

A SELF-GUIDED TOUR  
TO THE STATE OF  
HAPPINESS



Cameo TAROT Collages  
Written and Illustrated by Cameo Víctor

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*A LANGUAGE*

*that speaks to the whole brain*

*and gladdens the heart*

*A MAP*

*devised by an unknown genius*

*or by a group of compassionate sages*

*so we all can return to paradise*

*it's called THE TAROT*

*Clive*



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My cup runneth over.

Cameo Victor, 1999

## A FOOL'S JOURNEY

once upon a time  
i set to sea a pea green see  
on my zafu my round purple heart  
a see unknown and deep blue  
how deep? how in-dig-o  
how far?? oh, far  
where??? sum where  
cut loose the anchors ouch!  
cast off into  
the empty handed leap  
into the void ahhh h h hhh  
once again yes!  
and again yes yes yes  
to drift cradled  
to rise and fall pale gray mist  
to circle round  
the currents and around  
of my life a flotsam  
or a jet sum  
to the mystery

*Comes*

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# Introduction

The tarot is a fascinating symbol system that teaches us how to live life to the fullest. The underlying pattern of the tarot is a great mythological saga that describes the human journey of evolution from ignorance to the state of happiness.

The 20<sup>th</sup> century witnessed a huge expansion of scholarly research concerning the origins and the true meaning of the tarot. It has been an exciting archeological dig. The more we discover, the more we see that human beings have always yearned to understand and define the experience of life. It seems that all cultures from the primitive to the most sophisticated have had a go at trying to explain this great mystery. We have examples of cave paintings and goddess figurines that date back 30,000 years, back to the ice age in Europe, giving evidence that humans were already trying to understand the divine creation and to explain it with symbolic images.

I have come to the understanding that the tarot is not meant to be a method for someone else to interpret my life or to predict my future! It is a projective tool, somewhat like the Rorschach ink-blot test or the Thematic Apperception Test, which uses images to help me tap into my deepest psyche and reach self-understanding.

In one sense, the tarot can be called a divination tool. Divination is our human attempt to understand the divine mystery. Webster's dictionary defines divination as an intuitive method to discover hidden knowledge. The knowledge that we seek is not really hidden, it's just that we each have to find the courage to look within ourselves and find spiritual peace. Aren't we all trying, each in our own way, to find out how to live a satisfying life? **If it were easy to be happy, wouldn't we all be happy?**

I think we can be seduced by the intriguing idea that the tarot, this mysterious set of icons, can see all and tell all. We want it to do our

work for us, to give us a shortcut to self-knowledge. But they are, after all, just pieces of painted cardboard. In the same way, clerics say that the Bible promises to explain all that we need to know to get to heaven - but we have to do the work for ourselves.

Oscar Ichazo stated, "*The unfolding of our true spiritual nature is a science.*" (*The Human Process for Enlightenment and Freedom, Arica Inst.*) The tarot is a science expressed as an art form, teaching primarily by impact on the psyche and emotions. The images of the tarot are like the familiar characters of our myths, dreams and fairy tales. Carl Jung called these characters universal archetypes. He believed that people of all cultures have similar images imbedded in their collective psyches, such as a great mother, a divine creator, a hero, a bad guy, and so forth. These archetypes inhabit our dreams and can be triggered into conscious memory by an external stimulus, such as the tarot imagery.

Tarot can be called a symbolic language that informs directly with color and image; each card is like a computer chip full of information describing a particular state of consciousness. When we identify with a certain image, and relate it to our daily life, all sorts of new insights are uncovered that can be dealt with in a conscious way.

Carl Jung (*Man and His Symbols* p.4) noted, "*As the mind explores the symbol, it is led to ideas that lie beyond the grasp of reason... We constantly use symbolic terms to represent concepts that we cannot define... That is why all religions employ symbolic images.*"

A symbol system is not a dogmatic assertion of a truth, but merely hints or alludes to it, giving the freedom for our own personal interpretation. You are the only expert on the meaning of your life. The answers have to come from you.

A rich variety of tarot symbolism has evolved over the years, inspiring poets and artists such as T.S. Elliot, W.B. Yeats, and Salvadoré Dali. It also interested the great psychiatrist Carl Jung, as well as consciousness seekers, dream therapists and the curious. It dates back to the Renaissance period, and possibly earlier - before the printing press - before Columbus came to America.

So much has been written describing the history of tarot that I hardly need to add to it. Please refer to the three volumes of *The Encyclopedia of Tarot* by Stuart Kaplan for an exhaustive review. Also, note the Bibliography included in this book.

Let me add just a few historical notes. Barbara Walker in *The Secrets of the Tarot*, points out that games of cards have always been a popular medium for religious instruction in the East, to teach sacred doctrines to children and adults, (most of the population was illiterate), in the form of a game. Before the printing press (1460 AD), this iconic, right-brained tool, along with story telling and ballads, was the common way to teach a system of knowledge. They remind me of flash cards for teaching children. Crusaders and traders returning to Europe from Eastern lands, brought with them the art and spiritual ideas of a higher civilization. In spite of the severe opposition to these new ideas, and to the old pagan beliefs, by the established church, the people persisted in their devotion to their ancient earth-centered religion.

According to Walker, (p.9), ***"The Inquisition was born when the church resorted to violent means to suppress its critics. This began a reign of terror that lasted for almost 500 years, the greatest persecution known to history; worse, by far, than the holocaust that Hitler unleashed in this century."***

One of the earliest extant decks, the Visconte-Sforza deck, was painted in the courts of the Duke of Milan around 1450, during the Renaissance. It was probably made to celebrate the marriage that united the Visconte and Sforza families. Most of the cards are attributed to Bonifacio Bembo, who was the

favorite painter of Bianca Visconte Sforza. The cards may be actual portraits of the royal family.

I have noticed that some of the beautiful faces and dress styles in the major trumps of the Visconte-Sforza deck resemble paintings by the Italian master, Fra Angelico (c.1387-1455). He was a pious Dominican Friar, whose patron was Pope Nicholas V. In 1449, Angelico was elected prior of San Domenico in Feisole, near Milan. Miniature illumination was extensively practiced in reformed Dominican communities at that time. The royal courts competed for the artists who could produce these beautiful cards for their diversion.

The great Leonardo daVinci (1452-1519), was also patronized by the Duke of Milan during the High Renaissance. It was a time of great experimentation and change. Art, alchemy and magic flourished. The old spiritual ways clashed with the ever-tightening hold of the established church. That is why the people were forced to be "occult," or "arcane," in order to avoid persecution for practicing their beliefs.

As an artist, poet, sculptor, I have been involved in the study and use of symbols for well over thirty years. I first encountered the tarot at Esalen Institute in 1968. There I met and worked for a time with Jack and Jae Hurley and John Horler who were researching and designing a tarot deck (issued in 1974 as *The New Tarot Deck* by U.S.Games). This is an elegant set of black and white wood-block images, using characters from the Esalen scene, with Fritz Perls as the Hermit.

In 1972 I joined the Arica Institute, Inc., a mystical school, and began a series of consciousness raising studies. I am deeply grateful to Oscar Ichazo, the founder and teacher of the school, for sharing his wisdom. The work has profoundly changed my life. One facet of the work that he gave us concerned the meaning of the tarot. He presented a deep new understanding of the tarot as a spiritual/psychological system for guiding our spiritual evolution.

Since then the tarot has been a significant part of my life. I studied everything I could get my hands on. Soon I was talking, painting, teaching, counseling, and writing about the tarot. It became a second language for me, invading my dreams, my relationships, my art and poetry. Early in my studies, I posted the major arcana cards on my walls, carried a small deck in my purse, and gathered a group of friends who began to discuss the tarot until we had a language in common. We did readings with each other that we called “karma cleaning”, shared insights, acted out the cards, made up songs, poems, plays, and had theme parties. I find that my dreams are more vivid and exciting after working with the tarot.

**Working with the tarot is like recalling dream images, except that you are *not* sleeping and can interpret them more consciously!**

Oscar Ichazo issued a Tarot deck for members of the Arica School in 1976. *The Tarot of Oscar Ichazo* is described in the first *Encyclopedia of Tarot* by Stuart Kaplan. To my knowledge, Ichazo has never gone on to publish a book about his tarot system. I remained active in the Arica School until 1984, spending time in several of the Arica communities. In addition to Arica, I went on to study Buddhism, psychology and mythology and to compare many other teachings. One of my favorites was found in a little book that I bought on a street corner in San Francisco in 1972. (*The Lazy Man’s Guide to Enlightenment*, by Thaddeus Golas).

I published three magazine articles about the tarot, lectured and taught for years at adult education classes in San Diego. I also wrote and illustrated a book in cartoon form about a little girl Fool who climbs up a mountain, experiencing the stages of the major arcana along the way to the top. I wanted to write a story for my daughters about a strong little girl who goes on the hero’s quest.

The community that I lived in, centered around Balboa Park, was comprised of Aricans, psychologists, Rolfers, body workers, Tai Chi practitioners, Taoists, artists, and seekers of all

types. We enjoyed a loosely structured life style that fostered our individual spiritual paths.

Years ago, when I was invited to teach the tarot at a college in San Diego, I looked for a simple way to explain the concepts. Instead of a mysterious, convoluted train of thought, and a kaleidoscope of unrelated images, I decided to make a visual chart that would clarify the entire deck. I sat down with a deck of tarot cards and sorted them into five segments: the courts, the paths, the aces, the fool in its 3 permutations, and the major arcana. Suddenly, I was able to see a pattern to the whole thing. It is an elegant purposeful design that reveals the structure of a step-by-step teaching system. It’s not random pattern! *It’s a map!*

Ralph Metzner (*Maps Of Consciousness*, p.10), states, “*When we seek means for personal evolution, or mental health, maps are useful. A map helps us to find our way and to define where we are on the journey. There are two kinds of maps: right-brain visual images and metaphors; and left-brain conceptual, verbal systems; for complete comprehension, both are necessary.*”

The tarot is a map that can help us find our way to happiness. It’s a format, like a skeleton key, with which you can dissect and study many systems of thought. I have found that every great teacher gives the same message, and now I have a template across which to compare the various ideas.

Mystics, such as G.I. Gurdjieff and Oscar Ichazo, as well as philosophers and psychologists, explain the development of consciousness in terms of levels. The ancient Chinese developed a system (*The I Ching*), based on the cyclic patterns of nature. Two contemporary authors have revolutionized our thinking about the process of maturity. Gail Sheehy gave us *Passages*, her books about the concept that human beings can continue to mature in stages throughout their lifetime. Elizabeth Kubler-Ross wrote *On Death and Dying*, a book that outlines the five stages of coming to grips with death. These books gave us a new vision of how to deal with life – after the arbitrary age of 21 – when we’re supposed to be grown up.

The tarot is a right-brain map that clearly outlines a systematic process, in steps and stages, towards higher function as human beings. A graphic map illustrating the organized pattern is included in this book. (Tour Map, p.15)

My spiritual work includes the creation of my own tarot deck. I used graphic images from magazines and catalogs to re-state the ideas with modern pictures. It is important to me to relate the tarot to the present, and to ordinary every-day life, instead of to the traditional medieval images that are outdated today. It is time for a new understanding of the tarot. I highly recommend that everyone who studies the tarot should buy a blank deck and make their own personal tarot cards, using images that are particularly meaningful to them.

The first of my tarot collages came about when I was invited to address a 1983 Tarot Symposium in San Francisco. The theme was "The Star," which inspired me to make the star collage. Since that time I have gone on to make large, (22" x 28"), collages of all the other cards.

Because I believe that color has a major impact on the psyche, it is a significant part of my symbol system. For example, I used one of the primary colors - red for Blades, yellow for Stars, and blue for Hearts - as a background for the minor arcana collages, signifying the special qualities of each path. Mixing all 3 primary colors together makes a rich brown color that I used for the Staves collages, to show that this path is a synthesis of the other three paths.

The exercise that I posed for myself was to find images reminiscent of the traditional tarot in our modern publications. I searched for the images by focusing my mind on the theme of a specific card, then leafed through a variety of magazines, tearing out any picture, words, advertisement, or cartoon that caught my attention by reminding me of that card. It was spontaneous and intuitive, not a search for any specific picture.

This is a perfect example of Carl Jung's *Theory of Synchronicity*. The collages were made by chance; the particular images just fell into my hands at that moment in time because a

friend gave me two boxes of magazines from her bookstore. Millions of other pictures were circulating, but these are the images that I found at the time.

Advertisements are full of evocative images, and they are intended to influence us in ways similar to the old tarot images, only now the figures are wearing blue jeans and selling toothpaste as a means to find happiness.

My method has been to keep a file folder for each card and to collect pictures that remind me of the card's symbolism. After a period of time, when inspired to do the moon collage, for example, I gathered all the images on a large table and moved them, cropped them, and pieced them together like a jigsaw puzzle until the pictures melded and became one image. At some point I suddenly felt a "yes," and everything worked. This process was a long meditation that lasted for several days while I worked in my flannel nightie and ate peanut butter sandwiches, deeply immersed in the meaning of the particular card. There are many layers of innuendo woven into each collage. (U.S. Games Systems published some of the Cameo Tarot Collages in the *Encyclopedia of Tarot*, Vol.III, 1990).

In 1984, after traveling for 12 years and doing the Arica work, I moved back to Indiana to be near my family and entered Indiana University. It was time to balance all the years of right-brain intuitive work with some left-brain scholarship. At age 62 I graduated with a master's degree in counseling, with concentrations in psychology, women's studies, sculpture, and philosophy. While attending classes there, I received a grant to exhibit the original 30 tarot collages for my senior art thesis. In order to survive the left-brain work, I took hands-on sculpture classes for 7 years. After graduation I worked as an art therapist with children and adolescents.

The purpose in writing this book is to present the tarot concepts in a new, simplified form, using photos of my collages for illustrations. My mission over the past 25 years has been to dispel the ignorance about this ancient teaching tool and to explain its keen psychological

system of human development. The intention is to de-mystify the tarot and make it available to more people as a self-help guide to the state of happiness.

For this book, I used ordinary words and aphorisms to rephrase the ideas and make them more accessible. A friend advised me to write "in my own voice." The explanations that I provide for each collage are the same phrases that I have heard myself say again and again while teaching tarot over the years.

I use the term S/He, when needed, to designate the fact that male and female are both indicated. Each explanation is very brief. Hopefully, they will lead you on to further explorations of your own.

That is really the most important message that I can give you; **you must do your own work.**

I tried to use an economy of words in order to allow the main content of this book to be the collage images and their right brain messages. This is the type of book that you can read through, or read one page a day, or consult as a reference regarding cards you have chosen from another deck. I wanted it to be crisp, clear and elegantly simple.

A chapter is included in this book about the many different methods that I've used to work with the tarot. For eight years, while living in San Diego, I used the tarot as a counseling tool, after carefully explaining to the client that we would **not be making predictions!**

The first thing I said to a client was, "*I don't give answers, I give questions. You will be doing your own reading here because only you have the ability to interpret these symbols in relationship to your particular life experience.*"

My next question usually was, "*What do you see in this card? Describe it to me. Does it relate to anything in your daily life?*"

In other words, responsibility was turned back to the clients to do their own work. The format of this book uses the same technique. At the bottom of each description is a block of questions that you can ask yourself as you read

through the book. My role is to guide readers to follow their own paths of inquiry, which is the concept of "the self-guided tour."

Often, I had to deal with the prejudice and fear that some people feel around the tarot. Attempting to understand this phenomenon, I studied Neuropsychology and the split-brain theories and learned that there is a plus and a minus quality to the imaginative right hemisphere of the brain. If we are in a positive state of mind we can conceive of paradise and angels, but in a negative state of mind we imagine hell realms and demons. This is the way that our minds can scare us. The tarot has received a lot of bad press over the last 600 years, precisely because it can stir up our imagination and mirror our fears. The cards contained images that were considered heretical to the teachings of the church. In old church records as far back as 1376, we find prohibitions against the cards.

The taboo against this imagery continues to this day, reinforced by movies and horror stories that use the tarot as if it contained malevolent powers. Interestingly, if you ask most people about the tarot today, they will scoff and declare that they don't "believe" in that gypsy fortune-teller stuff. That's where we get the term, "to gyp." What a confusing state of mind we are in, to simultaneously doubt and fear these simple picture cards. We have been indoctrinated for centuries to fear and distrust our right-brain functions.

Obviously, the tarot has meant many different things to people over time. **I don't believe that there is just one correct interpretation or method for using it.** When you read this book, do not assume that your other tarot interpretations are invalid. Don't throw out your former understandings; just add this book as a new and interesting chunk of information. I recommend that you use whatever deck gives you a rush of energy. It is the energy of curiosity that unlocks your inner secrets.

Joseph Campbell (*The Power of Myth*), focused his concerns on the need for each of us to achieve spiritual maturity and to turn

away from suffering. He stated that all myths contain clues for how to achieve happiness. *"We think we're all seeking a meaning for life...What we are really seeking is the rapture of being alive."*(p.3)

Campbell, in *Hero With a Thousand Faces* (p.389), states, *"Humanity is in the throes of looking for new symbols and myths to guide our way to maturity because the old myths and religions no longer speak to us. It is necessary for humanity to understand, and be able to see, that through various symbols the same redemption is revealed!"*

*"Truth is one"* we read in the Vedas, *"the sages call it by many names."*

Now, after retirement from work in the world, a new chapter of tarot work has begun for me. Once again a small group of students asked for my guidance to study the tarot. Because they called for the information, a flood of new creativity opened for me! Finally, In 1999, I developed the 36 minor tarot collages and began to write this book.

Leonard Shlain (*The Alphabet versus the Goddess*), wrote a startling revisionist history of the written word. He suggests that the alphabet, and all forms of linear writing, greatly increased our human left-brained hunter-killer mentality. The right side of the brain, which processes information with icons, music, art and stories, is the gatherer-nurturer mentality.

The printing press, invented 500 years ago, and the expansion of the written word, profoundly influenced humanity in two ways; like any other invention, along with its obvious benefits for humanity, literacy has had a dark side. Shlain explains, in carefully documented examples, how the turn to a left-brain way of processing information created a dominantly patriarchal world that gradually became out of touch with the iconic, creative and spiritual qualities of the right side of the brain.

However, there is a hopeful note to his theory. He states, (p.432), *"After 500 years of domination by the written word in books, the iconic symbol is now returning...there can be no*

*doubt that in only five decades...TV, photography, computers, and all forms of electromagnetism... are transforming the world both physically and psychically."*

*"In 1968, the first photo of Earth taken from space flashed around the world, celebrating the interconnectedness of life...Not a single book has come close to the impact this one photo has had."* (p. 410) In his concluding statement, Shlain affirms that, *"we seek a renewed respect for iconic information, which, in conjunction with the ability to read, can bring our two hemispheres into greater equilibrium and allow both individuals and cultures to become more balanced."* (p. 429)

The tarot has come down to us out of past ages, from far-flung areas of the world, having survived prolonged and brutal persecution, as well as convoluted confabulations of the worst kind. Because of its iconic ability to stir the psyche, I believe it can be used as an alarm clock to awaken humanity and to help us make the jump to a higher level of sanity and maturity.

My hope for the next century is that we will recognize our interdependent search for knowledge and will honor, instead of repress, all of the various means that we have invented to explain the mystery.

I think it's time to, *"...pour out despair, and rinse the cup, eat happiness like bread..."* (Edna St. Vincent Millay, *Sonnets*).

*Cameo 1999*

# Methods for Using the Tarot

You can best use the cards for your intuitive training by playing with them often. To my understanding, there is no “right” way to use the tarot. **It means what it means to you in the here and now.** Tomorrow the same card could resonate with an entirely different meaning.

There are no good or bad cards. Instead, each card has both positive and negative possibilities; both sides of the coin, so to speak. Some people like to use the inverse of a card to inspect the shadow side of that image. Whatever works for you is correct. However, if you come up with negative interpretations that scare you or put you down, or add to your suffering, you may be on the wrong track. Try to see the positive side, or discern what you gain from being in a bad mood. Suffering is not wrong in itself, we seem to need to suffer through our lessons in life, but do not get “stuck” in a negative state.

Treat the deck with respect, not because of some superstitious notion, but because you are using this oracle/tool to contact your deepest subconscious self. When we treat the tool with respect, we also respect ourselves and create the conditions for a positive state of mind.

I would like to suggest that you make your own deck. You can buy a blank deck, glue pictures and memorabilia on it, and record your own unique process towards self-understanding. You don’t have to be an artist to do this. The symbols that you select, because of their impact on you, will be much more powerful.

- **One-a-day reading:**

One of the best techniques for embodying the tarot is to draw one card each day, first thing in the morning. Meditate for a few minutes on the feelings and ideas that you have about that card, and then throughout the day, notice anything that might remind

you of that particular card. In 78 days you will have many new personal insights and understandings. At the end of this book are journal pages for your notes.

- **Open face reading: for a small group or an introductory session:**

Spread the entire deck, face up, on a table or on the floor. Ask each person to push the cards around until they see one that makes an impression, good or bad. Tell them *“sometimes one will just jump out at you.”*

Then ask,

*“where did you feel this in your body?”*

Do not allow them to talk about thoughts, but ask them again to describe the exact **feelings** in their body. Was it a shock feeling in the heart? Butterflies in the guts? A gasp? Some say that they feel a change in their breathing or a flush in their face. It doesn’t matter where it is felt; the idea is to point out to the person that there is a physiological response happening, and not just thinking. **Something more is involved in the experience.** The impact is felt in the body, the emotions, and the mind. The cards have such a variety of strong images that they are like a kaleidoscope, but soon one card will stand out. Ask the person a question, such as,

*“Look at the card and describe what attracted you. What do you think is the meaning, or message?”*

*“Does it remind you of anything that is happening in your daily life?”*

*“How does it relate to you right now?”*

*“Is there anything in this card that you could use to describe yourself to the group? etc.”*

You can remind them that their deeper psyche is trying to communicate. This is a good way to give a quick overview of the whole deck and to begin explaining the tarot as a symbol system. It’s surprising how fast

this can break the ice in a group and make self-disclosure more comfortable.

- **Oracle reading: draw cards from face-down deck.**

An oracle, according to Webster, is a person or object through which hidden knowledge is revealed. An oracle is useful because of its ability to shock the mind into new insights. This method can be used with one person or with a group.

Spread all the cards out face down and have each person choose a card. Some pass their hands over the cards until they are drawn to one. Use in the same way as above. Give each person an opportunity to describe the card they picked up and any feelings they may have about it. Be creative. Make patterns, draw companion cards, or throw the ones back that you don't like. I try to give the client control over the process. There are no rules. This comes as a surprise and helps them to take responsibility for their own process.

- **The 5-card reading:**

This is the standard layout that I use for readings. It's described on page 10 and 11. It is short enough to keep you from being overwhelmed and long enough to examine a situation in great detail.

- **Child's fairy tale reading:**

Young children who are still in the age of magical thinking know exactly what to do with the cards. They play with them quite imaginatively. As a counselor, when working with a child, I present the cards, face up, and tell the child,

*"These are the pictures from a fairy tale, but all the words got lost. Can you find some pictures in here that tell a story?"*

The result is usually a spontaneous, unself-conscious response. This can be a very painless diagnostic technique. You can follow along as they tell their story, and if necessary, you can ask,

*"and then what happened?"*

If a frightening or very sad idea comes up, you can ask the child to look for a solution,

or throw out the "bad" card and choose a new "helper" card. They get a sense of power when they can recreate their story and be freed from their fears. You can ask, *"what could you do right now to make this new story come true?"*

A great deck for doing this type of reading with a child is the *Inner Child Cards* created by Lerner and Lerner. All the tarot cards are interpreted in terms of fairy tales. The devil card is, appropriately, the big bad wolf. Sometimes you may have to remind the child that this is "just pretend." They can pretend to chase off a fearful monster, or act out a better way to deal with a problem. You can ask,

*"what is the kindest thing you could do in this situation?"*

Our children seem to absorb a huge amount of negativity and violence from the media. Kids are hungry for goodness and fairness and they can be encouraged to visualize these values in their play.

- **Working with teenagers:**

Teens are often drawn to the tarot. It can be a very disarming method for initiating a conversation with them, which can lead to deep communication. Use the methods described above and suggest to the youth to imagine themselves in the characters of the tarot. Lead them on a guided fantasy using their chosen cards. Help them to make a collage from a pile of magazines to interpret their reading. This is often a good way to break the ice. They can do the 5-card reading or just choose cards from a face-up deck to describe their feelings. I ask them to describe what they see in the picture. Then I ask,

*"What do you think is going on in this card?"*

*"How does this relate to you?"*

Help them to get focused on what they really want and on one small step that they can take to reach their goal.

*"If you change only one simple thing, it will gradually change your life in a big way."*

Imagine you're riding a bicycle down a narrow path and you turn the handle bar just

a tenth of an inch to the left and hold it there. As you ride along you will find yourself veering off the path to a new direction. It's important to make very small changes.

Be sure to tell young people that they **have a choice** whether to use the tarot in a positive way or in a scary, negative way. It's all in the mind. Ask them to describe the opposite side of any card that they interpret, or point out the two sides of the situation. Don't forget, teenagers enjoy being scared!

- **Who am I today?**

You may use the 5-card reading to do a self-portrait. Let each card in the pattern reflect a different aspect of yourself. Sometimes a card can have a significant impact and jog your awareness of what is going on in your life **at this moment in time**. If you focus on someone else, realize that what you are reading is your relationship to that person, or your own subjective opinion.

- **State of the union reading:**

You may want to do a 5-card reading as a couple. Be sure that you and your partner have an agreed-upon issue for a focus. Take turns drawing cards, or each of you do a 5-card pattern and then compare. Do not forget to stay with your focus issue. If other issues come up, make a plan to deal with them later. Have a conversation using the cards. After each statement, have your partner repeat what s/he heard.

*"Is this what you heard?" or you can ask, "Is that what you meant?"*

Sometimes it takes a long time to come to consensus on the meaning of a reading, particularly if anger and hurt feelings are involved. Use the reading to discuss what is good about the relationship as well as what needs to change.

- **Art Therapy with tarot:**

The tarot lends itself to all kinds of imaginative play. It's very useful for a client to make a collage to illustrate the "meaning" of a particular card or reading. Sand play and clay modeling also work well as accessories to the tarot. There are no limits and no rules for this kind of work.

Significant dreams can offer a focus for a tarot reading. The dream can be studied by choosing cards that signify the elements of the dream. This allows a person to externalize the problem, and to deal with it in a conscious manner. You are the only one who can interpret your dreams subjectively.

- **Help for ADD:**

The tarot can be a useful tool for dealing with Attention Deficit Disorder. It's what I call an "attention grabber." It helps one to focus for long periods of time. I have struggled with the limitations of A.D.D. all my life.

Maria Montessori, a doctor who developed her teaching method in Italy after WWII, discovered that children need to find a task that fully engages them. It doesn't matter if it is a puzzle, or a chess game, or washing dishes. She pointed out that this focused attention helps children to normalize their brains. Her methods are still in use in the Montessori Schools.

# The 5-card Meditation

This method of reading the cards is an example of **process-oriented thinking**, which is the awareness that everything is always changing and evolving. I have used many different readings over time, but this one has become my standard. It gives a good look at two sides of the situation and then asks you to choose a third card to help you examine what you can do to change the situation into a new result.

First, before starting your reading, it is important to choose a brief, clear **statement of focus**. Do not ask a question that requires a prediction. For example, you may state that the problem you want to focus on is your relationship, or lack of relationship. **Do not ask, "When will my true love show up?"** This will only get you into wishful thinking or guesswork.

Choose the five cards, one at a time, in the following sequence:

- # 1. (right)      **The active, masculine, outside appearance.**
- # 2. (left)      **The receptive, feminine, inner feeling aspects.**
- # 3. (top)      **The function, or the catalyst energy that creates a change.**
- # 4. (bottom)   **The result of the changing process.**
- # 5. (center)    **The possibilities for a new direction.**

You may choose cards from the deck any way you desire. You can shuffle them or fan them out, face down or face up. You can choose them and process them one at a time, or all 5 at once.

Create a quiet, contemplative environment for your reading and allow for the time to

meditate. You may use flowers, incense or a lighted candle to enhance the mood.

Use any tarot deck that captures your interest and imagination. Whatever deck you use, you may find it helpful to read the explanations of your chosen cards in this book. At the bottom of each descriptive text are questions in bold print that may spark your internal questioning. By all means, follow your strong intuitive reactions, even if they are in contradiction to the text. Your response is valid for you.

Remember to state your issue in a very few words, and to restate it every time you draw a card. This will keep your mind on the current issue, rather than wandering off into speculation. When you draw a card, ask yourself, **"how does this relate to my statement of focus?"**

Keep a journal to record your readings and your interpretations. I met a psychologist in San Francisco who was correlating his tarot reading with his I Ching readings and biorhythms on the computer every day.

In conclusion, retell the process of your reading as a story or write it down in your journal. This gives an opportunity to fix the reading in memory, and to correlate the meanings of the cards. Over time you may be able to see a pattern to your readings that will give you more insights. Sometimes you may get a flash of understanding much later.

Remember, there are no rules or interpretations that are cast in concrete. You can be as inventive as you like.

# The 5-card Meditation Layout

#3  
CATALYST  
**FUNCTION**  
Knight

#2  
INNER  
FEELINGS  
**RECEPTIVE**  
Queen

#5  
NEW  
DIRECTION

#1  
OUTER  
APPEARANCE  
**ACTIVE**  
King

#4  
SYNTHESIS  
**RESULT**  
Page

# The Self-Guided Tour

Most mystical schools have a system of consciousness-raising levels. Each level is meant to describe experiences and lessons that must be embodied before advancing up to the next level. Sometimes these levels are called initiations. These stages of growth have been described in symbolic ways by many different cultures.

The levels described in the tarot can be seen as a time-line inventory of your life up to this point and help you to anticipate where you are headed. Each point on the map leads to others, showing a continuous, moveable process and not a static set of concepts. It is a web of ideas and we all fit into the pattern somewhere, constantly changing within it. We all do the journey in our own unique sequence, *not in a linear way*, and we experience the pattern at many different points at any given time. I like to imagine that the creation is a great jigsaw puzzle and every one of us is a mobile, equally important piece.

At the bottom of each description are questions for you to ask yourself. The questions are a **self-help tour through the steps and stages of the tarot journey**. They can be used to help you gain insight to your problems, and to intuit where you are on the journey of life. Some of the explanatory statements will ring true and, of course, some will not. Just go with the remarks that are meaningful to you. Fritz Perls wrote, we are always *"in and out of the garbage pail."* This means that the subconscious mind is full of material that is too much for the conscious mind to process all at once. In response to a trigger, such as a tarot card, we dive down and retrieve a piece of memory or emotional material and deal with it in a conscious way. It's like solving a puzzle, piece by piece. We can only deal with a few pieces at any given time. Do not try to force yourself to accept a symbol. What is true for you will "ring a

bell;" that is, it will have a flash of energy or feelings attached to it.

Always remember, the **minor arcana** portray our encounter with the external world, and the **major arcana** teach us about the internal journey to higher consciousness. The work of consciousness-raising is not an escape, it is meant to help us deal directly with the pain of life and rise above it. Each card is like a landmark guiding us on the journey to enlightenment.

When you begin to work with the tarot as a system of human evolution, you can interpret the minor arcana as a symbolic map picturing the life you lead in the material world. This is your everyday existence. Although they may picture times of pain and "asleep" consciousness, the life circumstances that are described are **not illness**. Maybe a little normal neuroticism is depicted, but not the delusions and aberrations of serious mental illness.

As you look at each of the four paths on the tour map, you will see different states of consciousness described, evolving from the ignorant 10 up to the functional 2. The ace gives a glimpse of the highest possibilities in each path, but this is just a taste, like a carrot held out to encourage you to go on. You can compare all the #5 cards, for example, and see the same level of despair described in the ethos of each path.

The court cards are an example of process-oriented thinking, as described in page 10. The King is **active**, the Queen is **receptive**, the Knight is a **catalyst** and the Page is the **result** and synthesis of the first three cards. The Pages represent you at the start of a particular path. The Pages enter each path at the 10 position and attempt to proceed in their own unique way to the advanced 2 position.

- The 10** – shows **ignorance**, and the lowest levels of consciousness for each path. Ignorance is to ignore the truth.
- The 9** – position is the level of **conformity** to the rules of society.
- The 8** – position is **ego inflation** and breaking the rules.
- The 7** – is the level of **theories**, philosophy, excuses, blaming.
- The 6** – is **cynicism**, social estrangement and disillusionment.
- The 5** – is half way from the ten up to the ace. It's a time of **deep despair** and suicidal ideation; a breaking point, where the pain of life is very intense. It is tempting, at this point, to fall back to the lower levels of awareness because the pain there is dulled and familiar, but knowing that there are higher realms can encourage us to return to the ongoing spiritual work.
- The 4** – position is time to **stabilize** and do the spiritual work. You realize that you have been "asleep" and you want to wake up.
- The 3** – is the time for **balance** of the body, heart and mind.
- The 2** – position is the ability to **function** as a positive, mature person.
- The Ace** – displays the **fulfillment**, or the highest possibilities.

When we reach higher levels of awareness, the 4, 3, 2, Ace, we begin, *at the same time*, to do the work of internal self-exploration. We are still in a body, living our mundane existence, while we are engaged in the exciting inner journey to recognize our true spiritual self. This internal journey is illustrated with the major arcana.

A seeker on the path to higher consciousness must remember one thing in the midst of the inevitable trials of life: **wherever you are now, you must continue going to a higher position**, no matter how tempting it is to fall back to a lower comfort zone. You must resist the discomforts of the ego and take one step, any step, towards a higher level by whatever means available to you. Sometimes it's enough to just get up and walk around; move your body, turn on all the lights, get some fresh air, or turn up the corners of your mouth. Just take some kind of action; power is the ability to act – action gives back your power.

The symbol of the internal self is the Fool. This card is number zero because it represents the part of you that travels throughout the deck on your life journey and has no fixed position.

A true Fool is a person who is not caught up in the ego games of society, and it is a Fool's journey that we must take in order to enjoy life to the fullest.



# THE JOURNEY OF THE FOOL

SYMBOLIZES THE ESSENTIAL SELF EVOLVING THROUGHOUT A LIFETIME

## # 1 THE BABY FOOL

is innocent and does not remember the self.  
It learns about itself by falling into ego and by exploring the four life paths.  
The paths of Blades, Hearts, Stars, and Staves are encountered in daily life.

### **BLADES-** is the path experienced by the physical body.

In Blades, the Fool seeks to find truth and reality in the here and now.  
The fight is between idealism and ego, versus the way it is.

### **HEARTS-** is the path experienced as emotions in the heart.

In Hearts, the Fool seeks human relationships and mystical ecstasy.  
The fight is to dispel illusions about love, and to open the heart.

### **STARS-** is the path experienced in the conscious mind.

In processing Stars, the Fool seeks to understand the meaning of life.  
The fight is to clear the mind of negativity and to reach perfect clarity.

### **STAVES-** is the path experienced in our everyday activities.

It is growing up in the world and working with family and career.  
The fight is to transcend life's problems and transmute them into wisdom.

**THE COURT CARDS-** represent the process of gathering energy for each path.

The kings represent the active, masculine energy of the path.  
The queens represent the receptive feminine energy, the calling to the path.  
The knights are the functional, catalyst force, the moving energy.  
The page is the result of integration of the King, Queen, and Knight.  
The page always represents you, your Fool self, ready to enter the path.

### **THE ACES-** are the highest realization of each path.

The ace of Blades is a rush of pure vitality in a conscious body.  
The ace of Hearts is an emotional flood of pure love in the heart.  
The ace of Stars is pure consciousness in a clear, objective mind.  
The ace of Staves is the open crown, awake to the perfect unity of all things.

## # 2 THE WISE FOOL

has experienced the external world and tasted the aces.  
The wise Fool is now eager to begin the internal work of the **major arcana**.  
Each of the 21 major arcana is a problem or stage of development that the Fool  
must assimilate until emerging as a healthy, mature, enlightened Fool.

## # 3 THE ENLIGHTENED FOOL

is the completely realized human being,  
filled with joy in the midst of life's inevitable difficulties.

— 0 —  
**THE FOOL**  
∞

**The number 0 has no fixed position.  
The color of the Fool collage is black to represent the void.**

The Fool is you!  
The Fool is the alpha and the omega.  
The Fool is a wise, natural person who sometimes wears the mask of a joker.  
The Fool is your essential self, your soul, the inner truth of your being.

**THE INNOCENT FOOL**

is every newborn baby, ready to begin the lessons of life.  
The baby Fool does not remember the essential self at birth.  
S/He learns by falling into ego and developing along the four minor paths, which are called  
Blades, Hearts, Stars and Staves. These represent growing up in a physical body; emotional and  
mental development; and the "school of hard knocks."  
The panther symbolizes family, friends, and community, who are cautious, critical,  
and trying to hold you back.  
S/He dances on the head of an alligator to demonstrate the difficult,  
dangerous work of taming the ego.  
The mountain symbolizes "The Great Work", which is the hard work of  
achieving higher consciousness and living life to the fullest.  
If it were easy, wouldn't everyone be happy?

**THE WISE FOOL**

has had deep life experience in the four worldly paths.  
S/He has tasted the four aces, and wants more experience.  
S/He is filled with curiosity about the internal self.  
The wise Fool must remember and recognize the essential self by working  
through the steps and stages of the major arcana.  
Each person accomplishes the journey in a personal, unique pattern.  
S/He evolves by taking a continuous journey through the 21 major arcana, transmuting from one  
character to the next, like an actor on a stage, until emerging as

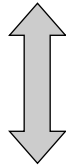
**THE ENLIGHTENED FOOL**

*... "Let no one be deceived. If any persons among you seemeth to be wise in the world,  
let them become a fool so they may be wise" ...Corinthians: 3, 11, 23.*

**Are you thinking that there has to be something more to life than the  
fleeting pains and pleasures of the external world?**

**What do you value as really important to achieve in your life?**

# THE COURT OF BLADES



**The color of the Blades collage is red for physical power.**

BLADES is the path of down to earth physical experience.

The element is **air**.

The season is **winter**.

It is our life-giving breath.

It is encountered in daily life as a struggle to gain mastery over the body.

Seeks truth and reality, here and now.

This is the fight of ego-desires versus the way it is.

This is a path of high idealism, symbolized by the mountains and the eagle.

The blade symbolizes the ability to discriminate.

The blade cuts both ways.

The blade cuts to the true nature of things.

## **The KING of BLADES:**

The King represents active masculine energy.

He is symbolized by a strong, proud male image.

He is the zealous idealist.

He is the eagle and the blade.

His blade is in the upright, active position.

**Are you ambitious to confront the truth of the world?**

## **The QUEEN of BLADES:**

The Queen is the receptive energy, the calling for the truth.

She is symbolized by a strong female athlete.

She is the eagle, flying high over the mountain, viewing the whole picture.

Her blade is in the downward, passive, position.

**Do you have the willingness to accept reality, as it is?**

## **The KNIGHT of BLADES:**

The Knight is the function of searching for the truth.

The impulse to move forward on the path of Blades.

S/He is fueled by curiosity to experience the world.

S/He is the catalyst.

S/He is symbolized by a skilful athlete fencing with the truth.

**Are you the mover and the shaker who makes things happen?**

## **The PAGE of BLADES:**

The page is a brave, reluctant warrior.

S/He is the result of the fusion of the king, queen, and knight.

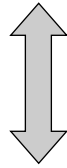
S/He represents you as you begin the path of Blades.

S/He is fearful and ambivalent about encountering the world.

Courageously taking the first step towards confronting reality.

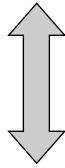
**In what way are you arguing with the truth?**

# THE PATH OF BLADES



2. Hang in there, baby! You're a functional grown-up! You can accept whatever comes. You are filled with courage and optimism, even if you can't see what's coming. You have called a truce in your fight against reality. You have learned the art of patience.  
**Have you begun to serve humanity?**
3. Ouch! Painful reality pierces your body, your heart and your mind. The truth hurts, like sliding down a razor blade. You are face to face with the pain of life and you must find balance. This is the darkest moment. You must recognize your higher self.  
**Have you begun to work for higher consciousness?**
4. Stabilize. You need rest and recuperation. Restore your strength and heal your body. Relax. Learn Tai Chi. Meditate on the work of "waking up" to full consciousness. Take time for yourself. Begin to enjoy your body again. Practice fortitude.  
**Is your life in order? Do you have a place of sanctuary?**
5. Despair. Defeat. Suicidal ideation. Running away. Hopelessness. Panic. Self-destructive and punitive treatment of the body. Heedless risks. You may try to escape reality with substance abuse. Black anger. Violence, explosive energy.  
**Are you cutting off your nose to spite your face?**
6. Cynical abandonment of your plans and ideals. Social isolation. Deep contradiction with society. Negative. Pessimistic. Physical carelessness. Bad mood. Low affect.  
**Are you trying to escape from reality?**
7. Theorizing about reality. Trying to think your way out of trouble. Plans and scams. Rationalizations. Clever and manipulative. Intellectual arguments. Bargaining.  
**Do you believe your own lies?**
8. Inflation of the ego. Flaunting the laws. Ostracized or jailed by respected society. Playing your own game. Sometimes, isolated by fame. Breaking taboos and tradition.  
**Are you demanding to have it your way?**
9. Conformity. This is denial of your own truth. It is time to wake up from the nightmare and begin to think for yourself. Develop the strength of your body. You're in a boot camp, being indoctrinated into the rules and constraints of society.  
**Are you trapped and confined in your refusal to deal with the truth?**
10. Ignorant of the true self. Paralyzed and held in check by the problems of life. Lowest level of consciousness. Restrained by other people's rules. As swaddled as a newborn child. Out of touch with the body. Depression.  
**What is pinning you down, preventing movement?**

# THE ACE OF BLADES



**The Ace of Blades is the highest realization of the path of Blades.  
The color of the Blades collage is red for physical power.**

The Ace of BLADES is experienced in the physical body as vital energy.  
It is the conscious body, completely awake.  
The cutting edge that cuts both ways.  
Pure Life.

The blade penetrates to the truth of the matter.  
It cuts through the material world to the spiritual.  
It is a full experience of the now.  
It is a rush of spontaneous, skilful movement;  
movement without plan or thought, as in a quick response to an emergency.  
It's like skiing down a mountain with perfect, relaxed control.  
It is a taste of life, freely manifesting in your body.  
It's the thrill of perfect skill.

The image is of an athlete who is landing on the earth.  
A shower of blessings follows.  
This is what it feels like to get "down to earth."  
S/He is like the eagle finding a safe place to land; an aerie.  
The world is spinning and moving very fast.  
It's very difficult to get a foothold.

The mountains symbolize that you are coming from a high elevation.  
You have experienced the clash of high idealism with mundane reality.  
Your energy is as fierce and courageous as a tiger.

This ace is the experience of being fully alive and free after overcoming the ego.  
You have escaped from your contrary, negative ego resistance.  
This taste of enlightenment makes you want to have the experience more often.

**What specific incident made you begin to do the great work?**

**Can you remember an experience of being in the Ace of Blades?**

**How did you reach it? Can you describe it?**

# THE COURT OF HEARTS



**The color of the Hearts collage is blue for emotions.**

HEARTS is the path of spiritual striving.

The element is **water**.

The season is **spring**.

It is encountered in daily life as a search for community.

Seeks human relationships and is a deep yearning for cosmic unity.

This is the fight to dispel illusions about love and spirituality.

Roses and apple blossoms symbolize love and compassion.

The cup is a symbol of the heart.

It yearns to be filled and to overflow with love.

This is the search for the Holy Grail.

## **The KING of HEARTS:**

The King represents active, masculine energy.

The emotional drive to unite with the "significant other."

He is symbolized by priestly figures and deities.

He is embodied by the Dalai Lama.

He is the communion cup and the fragrant rose.

**Are your arms reaching out towards others?**

## **The QUEEN of HEARTS:**

The Queen is receptive energy that calls for love.

She is willing to explore her spirituality on the path of Hearts.

She is symbolized by a beautiful woman in a crown and by the Madonna.

She was embodied by Princess Diana.

She is the hollow cup and the bursting rose.

**Can you wait patiently to be filled with the spirit of love?**

## **The KNIGHT of HEARTS:**

The Knight is the function of searching for the Beloved.

S/He is the impulse for love that you hope to find at the end of the rainbow.

S/He is the knight on a quest who slays the dragons of ego.

S/He is Lancelot and Joan of Arc.

S/He encounters the illusion of Camelot and "happily ever after."

**Are you as impulsive and outgoing as the knight in shining armor ?**

## **The PAGE of HEARTS**

The Page is a lover, representing you, beginning of the path of Hearts.

S/He is the result of the fusion of the King, Queen, and Knight.

The figure is a hopeful young lad serenading love in the moonlight.

**How are you coping with your love / spiritual life?**

**Is the honeymoon over, or has it just begun?**

# THE PATH OF HEARTS



2. The healing is complete. Compassion. Mature, functional daily life and service to humanity. True partnership is possible, as in the case of doctor + patient, teacher + student, man + woman, etc. Only when we feel equality is real love possible.  
**Are you having mystical experiences? Do you feel equal?**
3. The body, heart, and mind are in balance together. It's time for the party. Social interaction and service to others. New spiritual affiliations. Community. Global awareness, true ethics, and social justice.  
**Are you celebrating?**
4. Refusing to fall in love again or take another chance of being hurt. Solitude. This is a time of stability where you can begin to establish relationship with your self; take time to do spiritual devotions. Begin to meditate. Praying for love.  
**Can you see that love is all around you?**
5. Despair. Broken heart. Emotional and spiritual death. Suicidal thoughts. Loneliness. Denial of former beliefs and practices. This is the turning point - the energy here is so intense that you must make a move upwards or fall back to a lower level.  
**Will you begin work towards a higher level of consciousness?**
6. Cynical about love and spiritual practices. Playing the false games of society with selfish ambition. Saying what you think the other wants to hear. False pride and hidden shame. Misanthropic. Disappointment and disillusionment with your theories.  
**Are you able to have meaningful relationships?**
7. Theories about love. Charlatan philosopher. Fantasies. Wishful thinking. Scheming for ways to obtain love. Craving an illusive fulfillment. Envy. Obsessions about love and/or spirituality. *"Desires are wombs that bear sorrows"* Bhagavad Gita  
**Can you make up your mind about what you want?**
8. Pampering the ego. Society's rules are flaunted. Breaking from traditional family and/or church to explore new options. Diletante. Beginning a mystical journey.  
**Are you searching for "the real thing"?**
9. Traditional relationships, hardened by the rules of society. Duty. Spiritual materialism; attend church because it's expected. Possessive. Greedy, Bored. Unhappy, but hanging on desperately to what you have. Jealousy.  
**Are you putting on a "good front" to impress others?**
10. Ignorance of spiritual life. Deluded by the illusion of "happily ever after." Sentimentality. Love as ephemeral as a rainbow. Lowest level of consciousness. No empathy or sympathy with others. Narcissistic. Superficial love. No authenticity.  
**Are you determined to have an over-idealized "perfect" love?**

# THE ACE OF HEARTS



**The Ace of Hearts is the highest realization of the path of Hearts.  
The color of the Hearts collage is blue for spirituality.**

The Ace of HEARTS is experienced in the heart and emotions.  
The heart is fully open and receptive.  
Pure unconditional Love.  
Mystical ecstasy.  
Compassion.

A benevolent full moon, the honeymoon, showers blessings.  
Picasso's dove offers a rose, the token of love and peace.  
The Taj Mahal symbolizes undying love.  
The crescent earth is attracting the roses of love and is filled to overflowing.  
Apple blossoms in springtime remind us of love.  
The young maiden receives the Grail after slaying the negative passions.  
Streams of love flow from the full cup,  
cascading into the peaceful pool where the lotus blooms.  
Fulfillment.

The Ace of Hearts is experienced when your heart overflows with love;  
at a wedding, when love has triumphed;  
at times of union with your beloved;  
when you hear the baby's first cry;  
when the music of Beethoven transports you;  
when you sing your heart out in church;  
at a rock concert, when the whole crowd responds together;  
when your heart fills with exquisite compassion for all sentient beings.  
When your cup is empty, you cannot give.  
Instead, you must be receptive, expanded, opened.  
Soak it up like a dry sponge.  
This taste of sublime bliss gives you the eagerness to experience it again.  
Allow it to fill your being.  
Open to love.

**Can you remember an experience of being in the Ace of Hearts?**

**How did you get there? Can you describe your feelings?**

**Can you describe the feeling of compassion?**

# THE COURT OF STARS



**The color of the Stars collage is yellow for intelligence.**

STARS is the path of achieving peace of mind.

The season is **summer**.

The element is **earth**.

It is encountered in daily life as a search for knowledge.

The danger is that mind will be filled with useless facts and mental constructs.

Seeks the truth, and freedom from the negative ego.

This is the fight to overcome the tyranny of subjective ego.

This is the path of dispelling illusions, lies, and crooked thinking.

The stalks of wheat represent being down to earth.

If the mind is not grounded on the solid earth, it will feel crazy or spaced out.

The white flowers are reminders of purity and focused thought.

The 5-pointed star symbolizes cultivated human intelligence.

When the star is inverse, it means negativity, fear, ego, and prejudice.

## **The KING of STARS**

The King represents active, linear, left-brained thinking. Analysis.

The fervent desire to discover the answers to the riddle of life.

He is represented by the old Chinese scholar and the clear head.

**Are you hoping to find a way to clear your mind?**

## **The QUEEN of STARS:**

The Queen is receptive, imaginative, right-brained thinking. Analogy.

She is represented by a beautiful space-woman wearing a 6-pointed star.

She is calling for knowledge to come to her.

The occult figure below her is a symbol of intuition.

**Are your knowledge and intuition grounded on the earth?**

## **The KNIGHT of STARS:**

The Knight is the function of avid curiosity.

S/He is experienced in daily life as acquiring information.

Both hemispheres of the brain must cooperate in order to function as genius.

S/He is represented by Einstein with books, chess piece, and microscope.

**Do you have the impulse to go after the truth? Are you eager to learn?**

## **The PAGE of STARS :**

The Page is a student.

S/He is the result of the fusion of the King, Queen, and Knight.

S/He represents you beginning the path of Stars.

This is the work of cultivating and controlling the intellect.

The figure is an astronaut exploring space with books, symbols of knowledge.

**Are you searching everywhere for clues to the mystery of life?**

# THE PATH OF STARS



2. Right brain-left brain are equal and functioning together. Delicate balance and movement between the apparent opposites. This is genius. Original ideas. The mind is aware of the spiritual self and gives up materialistic striving.

**Is your wisdom used for service to humanity?**

3. The mind, heart and body are in balance; they all work together. Imagination opens, fostering constructive work and creativity. You are able to teach. You can trust your intuition and “go with the flow.” You are optimistic and ethical.

**Do you want to be awake?**

4. Stabilize your life. Serious meditation. Assurance that you know what you know from your own experience. No tolerance for intellectual games or other’s opinions.

**Are you hanging on to the truth as you know it?**

5. Despair. Outcast and lost like an orphan in the storm. Fears that you are outside the knowledge. Disorientation. The true knowledge seems to be an occult secret hidden away by the guardians. Doubt. Total distrust of your mind. Fear of being crazy.

**Do you fear that everyone “knows” except you?**

6. Cynicism. Begging for the truth. Distrust of your intellect. Doling out your work with prejudice and scorn. Internal shame and self-doubt. Career is phony and mechanical. No enthusiasm. Pessimistic. Deceitful.

**Are you fearful of being “found out”; of being a sham?**

7. The logical mind theorizes about solutions. New mental constructs. Analytical. Over-reliance on the intellect to solve your problems. Empty of emotions.

**Do you feel ambivalent and unsure of your scams?**

8. Ego inflation. Back to the drawing board. Beginning to think for yourself. Breaking the rules and doing it your way. Failure or boredom with your early career. Re-education.

**Can you begin to trust your “hunches”?**

8. Traditional education. Intellectual snob. Left-brained know-it-all. Worldly career. Knowledge is used as power. Sanctioned by society. Intoxicated by your portfolio of credentials and opinions. Narrow minded.

**Are you are ethical only because of the laws and your fear of punishment?**

10. Ignorance. Like a thinker seated on a pile of unopened books. Intellectual materialism. Overly logical, analytical left-brain thinking. Lowest level of spiritual consciousness. Rejection of intuitive imagination. No inner voice. Pragmatic.

**Is it your goal to amass the knowledge of others?**

# THE ACE OF STARS



**The Ace of STARS is the highest realization of the path of STARS.  
The color of the STARS collage is yellow for intelligence.**

The Ace of STARS is experienced in the mind and intellect.  
It's the opening of the Third Eye.  
Crystal clear intellectual process.  
The mind is in a state of perfect, objective witness.  
This was the experience of Buddha sitting under the bodhi tree.

Freedom from the nagging of the ego.  
Detachment from subjective emotions and reactivity.  
No ego subjectivity. No contradiction.  
Pure forgiveness.  
At-one-ment.

The world is observed dispassionately.  
This is an Alpha state; there is no sense of time.  
It's like waking up, refreshed, after a long sleep.  
Knowledge has been transformed into wisdom.

The symbol of the path of STARS is a 5-pointed star with one point upward.  
The Ace of STARS is the 8-pointed star, which contains all other stars.  
The image of a crystal head is seated on the earth.  
Worldly subjectivity has been transcended.

The white lilies symbolize purity and the red roses mean love.  
It is possible to love everything just as it is.  
Wheat symbolizes that this is the path of earth.  
The white owl symbolizes pure wisdom, clear vision.

When the chatter of the mind ceases, **what a relief!**

**Can you identify a moment when you were quietly alert,  
awake, and peaceful?**

**How did you achieve it, or did it just happen to you?**

**What do you do to calm your mental chattering?**

# THE COURT OF STAVES



**The color of the STAVES collage is brown  
Brown is composed of the 3 primary colors: red, yellow, and blue**

STAVES is the path of spinal column and the crown of the head.

The element is **fire**.

The season is **autumn**.

It is encountered in daily life as the integration of family, career, and spirituality.

After your life experience in the ways of body, heart, and mind,  
the final task is to integrate all three and to open the crown of spirituality.

Seeks to find “the good life” and to be a mature, fulfilled human being.

This is the fight to transcend the inevitable problems of life.

The staff is a cane to provide support on the journey.

The staff, or wand, is a symbol of magical transmutation.

The energy of STAVES in the spinal column is sexual vitality.

## **The KING of STAVES:**

The King represents the active, masculine energy.

The ambition and determination to conquer the world and be a success.

He is represented by a mature Swiss mountaineer, a hard-working farmer,  
and by a male lion, tormented by family duties.

**Do you have the work-ethic that leads to success?**

## **The QUEEN of STAVES:**

The Queen is the receptive energy that eagerly calls for life’s experiences.

She is represented by an old Indian woman, by a Greek tragedy queen,  
by the Pieta, by Mother Teresa, and by a female lion with cub.

**Are you willing to do the required hard work and accept life to the fullest?**

## **The KNIGHT of STAVES:**

The Knight is the function of movement into the battle of life.

S/He has the fiery energy of the warrior and the entrepreneur.

S/He is symbolized by an old soldier of fortune with medals and scars,  
and by the cowboy attempting to stay on top of the bucking bronco.

**Do you have the energy and impulse to “go for it”?**

## **The PAGE of STAVES:**

The Page is the result of the composite of king, queen and knight.

S/He is the young explorer setting out on the adventures of life.

S/He must go through the fires of hardship in order to reach maturity.

The figure is a child holding a wooden walking staff, with a mountain to climb

S/He represents you as you enter the path of STAVES.

**What are your plans and ambitions for life?**

# THE PATH OF STAVES



2. Success! You're a functional adult. You have material and spiritual equality. You are "out of the woods." No contradiction between the inner and outer life. Your work serves humanity. You are able to choose what you want to do.

**Do you know that you have boundless choices in the world?**

3. Optimism and balance. No matter what your material circumstances are, you trust in the goodness of the creation; sure that everything will be OK. Waiting is not mere empty hoping - you have the inner certainty of reaching your goal.

**Are you calmly waiting for "your ship to come in"?**

4. "Ask and ye shall receive." When you ask for help, you discover what has been missing - spiritual life. Meditation. Now is the time to stabilize the body, mind, heart and spirit. All four are in balance and celebrating. True marriage is possible.

**Are you awake to the joys of being alive?**

5. Suicidal despair. Nihilism. All problems are hitting you at once. Chaos reigns. Desperation. High level of energy invested in the crisis. You begin to cry for help.

**Do you know what to do?**

6. Cynicism. Pessimism. Precarious worldly success, but inside fears that you are a fraud. No self esteem. This is the "pride that goeth before a fall." Inability to enjoy material success. You don't know what is missing.

**Are you disillusioned with plans and theories?**

7. Theories about your lack of success. Many futile plans. Blaming others for your failures. No sense of your responsibility. No sense of your true mission. Obsessive worries. "If only..." : using one major problem or disability as an excuse to fail.

**What is your "if only...."?**

8. Ego inflation. You may get into trouble flaunting the laws of the establishment. Options. Breaking away from the norm. Gambling. Exploring new jobs, new life styles, new hobbies, new relationships. Risk-taking. Many possibilities up in the air.

**Do you know what you want?**

9. Conventional, dutiful hard work and family life. Wounded by the inevitable blows of work and career. It is much harder to conquer the world than you expected. You are restrained by the demands of your family and society. You are disappointed.

**Do you know what is lacking?**

10. Spiritual ignorance. Lowest level of consciousness. Nose to the grindstone. Over-exertion. You live to work; no concept that work is a means to support your life. Over-determination to conquer the world and be successful.

**Do you work because you are forced, or for the material gains?**

# THE ACE OF STAVES



The Ace of STAVES is the highest realization of the path of STAVES.  
The color of the STAVES collage is brown, a mix of red, yellow, and blue.

The Ace of STAVES is experienced in the spinal column and crown of the head.  
This is integration of body, heart, and mind within a spiritual awakening.  
This is the ultimate celebration of life, the homecoming.  
It is the moment of perfect atonement.  
At one ment.

The crown opens and showers blessings.  
The Fool child sits on top of the world.  
Autumn leaves burn with fire, fruits ripen for the reaping.  
A bird sings at the top of a column.  
This is the time of festivals and abundance.  
*"By your fruits shall ye be known"...*Matthew 7:16, 20

The snake coiled at the base of the tree represents sexual / vital energy.  
Sexual energy is no longer in contradiction with spiritual energy.  
The magic wand culminates in the union of sexuality/spirituality.  
The vital energy in the spine flows in both directions.  
The two are no longer separate; they are one and the same.  
This is a bittersweet realization.

The snake deity of India, representing vital energy, has risen up to the crown.  
Fire is the element that purifies and burns away the dross.  
All non-essential material is deleted.

Harmony has been achieved between your worldly and your spiritual interests.  
Your inner voice is not crying in contradiction to your actions in the world.  
Complete re-conciliation has been achieved. Inside and outside are the same.

With the realization of this ace,  
you can choose to undertake the internal work of the major arcana.  
**You have become the WISE FOOL**

**Are inside and outside happy with each other?**

**Can you remember a time of being in of the ace of STAVES,  
when you could see that everything is already perfect?**

**Are you ready to meet your inner self on the tour of the Major Arcana?**

— 1 —  
**THE MAGICIAN**  
∞

**The number 1 is the first step.  
The color of the Magician collage is orange to represent enthusiasm.**

The Magician is one of the magi:  
a seeker of the secrets of the stars.

**S/He is the WISE FOOL**, about to begin the cosmic odyssey,  
the journey beyond the world.  
This is the magic trick of pulling your “self” out of the hat.

Are you innocent? Are you eager?  
Pure as a newborn babe?  
Strong as a warrior?

This is the step-by-step evolution of the human spirit towards joyful maturity.  
This is the journey of alchemical self-transformation;  
the search for the holy grail;  
the return to Shangri La.

Leonardo daVinci’s drawing symbolizes our search for human perfection.  
The rainbow is the bridge between earth and heaven.

The magician is enthralled at the prospect of the awesome journey ahead.  
This is a pause for assessment.

The Blade, the Heart, the Star, and the Staff; representing the conscious body,  
the open heart, the clear mind, and the mature spirit —  
these are the tools for making the journey.

**What do you need in order to begin your journey?**

**Are you ready to enter the realm of the inner life?**

**To explore the last frontier?**

**Are you prepared?**

**Will you say YES!**

— II —

## THE HIGH PRIESTESS



The number II is assessment of the dangers of the journey.  
The color of the High Priestess collage is blue to symbolize the psyche.

The High Priestess is a dive into the depths.  
The depths of fear of the unknown.  
Innana's descent into the underworld.

S/He is deep right-brain intuition.  
The exploration of the psyche.  
The destruction and reconstruction of mind structures.

The pause: "What am I getting into?"

The questions: What will I find about myself on this journey?  
Is it worth it?

The fears: What if I find that I am **nothing** inside?  
What if I find out that I'm full of sins and evil impulses?  
Rotten to the core?  
Empty?

S/He is the moon in all its phases.  
The lotus of a thousand petals, flowering out of the mud.  
The secrets inside the shell.  
The pearl of great price.  
The wise snowy owl.  
The luna moth.  
The sorrow of the Pieta.

**Are you willing to explore a world the world hasn't discovered?**

**To look within?**

**To pacify your fears?**

**Are you able to discipline your mind?**

**Do you have the courage to go beyond the beyond?**

— III —  
THE EMPRESS  
∞

**The number III is the rhythm of life.  
The color of the Empress collage is vivid green, to represent the life force.**

The Empress is the excitement and vitality of life.  
S/He is the rapture of being alive.  
The archetype of the powerful female.  
The Earth Mother.

She is sensuous vital energy. Elan vital.  
The birds and the bees.  
The cornucopia of plenty. The field of ripe wheat.  
The dance.

The Empress has overcome her initial fears  
and is now fully aware of her life energy.  
Sexuality is her power.

She is Eve; Hera; Demeter; Venus; Aphrodite.  
The spectrum of female fullness and fruitfulness.

She is the strength of Sacajawea.  
She is the cry of witches and bitches.  
She is the tiger and the lamb together.

She is the experience of feeling the heartbeat of nature  
while walking quietly down a murmuring path in the woods  
and thrilling to the scintillation of colors in a splash of sunlight.

**When do you feel like the Empress?**

**How do you remind yourself of this voluptuous surrender to life?**

**Do you dance, run, walk, exercise, move your body?**

**Commune with nature?**

**Are you feeling fully vital and alive?**

— IV —  
THE EMPEROR  
∞

The number IV is the potency of the life force.  
The color of the Emperor collage is pure red, representing ardent power.

The Emperor is ambition and aspirations for life experience.  
The potency of life energy.  
The chauvinist, the patriarch.  
The phallic symbol.  
The clout.

His power is the ability to act.  
He is the dominant male archetype.

He contains the memory of anger and lust.  
The basic survival instincts.

The Emperor shoots for the top of the mountain, for the sun!  
He is the thirst for adventure and exploration.  
The eagerness to go forth, to move, to charge ahead, to be a success.  
The impetus of movement.

He can soar like an eagle.  
He is superman!  
He is a warrior king who fights for power.  
The war S/He fights is with the self.

He sits on the throne of the ram.  
He is the invincible strength of the yogi.

The active **magician** initiates the journey and then transmutes into the receptive **priestess**. The dancing **empress** is the catalyst energy. The result of this process is the vigorous **emperor**. S/He integrates and embodies the first four steps of the path.

**Can you contain and discipline the masculine energies?**

**What makes you feel powerful?**

**How do you take action?**

**Are you eager to be off, exploring the challenges of life?**

— V —  
THE HEIROPHANT  
∞

The number V is the search for teachers, maps and guides.  
The color of the Heirophant collage is yellow to represent intelligence.

The Heirophant is the revealer of sacred knowledge.  
S/He holds the keys to the kingdom.  
S/He has the maps and tools to help you find your way;  
the myths, legends and songs that hold clues for how to live life to the fullest.  
S/He is the religious elder that you turn to for guidance.  
S/He's the coach.  
The guru. The rock.

S/He entices with rituals and promises.  
As you're fighting your way to the top it helps to have a taste of what's up there.  
The name is inspiration - the game is revelation.  
*"The truth is one" the Vedas read, "the sages call it by many names."*

You must go to her/him with humility.  
You must be willing to be shocked and shaken in your convictions.  
You must patiently practice the work and pray for understanding.  
You must embody the knowledge until it is yours, not outside yourself.  
You must not become trapped in dogma and idolatry.  
You must cut through spiritual materialism.

Finally, after a time of apprenticeship, **you** must become the Heirophant!  
You must graduate from the school.  
You must be the teacher and pass the knowledge to others

Light a candle in the dark.  
Give someone else a hand up on the journey.  
Give away the secrets.

**Do you know what you have to do?**

**What do you need in order to do your work?**

**Are you fortified with instructions for the great work ahead?**

**When will you begin to use the tools?**

— VI —  
THE LOVERS  
∞

The number VI is the balancing of male and female energies.  
The color of the Lovers collage is magenta, a mixture of red and blue, to represent the  
blending of sexual and spiritual energies.

The Lovers is the sacred alchemical marriage.

The marriage of the Sun and the Moon.  
The conjoined Yin and Yang.

This is the first serious work required in order to make the journey to a full life.  
The internal union of the opposites.

A great deal of hard work is required to achieve a real partnership,  
to harmonize the internal male and female energies,  
to blend the right-brain and left-brain aspects of intelligence,  
and to marry all the pairs of opposites.  
There is no real love without equality.

This is not a summer romance.  
Not a Camelot quest for the object of your affection.

This won't be found at the end of the rainbow.  
It's not a love affair with an external partner.  
It does not describe a childish fantasy.

This is the work of becoming a well-rounded and balanced person.  
A whole person.

**Have you brought yourself into balance?**

**What must you do to bring your male/female selves into equality?**

**Does your masculine or your feminine side need to be strengthened?**

**Are you ready to proceed on the journey?**

**Will you be able to move forward?**

— VII —  
THE CHARIOT  
∞

**The number VII is movement towards enlightenment.  
The color of the Chariot collage is green to symbolize new growth.**

The Chariot is the energy and inspiration to actually move forward.  
It 's time to design your own path and invent your own paradise.

It is time for you to cross the great waters;  
to leave your familiar world behind;  
to enter new, uncharted territory;  
to generate your own original ideas.

The alchemical balance was achieved in the Lovers.  
Now you can do your own thing; be honest; be yourself.  
Only now can you actually move ahead on the great adventure.

You are the androgynous warrior in the chariot,  
the sum total and result of the first seven cards in the major arcana.

You will have to navigate by the stars.  
The eight-pointed star, representing the perfected human, is your guiding vision.  
It points ahead to the beautiful STAR of self-recognition.

Your chariot is whatever vehicle gets you going;  
whatever moves you.  
It's your excitement, your enthusiasm, your curiosity, your love of adventure.  
It's whatever lifts your spirit.

This adventure is internal work and can be accomplished while sitting quietly at home  
or going about everyday activities.

**Are you doing your own thing?**

**Do you love your work?**

**Are you moving forward yet?**

**What new spiritual work are you doing?**

— VIII —  
JUSTICE  
∞

The number VIII is the ability to see it as it is.  
The color of the Justice collage is yellow to symbolize clear mind.

Justice is the objective law of the universe.  
The essence of the law.  
The law of the laws.  
Objective witness.  
The truth.

It is not the blind justice of human law.  
It is not the dogma of religious law.  
It is not the rules of a childish game.  
Justice is **not** revenge; revenge is **not** justice.  
It 's not interested in pity or guilt.  
Justice is, simply, forgiveness.

It is a serene surrender to the unknowable questions,  
moving meditation with the eyes wide open,  
harmony with the laws of nature.

The images of eyes represent the search for objective reality and truth.  
The sword and the scale represent sharp discernment and equality.  
The mouse and the owl are justice in action.

Without equality, justice cannot be fair.  
The Quan Yin symbolizes the quality of selfless mercy and compassion.  
Stonehenge is a human attempt to chart the laws of the heavens.  
The ruby jewel in the 4-way cross represents the pain of encountering reality.  
The agony of conquering the passions on the 4 paths.

Because you are inside the creation, you cannot see the whole gestalt.  
Suffering is the result of disagreement with the creation.  
Your suffering is an argument with the creator.

**Are you in denial of the truth?**

**Are you whining that "it isn't fair"?**

**Are you ready and able to love it like it is?**

— IX —  
THE HERMIT  
∞

The number IX is the resolve to go on with the journey.  
The color of the Hermit collage is gray to represent internal balance.

The Hermit is the courage to go it alone.  
Alone in the vast desert, not certain where the journey leads,  
with just enough light to take the next step.  
The true seeker.

Only you can do your work.

This is the awareness that no one will rescue you;  
no one else can light the path ahead, or live your life for you;  
no one will do your work for you;

This is the awareness that you can never go back.  
You must continue to take one more step forward as long as you are alive.  
The vast gray sky, the endless dunes of sand,  
the fog and the mist represent aloneness.  
Loneliness, ambiguity, and uncertainty.

The candle is the teachings and works that have given you a bit of the light.  
The lone pine on the rock, bending to the storms, is the Hermit.  
The eagle flying high to search for the path is the Hermit.  
The yogi, deep in meditation, is the Hermit.  
The flame is the light of pure intelligence.

The Hermit symbolizes the loneliness of your inner work.  
It is not meant to be a retreat from the world,  
nor a denial of the need for human relationships.

If you should try to speak the truth to others, they will not hear you.  
You are not the perfected human being.  
You have not, yet, embodied the wisdom.

**Are you finding it difficult to be the Hermit in a noisy, chaotic outer world?**

**Can you press on, regardless?**

**How do you deal with your spiritual loneliness?**

— X —

## THE WHEEL OF FORTUNE



**The number X is the essential work.  
The color of the Wheel of Fortune collage is orange, blending  
yellow for intelligence and red for the power to act.**

The Wheel of Fortune is the real work of the whole journey.  
It's the hard work of staying centered while in the chaotic conditions of life.  
It's what you have to do to get enlightened.  
It has nothing to do with luck.  
It's the job description.  
The work.

This is the distillation of all the ancient wisdom systems.  
It can be the wheel of mis-fortune, when the circle breaks,  
or when you go against the flow of positive energy.

The wheels and mandalas are attempts to explain the creation.  
They represent the sacred alchemical formulas,  
the ancient clues for how to reach higher consciousness.  
When you are in the hub of the wheel -the center-  
you are not subject to the drama of rising and falling -  
you are stabilized and centered!

The Sphinx is another symbol of the mysteries; a patient,  
long-suffering sentinel guarding ancient attempts to find heaven.

The center image of the collage is a great feathered serpent. The Uroborus.  
The serpent, biting its own tail to keep the circle of vital energy intact.  
This is the symbol of an ancient meditation exercise,  
that visualizes the vital energy circling inside the body, up, down  
and around the spinal column in an unbroken rhythm.  
It is the type of spiritual work that keeps the vital energy contained and centered.

In the very center is a symbol of the process of metamorphosis,  
a white butterfly.

**How do you stay centered in the midst of everyday activities?**

**Are you able to keep your center when all around you is turmoil?**

**Can you stop your negative thoughts from running?**

— XI —  
STRENGTH  
∞

**The number XI is the strength to do the work.  
The color of the Strength collage is red, for love and power.**

Strength is spiritual muscle power.  
Real strength is the fluid ease that comes from long, devoted practice.  
It is the perfect equilibrium between love and power.  
It is skillful, gentle, relaxed, and graceful.

The flexible athlete bends and sways in the storm.

Love is strength.  
The red roses and the baby symbolize love.  
Perfect innocence, completely guileless and unafraid, is strength.  
The strength of pure love.  
Real love.

Mature strength is acquired through self-imposed discipline.  
The lion represents sexual energy under control.  
It must be managed with great delicacy,  
enabling it to be a constructive force.

Our mental/spiritual self must gain mastery over our raw vital energy.  
Heart, mind and body must work together.  
Mind / heart over matter.

Strength without love is ignorant brutality.  
Love without strength is weak sentimentality.

The powerful lion is confident that no enemy can harm him.  
Strength is the sure confidence that you can deal with whatever comes.  
When you can center yourself at will, you have true strength.

**Do you know this kind of strength?**

**How do you nurture and preserve your strength?**

**What kind of skills are you building?**

**Are you moving forward with courage and confidence?**

— XII —  
THE HANGED MAN



**The number XII is the ability to see the other side.  
The color of the Hanged Man collage is gray-green to symbolize confusion.**

The Hanged Man is observing life from a new point of view.  
Upside down. Heels over head.  
S/He hangs on for dear life because everything has changed.  
The poles of the compass have shifted.  
This is the long dark night of the soul.

Logic has its limits.  
The mind must give up its certainties.  
This is the time to trust the right-brain intuitive skills.  
It is very painful to hang in this position between two worlds.  
You must use the Strength gained in the Hermit and the Wheel of Fortune.  
The only way to endure at this point is to remain centered.  
You must act from your own truth.  
Trust your guts.

You must penetrate beyond the reflection of things to see naked truth;  
to discern the authentic in the midst of the mirage;  
to see that which has been reflected.  
Come out of the cave.

Your new understandings are in contradiction to former values and convictions.  
What was once thought to be right is now wrong.  
The rules of the game have been switched.  
Up is down and down is up.

This is the terrible fear that you might be losing your mind.  
It's like changing channels too fast.  
Disorientation and confusion.  
It's the crazy-maker.

**Which way is up? Can you trust your gut feelings?**

**Can you act in a genuine, spontaneous way?**

**Are you hanging in there?**

— XIII —  
DEATH  
∞

**The number XIII is conquering the fear of death.  
The Death collage is dark blue to represent fear and superstition.**

Death is the fear of change.  
The fear of losing the body.  
Fear of growing old.  
Ego fear.

Confronting death forces you to cherish the gift of life.  
To resist change is to resist expansion of consciousness.  
Everything must expand and change.  
Everything goes through cycles of death and re-birth.

“There is nothing permanent except change.” Heraclitus

The great vulture symbolizes death.  
The graveyards and tombstones are reminders of death.  
The snake, rats, skull & crossbones symbolize revulsion towards death.  
Ignorance about death brings fear and resistance.  
Fear of the unknowable future.

Every moment dies and is replaced by the next moment.  
When you climb a ladder you must leave one rung behind to reach another.  
You can't move on until something changes.

And yet, death is the ultimate illusion. There is no true death.  
It is the ego that fears its own death.

The essential self is in unity with everything and is not aware of time.  
The apple blossom and the sunrise represent rebirth.  
You must look towards it with optimism, or live a living death.  
The sun always rises.

**What changes are you afraid of?**

**What needs to change?**

**How are you changing?**

— XIV —  
TEMPERANCE



The number XIV is balance in the midst of chaos.  
The color of the Temperance collage is white to symbolize purity.

Temperance is equilibrium.  
A pause to feel your connection with the current of life.  
The cosmic life force flows through you, and you flow through it.  
You are immersed in the orbit of life.

S/He's an angel who holds your hand in the midst of turmoil.

S/He is at home in the conscious world as well as the subconscious.  
There is no contradiction between the inner and the outer world.  
The inside feelings are not crying in contradiction to what you are doing outside.  
White is the symbol of purity, meaning pure, undistracted intentions.  
She is the goddess Iris, who is the rainbow connecting heaven and earth.

*"Dead my old fine hopes,  
and dry my dreaming, but still  
Iris blue each Spring." Basho.*

S/He is the calm eye of the storm between Death and the Devil.  
A tranquil and balanced life style.  
The reminder of paradise.  
A guardian angel.

The fishes swim up and the birds fly down in perpetual circulation.  
This is a breathing space in the tumultuous struggle of the ego's death.  
The energy is calm and comfortable.

The rainbow colors are refracted from the white light of the sun.  
The sun has risen in the sky beyond. A new aspect is revealed.  
The re-birth has begun.

**Are you listening to your dreams, the messages from your inner Self?**

**Do you see that inside and outside are the same?**

**Are you "going with the flow" of life energy?**

**Are you rested and ready for the next initiation?**

— XV —  
THE DEVIL  
∞

**The number XV is the ultimate fear.  
The color of the Devil collage is dark red, meaning fear and ignorance.**

The final struggle is with the **fear of losing the soul.**  
The Devil is negative ego and ignorance.  
The 5-pointed star is inverse, symbolizing the horns of the devil.  
D 'evil one is the descendent of temptress Eve.  
The temptation is to throw life away.

It is easy to get hooked on the pleasure of blotting out the pain of living.  
Excessive sexual experience, also overeating, drinking, drugs, thrill-seeking,  
cruelty, crime, and over-exertion are doors through which life energy can be lost.

The Devil is a misunderstanding of the laws of sex, the ultimate paradox.  
Sex is vital life force. If sex is abused or rejected, essential life leaves the body.  
When the life force is equated with sin, you are in contradiction to life itself.  
Dark fantasies and cravings overwhelm; the result is shame and suffering.  
The male and the female principals are opposed, trapped and frozen apart.  
She has turned into a pillar of salt. He has congealed into heedless bronze.

Sexual strength is the ability to stay centered and contained.  
The god Pan represents natural, innocent sexual vitality.  
Sexuality that is understood and managed in a mature way is heaven - sacred sex -  
but, sexuality out of control is hell.  
Do not contend with evil, just make energetic progress towards the good.

Why do you flaunt your bright pain trophies high  
before my face as reasons, true or false;  
like guardians shielding you, preventing sigh  
of love; enticing me to do my waltz  
of seven veils while you stay cold inside  
your desert dungeon, exiled, lost and dry?  
You say you're safe, but, safe from what? You hide  
from life, from child-like glee, from passion's cry.  
You keep your precious pain close stored, console  
yourself with dusty bars and numb regrets.  
You skitter sands pocked deep with hidey holes  
and, backwards glancing, smirking, fold your tents.  
Ambiv'lent lover, in your vast despair  
you foil us both; you do not let me dare.

**How are you dealing with your devilish impulses to throw life away?**

— XVI —  
THE TOWER  
∞

**The number XVI is the demolition of the negative ego.  
The color of the Tower collage is deep brown to symbolize darkness.**

The Tower is an empty-handed leap into the void.  
Destruction of the false personae, protective shields and masks.  
It symbolizes the fear of being exposed.

This is the lightning bolt of crisis that breaks your resistance.  
This is the confession that you are powerless.  
The ultimate surrender.

The crown of false personality is knocked off.  
The shell that encloses your understanding is shattered.  
Humpty Dumpty will never be the same.

This is a fall from the precipice.  
It feels like a suicide leap.  
The male and female figures take a lover's leap,  
abandoning all their plans and dreams,  
believing that they will be smashed on the rocks below.

This falling feels somewhat like Alice's fall down the rabbit hole.

But, this is a surrender to the blessings of the essential self.  
This is the ultimate giving-in to the flow of Life.

They will see the truth without veils.  
They will land in paradise.

**What shields or ivory towers are you hiding behind?**

**What needs to be shattered in order to free your true self?**

**What masks are you wearing?**

**Are you falling?**

— XVII —  
THE STAR  
∞

The number XVII is recognition of the essential self.  
The color of the Star collage is blue, representing starry skies.

The Star lands in paradise!  
The perfected human being.  
It's the experience of falling into love.  
This is the eight-pointed star you've been seeking.  
Being able to see your true self, naked, in all your beauty; nothing to hide.

The shell has burst open and your essential self is free!  
You're the newly escaped butterfly, sunning your wings,  
like a flower unfurling, petal and leaf.

The stars describe your progress through the holy work.  
Five-pointed stars, with the single point up, mean cultivated human intelligence.  
The six-pointed star represents the union of the human self with the divine self.  
The eight-pointed star means the perfected human with fully developed potential.

The Star means it's time to reveal your authentic self.  
A clone or copy of someone else has no value.  
You've come a long way, baby.  
Be yourself!

I surrender!  
I will rise and inhabit my day like a queen.  
I will polish each moment like a fine jewel  
and fill my life with treasures.  
I will no longer ration my bliss,  
nor earn it,  
nor keep it,  
nor even deserve it;  
I will open to it like a dry sponge  
and fill my being with joy.

**Can you be yourself under any circumstances?**

**Have you fallen in love with your essential self?**

**Can you allow your true inner beauty to shine forth?**

— XVIII —  
THE MOON  
∞

The number XVIII is pacification of the essential Self.  
The color of the Moon collage is deep blue to represent the night sky.

The Moon reminds that it is time to pacify your essential needs.

The basic needs of the instincts.

When these are satisfied and filled with positive energy,

**then** you have the honeymoon!

Only then can you comprehend real love.

When the needs of the instincts are unmet, you experience the dark moon.

Hecate. Kali. The dark goddess.

The absence of love, which is hatred.

Insatiable desires.

Paranoia.

Panic.

When your body is starving, you can't experience love.

When you don't have friends, you can't feel safe on this planet.

When you don't understand what is happening, you are prey to dark imagination.

The dog, the wolf and the crab symbolize the three basic instincts.

The essential needs that must be pacified are:

the **physical** needs for food, shelter and identity - "Am I O.K.?"

the **emotional** needs for human relations and community - "Who am I with?"

the **mental** needs for clear mind and accurate knowledge - "What's happening?"

The entire human population of the world has these same essential needs.

Some attempts are being made to pacify them with, for example:

Feed the Hungry Campaigns; the United Nations; and satellite communications.

Humanity is waiting for the honeymoon.

The age of Aquarius.

Peace on earth.

**What instinct do you need to pacify?**

**What essential need of yours is unmet?**

**Are you prepared for the honeymoon?**

— XIX —  
THE SUN  
∞

The number XIX is the birth of compassion.  
The color of the Sun collage is red-orange representing the light of the sun.

Halleluja!  
The Sun celebrates life.

It's a **Yes!**  
It's a **Thank You!**  
It's a great shout of love.  
It's a dance on the beach in the sunshine.  
It's the voice of your talent.  
A song poured from the heart.  
It's transformation of pain into art.

The Sun shines without prejudice on the whole world.  
It symbolizes perfect illumination.  
The colors of the world are vivified.  
The sun symbolizes rebirth.  
Its light equals enlightenment, omniscience.  
The heat of the sun is a symbol of expressiveness and expansiveness.  
The baby represents the birth of true compassion.

There are only two mantras,  
There's **yuck** and there's **yum**,  
Thus gaily my crazy old guru did sum.  
**Yum** is the relish for life at its best, a hunger for love, a joyful ingest.  
But, **yuck** is denial, a firm turn away  
With mouth clamped tight and nothing to say. Well.....  
Turn around, spin around, my choice is **yum!**  
The vibrating, happy, lip buzzing hummmmmmmmm  
Of **Yummmmmmmmm**.....

Is the Sun rising for you?

Are you feeling thankful?

Do you want to "give something back"?

Are you letting your talents shine out?

— XX —  
JUDGEMENT  
∞

The number XX is self-understanding.  
The color of the Judgement collage is yellow meaning objective witness.

Judgement is the full appreciation of your own life journey.  
From the top of the mountain you can see back down the path you have traveled.  
This is the joy of work accomplished to the best of your abilities.  
A life, well and truly lived.

Compassion, forgiveness and self-esteem are the result.

The keen eye of the eagle gets a widespread overview.  
You can see excruciating details with detachment.  
The four minor paths have been clarified.  
The wise old woman signifies non-judgement and serenity.  
Judgement means to arise and be fully awake.  
The angels represent transcendence.

*“When thought is in bondage, the truth is hidden,  
everything is murky and unclear,  
and the burdensome practice of judging  
brings annoyance and weariness.”* hsin hsin ming.

*“With what judgement you judge, you shall be judged.”* Matthew 7:1

Karma is the concept that you reap what you sow.  
The karma is finished.

**Do you have love and forgiveness for yourself?**

**Do you use compassion and objectivity towards others?**

**Can you see through the external masks to the inner self of others?**

**Do you have unfinished business?**

**Do you fear the judgement of others?**

**What must you do to absolve your guilt and make amends?**

— XXI —  
THE WORLD  
∞

The number XXI is the victory of the essential Self.  
The color of the World collage is purple, the color of spiritual wisdom.

The World is a victory celebration!

You're on top of the world!  
Completely safe and encircled with blessings.

This is the realization of Buddha under the bodhi tree.

*"Beyond the senses, beyond understanding, beyond expression...  
It is pure unitary consciousness...  
It is ineffable peace. It is the supreme good.  
It is one without second.  
It is your true self."* Mandukya Upanishad, c. 500 BCE

Eureka!

The torch symbolizes liberation from the discomforts of the ego.  
The butterfly and the dancers celebrate the ecstasy of freedom.  
The crown on top of the globe represents the opened crown on top of the spine.  
The guru figure signifies that all of our worlds are just soap bubbles.

The yin yang symbol represents total unity, androgyny, and no-contradiction.  
The baby in the womb means the essential self is ready for rebirth again.  
The blade, heart, star and staff represent fulfillment of the four paths.  
Blow your horn! Shout your cheers! Light up your world!

Ahhh.....

**Are you celebrating?**

**Are you liberated?**

**How do you manage your freedom?**

**Are you dancing?**

**Are you of service to all of humanity?**

— 0 —  
THE FOOL  
∞

**The number 0 is the completion of the circle.  
The color of the Enlightened Fool collage is black to represent the void.**

The Enlightened Fool is the completely realized human being  
**filled with joy**  
in the midst of everyday activities and problems.  
S/He is a jester who can laugh at the madness of the ego-trips in society.

Before enlightenment: chop wood, haul water -  
after enlightenment: chop wood, haul water.

Enlightenment is an experience of expanding your consciousness  
beyond the normal state that you are in now.

It means to "lighten up."

It is characterized by relaxation.

Laughter, love and joy are major expressions of enlightenment.

Laughter dissolves the negative ego.

You can laugh at the great cosmic joke.

It can be very dangerous to be the enlightened Fool in society.

If you seem to know too much,

or teach something new,

or act wiser than the boss,

or break a taboo, they may crucify you,

burn you at the stake,

lynch you, lock you up,

or sue you for everything you own.

"They" might accuse you of subversion, heresy, insanity, treason, or witchcraft!

That's why the Fool has always had to wear a mask and play the clown.

The only thing to do is to laugh and go on with your life.

Be the wise compassionate joker.

**Have you dedicated yourself to serve humanity  
until all sentient beings reach enlightenment?**

**How is your sense of humor?**

**How often do you laugh?**

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