages, clarify ambitions, work through complex decisions, and make sense of emotions and relationships. Whether used for simple decision-making or an understanding of your life's purpose, learning tarot can be an indispensable tool for being more mindful of the factors that can assist or weaken your efforts toward success. In *Holistic Tarot*, author Benebell Wen provides a complete guide to using the tarot to foster personal development. Wen gives a comprehensive overview of the history of the tarot and a wide array of theories on its use (including its relationship to Jungian archetypal psychology and traditional Chinese divination practices) before digging deeply into one of the best-known tarot systems, the Rider-Waite-Smith. Beginners will find a complete guide to working with the tarot, including choosing and caring for a deck, how best to learn and remember the attributes of the major and minor arcana, the interpretation of cards and

spreads, the role of meditation in a tarot practice, and how to use the tarot for improving relationships, professional development, and personal resilience. More advanced practitioners will appreciate nuanced theoretical discussions of the tarot as well as practical advice about reading others' tarot cards and setting up a practice. Containing over 500 illustrations and detailed information on each card as well as numerous spreads, *Holistic Tarot* is a complete compendium of tarot study that every practitioner should have in his or her library. "A modern alchemical achievement."—Barbara Moore, author of *Tarot Spreads* "Will become one of the jewels in the crown of tarot literature." —Anthony Louis, MD, author of *Tarot Beyond the Basics* "A tarot classic."—Sasha Graham, author of *Tarot Diva* "A magnificent, intelligent, comprehensive overview and innerview of the Rider Waite Smith system of tarot! This is the only guide you need to have. Bravo!" —James Wanless, PhD, author of *Voyager Tarot* "A huge accomplishment ... likely to become the essential guidebook for serious students of the tarot."—Joan Bunning, author of *Learning the Tarot* "No tarot enthusiast should be without this book!"—Chic and Tabatha Cicero, authors of *The Golden Dawn Magical Tarot* "Arguably the most comprehensive guide to tarot on the market today. It's also innovative: it deftly combines Eastern mysticism with Western metaphysics. It's an impressive tome that presents a wholly modern, rational approach to tarot practice while preserving notable elements of tradition."—Corrine Kenner,

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author of Tarot and Astrology

*Wonderland Tarot Deck* North Atlantic Books

Joan Bunning's *The Big Book of Tarot* offers a complete course on how to use the tarot cards for personal guidance. The author communicates the basic depth and beauty of each card and shows how the cards trigger psychological projection, enhance intuition, and improve communication with the Inner Guide.

While there are countless books devoted to tarot, what sets Joan Bunning apart from every other writer on the subject is her ability to take a rather complicated esoteric system and break it down into clear, manageable, and easily learned parts. The lessons Bunning offers cover the basics and then move gradually into more advanced concepts. Exercises and sample responses for each lesson help you learn and practice. The book includes: Lessons on how to consider one card by itself, how to look for card pairs, and how to create the "story" of a reading A convenient reference section that contains two pages of information for each card including a picture from the popular Waite deck, a description,

keywords, action phrases, and suggestions for cards with similar and opposite meanings An exploration of the meaning of reversed cards and how to work with them to give tarot readings a natural flow of high points and low points without abrupt transitions Practical insights on how to work with and interpret a wide variety of tarot spreads Note to the Reader: This book consists of material drawn from the author's many previous books as well as new material.

*Rachel Pollack's Tarot Wisdom* Weiser Books

"In *Tarot Shadow Work*, Christine Jette bravely takes the practice of tarot readings to new depths and places many people fear to go. She shows us how we can use the cards to trigger awareness in ourselves of troubling aspects of our lives and histories, and then go beyond discovery to use the cards as tools for healing. This is part of the work that needs to be done with tarot in this new century." —Rachel Pollack, author of *78 Degrees of Wisdom* and the forthcoming *Shining Tribe Tarot* Deep within our psyches, the unconscious holds our forbidden feelings, secret wishes, and

creative urges. Over time, these "dark forces" take on a life of their own and form the shadow—a powerful force of unresolved inner conflicts and unexpressed emotions that defies our efforts to control it. The shadow takes its shape from a menagerie of archetypes, each recognizable throughout time and around the world—troubling characters who thrive within our persona. The shadow is saboteur, martyr, victim, addict, sadist, masochist, or tyrant; all the dark figures that prey on the lighter qualities of the human personality. The shadow also represents those latent talents and positive traits that were banished from us at some time along our life path: artistic, musical, athletic, or creative talents. An undeveloped ability, a dream that has gone unexpressed, a fantasy of what might have been—these too make up the personal shadow, the lost parts of ourselves. *Tarot Shadow Work* shows you how to free yourself from the shackles of the shadow's power. Through tarot work, journaling, meditation, creative visualization, and dream work, you will bring the shadow into the light. This book is ideal for those who are in recovery from a serious addiction or illness, as well as any

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person seeking a deeper understanding of his or her true self. By exploring the dark and uncharted territory of the unconscious mind, you will work towards understanding and integrating the shadow. No prior knowledge of the tarot is required. You will learn to use the cards as a tool to help you break free from negative patterns and self-destructive behavior. Once we realize that we are made of both light and darkness, life will start to make sense. When we accept our dual natures, we stop sabotaging our own efforts and learn to be compassionate with others and with ourselves.

#### The Tarot Macmillan

A guide for artists and creative people looking to tarot for guidance and inspiration. Written for novices and seasoned readers alike, "The Creative Tarot" is a unique guidebook that reimagines tarot cards and the ways they can boost the creative process.

#### *Tarot Spells* Paragon House Publishers

Tarot Plain and Simple by Anthony Louis is the book you've been waiting for! As the title indicates, this book presents the Tarot in clear language that anyone can understand. If you've had trouble learning the Tarot, this book gives the meaning of each and every one of the 78 Tarot

ones, both upright interpretations and those for when a card is drawn reversed.

Illustrations are from the elegant and mystic Robin Wood Tarot. This book leaves nothing out! It includes an overview of the history of the Tarot and suggests why this divinatory method works from a scientific point of view. It even includes several spreads and example readings. That way you can see exactly how the Tarot works, how the cards play off of each other and how to give a reading. Turn to any page and see how you can learn meanings and interpretations. The Five of Cups shows a cloaked person with head down and three of five cups knocked over, spilling their contents. Upright the card means "mourning." But the key words and phrases give you so much more. It can also mean regret, sadness, loss of trust, an emotional letdown, betrayal in love, and much more. How can you tell which expression best fits the card? It depends upon where it falls in the spread and the cards that surround or lead up to it. This is explained in the clear but comprehensive section on Tarot card spreads, and is illustrated in the sample

readings. If you have been waiting for an ideal book to help you learn the Tarot, this is it. The longer you wait, the longer it will be before you can give effective Tarot readings. Get out that Tarot deck and get this book today!

#### *Tarot Spreads* U S Games Systems

This is the book that I wrote about my Tarot deck. In it, I explore the real, factual history of the Tarot (No one knows, and does it really make any difference?) as well as a chapter about the theories of the history of the Tarot in general, and a recounting of the history of the Robin Wood Tarot. There is a description of the symbolism that is common to most decks, along with a listing of the symbols that are used in the Robin Wood Tarot in particular. The bulk of the book is a description of each card; including a verbal key to help the Reader remember the meaning, a synopsis of what the card might mean in a reading, and a complete description of what is on the card and why I put it there. This is followed by a short discussion of how the Tarot works, how to begin to read (including a section on Grounding and Centering, ) and an exploration of the Ethics of reading the Tarot. Finally, there is a short section about spreads. (It's short, because the book quickly became much longer than I expected!) And, in the very back,

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there are a few appendices which go into more detail about some of the stories and legends that are mentioned in the book, as well as a section covering the Rules of Tarocchi! *Seventy-Eight Degrees of Wisdom (40th Anniversary Hardcover Edition): A Tarot Journey to Self-Awareness* Simon and Schuster  
Holistic TarotNorth Atlantic Books  
**Your Tarot Court** Weiser Books  
Secret Language of Tarot sets itself apart from other tarot books by teaching readers how to translate the pictorial symbolism from one deck to another, strengthening the reader's ability to recognize specific icons in any deck and in the world around them. The Secret Language of Tarot can be used as both a reference book and as a series of guided meditations on the individual symbols. Each of the seven chapters contain a set of symbols that share a common theme. Extensive research provides readers with the lore and mythological meanings of the symbols to help foster intuitive powers. The explanation of imagery is both insightful and eclectic. When read from beginning to end, The Secret Language of Tarot reveals a hidden current of understanding and

connection between the individual cards of the deck. Each chapter ends with an Integration Lesson and a special Symbol Spread to deepen the understanding of the cards. The Secret Language of Tarot brings imagery and intuition into a course of study of the tarot. It is a must-have for any serious tarot reader that is written in accessible language for the novice as well. *Learning Tarot Reversals* North Atlantic Books  
An oncologist's integrative path to treating and living better with or beyond cancer Dr. M. Laura Nasi presents a new way of looking at how we view and treat cancer. With current advances in medicine, we're learning more about the ways different aspects of our lives and health impact and interact with one another—why does one long-term smoker get diagnosed with stage-4 lung cancer while another remains cancer-free? Why does someone exposed to a known carcinogen get sick while someone else is apparently immune? What seemingly unrelated factors end up playing key roles in disease etiology, progression, and prognosis? In this well-researched, inspiring, and easy-to-read guide, Dr. Nasi offers an integrative, whole-person approach to cancer, and explains how it is a systemic disease manifesting a global condition locally. Conventional medicine focuses on attacking malignant cells. Integrative medicine encourages chemo and radiation when necessary, while also focusing on a patient's internal balance

to help halt the disease. Nasi draws on the latest research on the PNIE (psycho-neuro-immuno-endocrine) network to help our systems recognize, repair, or eliminate the cancer cells, focusing on nutrition, stress management, exercise, adequate sleep, healthy relationships, and other body/mind/spirit modalities. Dr. Nasi encourages patients to become empowered agents of their own care.

The New Complete Book of Tarot Llewellyn Worldwide

Reading tarot can be an incredible, illuminating experience. The cards offer valuable insights and guidance into many aspects of our lives, from relationships to career to personal growth. But learning how to interpret each card can feel overwhelming. Many tarot decks come with instructions - little white books that give short descriptions for each card - but they don't always put tarot into modern-day context, or offer the level of detail you're looking for. Going Beyond the Little White Book sets out to change all of that. Here, you'll find up-to-date interpretations for all 78 tarot cards, including:

- Questions and prompts to help you make personal connections to each card;
- Tips on how to interpret cards that appear as challenges versus opportunities;
- Meditations for every card;
- And more! Whether you're just starting out as a tarot reader, or want to refresh your

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knowledge of the cards, the book will give you practical interpretations to help you understand tarot in a whole new way.