

HOLISTIC TAROT SUPPLEMENT

This text is offered as a supplement to *Holistic Tarot: An Integrative Approach to Using Tarot for Personal Growth* (North Atlantic Books, 2015) by Benebell Wen.



Daily Readings Practice

For two consecutive weeks, every morning draw a single card from a randomized, well-shuffled deck and ruminate on the meaning of the card. What aspects of the card imagery are most prominent at the moment? Jot down your notes. What are the first thoughts that come to your mind about the card? Write it down. Throughout the day, think about that card, the imagery, and look for synchronicities around you. Observe everything, from the most superficial and affected to intriguing peculiarities. In the evening before bed, revisit the card's imagery and think back on how that card manifested itself throughout the day.

Example of How to Log Your Daily Readings

WEEK 1				
Date	Card Drawn	Morning		Evening
		Prominent Imagery	Thoughts	How the Card Manifested throughout the Day
12/17/14	Eight of Cups	Waning Moon Mountain Red-cloaked figure ascending	- Soul-searching - Abandonment of past fruits - Ascension to higher emotional plane	Waning crescent moon right now. Moon in Libra. Was sort of an emotionally isolated day. Saw a man in a big red coat on the subway, so I took notice.
12/18/14	Five of Pentacles, Reversed	Five golden pentacles in stained-glass window; the snow	- Financial revival after hardships - Rebound? - Rehabilitation - Pull oneself up by the bootstraps	N.D. and I talked about our current financial situation. Things are finally looking up for us. Looking into a second career. Also, the number 5 came up several times throughout the day, at random...

