

# 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.



## Study Guide for the Beginner Tarot Student

This study guide presumes that you have a tarot deck in the Rider Waite Smith tradition and a copy of *Holistic Tarot*.

Session	<input checked="" type="checkbox"/>	Reading from <i>Holistic Tarot</i> Text	Ruminations & Practicum; Rec. Additional Reading
<b>1</b>	<b>About Tarot</b>		
	<input type="checkbox"/>	<b>Chapter 1:</b> Tarot Analytics: A Holistic Approach p. 1-6	<b>Reading End Notes</b> End notes that you may find interesting: 1, 2 (p. 815-816).  This study guide presumes that you have a Rider Waite Smith tarot deck in hand already. However, if not, before obtaining your deck, consider reading <b>Chapter 4:</b> Choosing Your Deck, “Which Deck to Use?” p. 26-28.
	<input type="checkbox"/>	<b>Chapter 4,</b> “Connecting to and Caring for a Tarot Deck” p. 28 (bottom)-30	<b>Practice Ordering Your Deck</b> As noted in the book (bottom of p. 29) begin practicing how to order your deck from Key 0 to Key 21 in the Major Arcana (see p. 32 for a reference chart) and Wands, Cups, Swords, and Pentacles (see p. 33 for a reference chart). Doing so will help you become more familiar with the cards and begin to create a synergy between you and your deck.
	<input type="checkbox"/>	<b>Chapter 5:</b> Anatomy of the Rider Waite Smith Tarot p. 31-37	<b>Reading End Notes</b> End notes that you may find interesting: 1, 3, 4 (p. 821).

	<input type="checkbox"/> <b>Chapter 2: A Concise History Lesson</b> p. 7-11	<p>The <i>Holistic Tarot</i> text is an inadequate source for tarot history. To learn more about the subject, read the works of Gertrude Moakley, Michael Dummett, Brian Williams, Paul Huson, Robert M. Place, and of course, the volumes of Stuart Kaplan's <i>The Encyclopedia of Tarot</i>.</p> <p><b>Reading End Notes</b> End notes that you may find interesting: 15, 16 (p. 817); 19, 20, 22 (p. 818); 26 (p. 818-819); and 27, 29 (p. 819).</p>
	<input type="checkbox"/> <b>Chapter 3: Allaying Fears and Offering Theories</b> p. 12-25	<p><b>Select Card Ruminations</b> From your deck, pull out the cards referenced in the chapter and study those cards as you read along in the chapter.</p> <p><b>Reading End Notes</b> End notes that you may find interesting: 1 (p. 820), 11 (p. 821).</p>
<h2>2 Beginner Practice</h2>		
	<input type="checkbox"/> <b>Chapter 6: The Personal Journal</b> p. 38-41	<p><b>Journaling</b> Start a tarot journal to keep track of your studies.</p>
	<input type="checkbox"/> <b>Chapter 7: Beginner Rote Learning</b> p. 42-44	<p><b>Supplement: Log of Readings</b></p> <p>(Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p> <p>Use the supplemental download to log your practice readings. Each practice that is recommended in this guide has a corresponding log entry in the download.</p>
	<input type="checkbox"/> <b>Chapter 13: On Shuffling, Cutting, and Drawing</b> p. 277-282	<p><b>Direct Flip vs. Turn Over</b> Decide which method of drawing cards suits you best. The Direct Flip method is illustrated on p. 281; the Turn Over</p>

		<p>method is on p. 282.</p> <p><b>Reading End Notes</b> End notes that you may find interesting: 1 (p. 833), 4 (p. 833-834)</p>
	<p><input type="checkbox"/> <b>Chapter 14, "One-Card Draw"</b> p. 284-287</p> <p><i>See also Chapter 9</i> for looking up card meanings.</p> <p><i>See also Chapter 15, "Checklist of Recommended Exercises"</i> p. 460 (top)</p>	<p><b>Open Book Practice: One Card Draw</b> Shuffle the deck and cut per the guidelines in Chapter 13. Concentrate on being open and receptive to what messages the cards might have to offer you.</p> <p>Ask the cards: <i>What do I most need to know about my life path right now?</i></p> <p>Pull a single card per any approach that feels right intuitively to you. Look up the meaning of that single card in Chapter 9. Log the reading practice in your journal.</p> <p>Note the first bullet point on p. 460. Follow the exercise and log your progress in your tarot journal.</p>
	<p><input type="checkbox"/> <b>Chapter 14, "Three-Card Spread"</b> p. 290-293 only</p> <p>(Do not read "Alternative Three-Card Spread" section yet.)</p> <p><i>See also Chapter 9</i> for looking up card meanings.</p>	<p><b>Open Book Practice: Three Card Spread</b> Read about the Three-Card Spread only. Do not read onward about the Alternative Three-Card Spread (p. 293).</p> <p>Concentrate on being open and receptive to what messages the cards might have to offer you. Ask the cards: <i>Give me a snapshot of my life right now as it is and where I am headed.</i></p> <p>Shuffle, cut, and draw cards into the three card spread. Note what each card position signifies. Look up the meaning of each card in Chapter 9. Log the reading practice in your journal.</p>

	<input type="checkbox"/> <b>Chapter 15, “How Frequently May Seekers Consult the Tarot”</b> p. 456-457 (only)	<b>Rumination.</b> Think about why you have decided to learn tarot. What is the purpose behind your study? How will you be using tarot?
	<input type="checkbox"/> <b>Chapter 20: Reading Tarot for Yourself</b> p. 506-516	For now, read the case studies (p. 508-516) only to gain a general sense of how tarot practitioners read for themselves and how intuitive-creativity can be triggered. Do not worry too much about the discussion of tarot spreads being used or the card meanings, though it is recommended that you take the time to look up some of the sample cards in the Cyclopedia to understand the interpretation rationales.
<h3>3 Becoming Familiar with Card Imagery</h3>		
	<input type="checkbox"/> <b>Chapter 5, Tables on p. 32 and 33</b>  <i>See also</i> <b>Chapter 15, “Checklist of Recommended Exercises”</b> p. 459 (bottom)	<b>Ordering Your Deck, Continued</b> Continue to practice ordering your deck, from Key 0 to Key 21 in the Major Arcana (see p. 32 for a reference chart) and Wands, Cups, Swords, and Pentacles (see p. 33 for a reference chart).  Also, you will need an ordered deck for the next practicum.
	<input type="checkbox"/> <b>Chapter 8: Keywords</b> p. 45-58	<b>Learning Keywords</b> With your ordered deck in hand, follow along Chapter 8 and review the given keywords for each card. Some may ring true for you and some may not. Don't worry about any dissonance for now. Later on, however, you should revisit these pages in the book and manually cross or white out the keywords that don't work for you and write in your own. For now, simply follow along with an open mind, reading both for upright meanings and reversals.

	<input type="checkbox"/> <b>Chapter 15, “Card Reversals”</b> p. 427 (bottom) - 432	<b>Three-Card Reading (with Reversals)</b> If you haven’t already, shuffle your cards so that they are randomized upright and reversed. Practice three card readings with reversals, using the WIND mnemonic. Log the reading practices in your journal. Do at least two practice readings with reversals.
<h2>4 The Major Arcana</h2>		
	<input type="checkbox"/> <b>Chapter 9: Cyclopedia of Card Meanings</b> p. 59-60	<b>One Card Intensive Study</b> Gather p. 63-234 in your hands while the book is resting on a tabletop (this will work with the hard copy of the book only, obviously). Close your eyes, relax, and try to be open and receptive. Turn randomly to any entry in the section and note which card you selected. Locate that card from your tarot deck. Do an intensive study of that card, ruminating on the following: <ul style="list-style-type: none"> <li>▪ What story does the imagery of the card seem to tell?</li> <li>▪ Are there any secondary stories going on in the background of the card, or among the other figures?</li> <li>▪ How would you describe the expressions on the faces of any characters depicted?</li> <li>▪ Are any archetypal figures featured in the card?</li> <li>▪ What is the dominant color scheme in the card?</li> <li>▪ Are there any historical, religious, or mythical references in the cards?</li> <li>▪ Note every symbol in the card and consider what each symbol might represent to you.</li> <li>▪ When you flip the card over in reverse, how do your impressions of the card change?</li> </ul> <p>After you have ruminated on the card, read the Cyclopedia entry for the card and any corresponding end notes. Also review the keywords on p. 47-58. How do your impressions of the card align with the</p>

		<p>keywords? If there is no alignment, note that in the margins of the Keywords section for your own future reference.</p> <p><i>The one card intensive study can be done for every card until you have completed such a study for all 78.</i></p>
<input type="checkbox"/>	<p><b>Chapter 9, “Major Arcana”</b> p. 61-125</p>	<p><b>The Majors: Card Ruminations</b> With your ordered deck in hand, follow along Chapter 9, card by card through each Major Arcanum or Trump card.</p> <p><b>Reading End Notes</b> End notes that you may find interesting: 5 (p. 822); 6 (p. 822-823); 7 (p. 823). Also, significant contextual information and symbolic interpretations were left out of the main text and reserved for the end notes corresponding to each Major Arcanum entry. E.g., 10 (p. 823) for The Fool; 11 (p. 823) for The Magician; 12 (p. 823) on the lemniscate; 18 and 19 (p. 824-825) for The High Priestess; 31 (p.825) for The Lovers, on the Tree of Knowledge and the Tree of Life, etc.</p>
<input type="checkbox"/>	<p><b>Chapter 15, “The Significance of the Major Arcana”</b> p. 426 (bottom) - 427</p>	<p><b>Rumination and Practicum</b> Shuffle the deck and think about past events in your life that felt beyond your control and ask generally: <i>What archetypal forces tend to govern my life path?</i> Then draw cards one by one from the deck, turning them face up, counting each card as you draw until you draw a Major Arcanum card. Note how many cards it took. This number will be revisited at the end of the exercise.</p> <p>Look up the Cyclopaedia entry for the Major Arcanum card drawn. Ignore card reversals for this exercise and focus on the upright meaning and essence of the card</p>

		<p>only. Ruminates on how that card applies to your life path and your experiences.</p> <p>Return to the number of cards it took to reach the Major Arcanum card. If the total number is over 9 cards (i.e., double digits), add the digits together until the sum is a single digit. E.g., If the first Major Arcanum card to appear is the 28th card, add 2 + 8 for 11. Since 11 is still a double digit, add 1 + 1 for 2. Read the corresponding Life Path entry for that number in <b>Appendix G</b>, p. 787-794, but note that <i>this result is not your Life Path number</i>. Use the Life Path entry in <b>Appendix G</b> only to get a general sense of that number's metaphysical significance to <i>why</i> certain archetypal (Major Arcanum) forces tend to govern your life. Note further the master numbers 11 and 22 on p. 795. Also look up that single digit number (1-9) in <b>Chapter 15</b>, "The Significance of Numbers," p. 433-434, noting that references to Ace is 1.</p>
	<p><input type="checkbox"/> <b>Supplement:</b> Rider-Waite-Smith Flash Cards for Rote Study</p> <p>(Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p>	<p><b>Major Arcana Rote Study</b></p> <p>Print out and cut rote study flash cards as instructed on the supplemental download. Use the flash cards to test your memory retention of the textbook meaning of the cards. On occasion, as you go through the flash cards, be sure to return to Chapter 9 to review a more comprehensive explanation of the card in question.</p>
	<p><input type="checkbox"/> <b>Chapter 14</b>, "The Triquetra Outcome Management Spread" p. 371-376</p> <p><i>See also Chapter 9</i> for looking up card meanings.</p>	<p><b>Open Book Practice: Triquetra</b></p> <p>Read about the Triquetra spread and with the Major Arcana cards only, practice the spread following the instructions in Chapter 14. Also look up the card meanings for each card drawn. Log the reading practice in your journal. An entry is also provided in the Log of Readings</p>

		supplemental download.
		<p><b>Reading End Notes</b> End notes that you may find interesting: 10 (p. 834-835).</p>
	<input type="checkbox"/> <b>Chapter 14, “The Essence Card”</b> p. 404-407	<p><b>Your Essence Card</b> Read about the Essence Card and identify your own Essence Card per your date of birth, following the instructions in Chapter 14. Note the indications in the reference chart on p. 406. Also be sure to revisit the card’s entry in Chapter 9.</p> <p><b>Practicum</b> With their permission, calculate the Essence Card for three individuals. Compare the given attributions in the text with that individual’s disposition and gauge whether Essence Card calculations resonate with you or not. If they seem to be helpful, consider integrating the Essence Card into your practice; if not, then ignore and continue.</p>
	<input type="checkbox"/> <b>Chapter 28, “Affirmations in the Major Arcana”</b> p. 609-610	<p><b>Integrating Affirmations</b> Become familiar with the affirmative messages of each Major Arcanum and how you can incorporate these messages into readings when these cards come up. Be sure to include pertinent notes in your own card meanings log.</p>
<b>5</b>	<b>The Suit of Wands</b>	
	<input type="checkbox"/> <b>Chapter 9, “Suit of Wands”</b> p. 126-152  <b>Appendix D, “Story of the Wands”</b> p. 768 only	<p><b>Rumination and Practicum</b> Separate out the suit of Wands only from your tarot deck. Order the cards from Ace to King and lay them all out on a tabletop face up. Study the cards and note which card you feel most pulled to, which card’s</p>

		<p>imagery most resonates with you. Look up the corresponding card meaning in the Cyclopedia, ignoring reversals for now. Ruminates on why you might feel most drawn to this particular card and what it might say about your physical plane, i.e., how you view your physical body, your Self, life purpose, professional path, and your life's labors.</p> <p>Collect the Wands cards and shuffle well, keeping your mind open and receptive, asking, <i>In my physical plane, where am I right now?</i> Draw a card at random and look up the corresponding card meaning in the Cyclopedia. It is at your option whether to observe reversals.</p>
	<input type="checkbox"/> <b>Chapter 28, "Affirmations in the Suit of Wands"</b> p. 611	<p><b>Rumination and Practicum</b> Still working with only the suit of Wands from your deck, shuffle the cards and ask, <i>Tell me about my higher Self in the physical plane?</i> Draw a card and look up the corresponding affirmation on p. 611.</p>
	<input type="checkbox"/> <b>Supplement: Rider-Waite-Smith Flash Cards for Rote Study</b>  (Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a> )	<p><b>Suit of Wands Rote Study</b> Print out and cut rote study flash cards as instructed on the supplemental download. Use the flash cards to test your memory retention of the textbook meaning of the cards. On occasion, as you go through the flash cards, be sure to return to Chapter 9 to review a more comprehensive explanation of the card in question.</p>
<h2>6 The Suit of Cups</h2>		
	<input type="checkbox"/> <b>Chapter 9, "Suit of Cups"</b> p. 153-179  <b>Appendix D, "Story of the Cup"</b> p. 770 only	<p><b>Rumination and Practicum</b> Separate out the suit of Cups only from your tarot deck. Order the cards from Ace to King and lay them all out on a tabletop face up. Study the cards and note which card you feel most pulled to, which card's</p>

		<p>imagery most resonates with you. Look up the corresponding card meaning in the Cyclopedia, ignoring reversals for now. Ruminates on why you might feel most drawn to this particular card and what it might say about your emotional plane, i.e., how you approach relationships, love and romance, how you interact with people, and what it says about your emotional state.</p> <p>Collect the Cups cards and shuffle well, keeping your mind open and receptive, asking, <i>In my emotional plane, where am I right now?</i> Draw a card at random and look up the corresponding card meaning in the Cyclopedia. It is at your option whether to observe reversals.</p>
	<p><input type="checkbox"/> <b>Chapter 28, “Affirmations in the Suit of Cups”</b> p. 612</p>	<p><b>Rumination and Practicum</b> Still working with only the suit of Cups from your deck, shuffle the cards and ask, <i>Tell me about my higher Self in the emotional plane?</i> Draw a card and look up the corresponding affirmation on p. 612.</p>
	<p><input type="checkbox"/> <b>Supplement: Rider-Waite-Smith Flash Cards for Rote Study</b>  (Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p>	<p><b>Suit of Cups Rote Study</b> Print out and cut rote study flash cards as instructed on the supplemental download. Use the flash cards to test your memory retention of the textbook meaning of the cards. On occasion, as you go through the flash cards, be sure to return to Chapter 9 to review a more comprehensive explanation of the card in question.</p>
<b>7</b>	<b>The Suit of Swords</b>	
	<p><input type="checkbox"/> <b>Chapter 9, “Suit of Swords”</b> p. 180-209</p> <p><b>Appendix D, “Story of the Swords”</b></p>	<p><b>Rumination and Practicum</b> Separate out the suit of Swords only from your tarot deck. Order the cards from Ace to King and lay them all out on a tabletop face up. Study the cards and note which</p>

	p. 771 only	<p>card you feel most pulled to, which card's imagery most resonates with you. Look up the corresponding card meaning in the Cyclopeda, ignoring reversals for now. Ruminates on why you might feel most drawn to this particular card and what it might say about your intellectual plane, i.e., your thought process, how you communicate with others, your ambitions, what you seek to conquer, and also the legacy you wish to leave behind.</p> <p>Collect the Swords cards and shuffle well, keeping your mind open and receptive, asking, <i>In my intellectual plane, where am I right now?</i> Draw a card at random and look up the corresponding card meaning in the Cyclopeda. It is at your option whether to observe reversals.</p>
<input type="checkbox"/>	<p><b>Chapter 28, "Affirmations in the Suit of Swords"</b> p. 613</p>	<p><b>Rumination and Practicum</b> Still working with only the suit of Swords from your deck, shuffle the cards and ask, <i>Tell me about my higher Self in the intellectual plane?</i> Draw a card and look up the corresponding affirmation on p. 613.</p>
<input type="checkbox"/>	<p><b>Supplement: Rider-Waite-Smith Flash Cards for Rote Study</b>  (Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p>	<p><b>Suit of Swords Rote Study</b> Print out and cut rote study flash cards as instructed on the supplemental download. Use the flash cards to test your memory retention of the textbook meaning of the cards. On occasion, as you go through the flash cards, be sure to return to Chapter 9 to review a more comprehensive explanation of the card in question.</p>
<b>8</b>	<b>The Suit of Pentacles</b>	
<input type="checkbox"/>	<p><b>Chapter 9, "Suit of Pentacles"</b> p. 210-235</p>	<p><b>Rumination and Practicum</b> Separate out the suit of Pentacles only from your tarot deck. Order the cards from Ace to King and lay them all out on a</p>

	<p><b>Appendix D, “Story of the Pentacles”</b> p. 773 only</p>	<p>tabletop face up. Study the cards and note which card you feel most pulled to, which card’s imagery most resonates with you. Look up the corresponding card meaning in the Cyclopedia, ignoring reversals for now. Ruminant on why you might feel most drawn to this particular card and what it might say about your material plane, i.e., how you view money, commerce, and property; your financial situation and your material pursuits, what you most want out of a material life.</p> <p>Collect the Pentacles cards and shuffle well, keeping your mind open and receptive, asking, <i>In my material plane, where am I right now?</i> Draw a card at random and look up the corresponding card meaning in the Cyclopedia. It is at your option whether to observe reversals.</p>
<p><input type="checkbox"/></p>	<p><b>Chapter 28, “Affirmations in the Suit of Pentacles”</b> p. 614</p>	<p><b>Rumination and Practicum</b> Still working with only the suit of Pentacles from your deck, shuffle the cards and ask, <i>Tell me about my higher Self in the material plane?</i> Draw a card and look up the corresponding affirmation on p. 614.</p>
<p><input type="checkbox"/></p>	<p><b>Supplement: Rider-Waite-Smith Flash Cards for Rote Study</b>  (Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p>	<p><b>Suit of Pentacles Rote Study</b> Print out and cut rote study flash cards as instructed on the supplemental download. Use the flash cards to test your memory retention of the textbook meaning of the cards. On occasion, as you go through the flash cards, be sure to return to Chapter 9 to review a more comprehensive explanation of the card in question.</p>
<p><input type="checkbox"/></p>	<p><b>Chapter 15, “The Significance of Suits”</b> p. 435-437</p>	<p><b>Practicum</b> Shuffle your deck and draw out 36 cards into 6 rows and 6 columns. Remove the Majors for now and study the Minor four</p>

suits only. Of these cards, tally up the number of Wands, the number of Cups, the number of Swords, and the number of Pentacles. Which suit dominates? Are there any ties? Are there any suits missing? Which suit has the least number of cards? If you were doing a tarot reading for someone and that suit dominated, what would you say about the significance of these findings, given your reading of the chapter?

### **Differing Elemental Traditions**

By far the majority view on elemental attributions for the four suits is the one set forth in the text. Such attributions (i.e., Wands-Fire, Cups-Water, Swords-Air, Pentacles-Earth) descend from Qabalistic tarot, or western esoteric and ceremonial magic traditions that trace back to Hermetic cosmology.

However, in Spanish tarot traditions, the elemental attributions differ, and represent a minority view that the *Holistic Tarot* text should have mentioned in an end note but did not. Per the Spanish esoteric tarot tradition, Wands is Fire, Cups is Air, Swords is Water, and Pentacles is Earth. The reason for the Air-Water switch between the Cups and Swords is believed to be grounded in how the Holy Grail is viewed—rather than being a physical chalice, it is a state of consciousness, or a state of mind, and hence the suit is better linked to Air, the mental plane.

<p><b>9</b></p>	<p><b>The Celtic Cross</b></p>	
	<p><input type="checkbox"/> <b>Chapter 14, “The Celtic Cross”</b> p. 335-339</p> <p><i>See also Appendix A:</i> Celtic Cross (Gray), p. 706 Celtic Cross (Waite), p. 707 Celtic Cross (Thoth), p. 708</p> <p><i>See also Chapter 9</i> for looking up card meanings.</p>	<p><b>Open Book Practice: The Celtic Cross</b> Read about the three main approaches to the Celtic Cross (Gray, Waite, and Thoth). Select and commit to working with one of the three approaches and learning that Celtic Cross approach to mastery.</p> <p><b>Reading End Notes</b> End notes that you may find interesting: 4 (p. 834)</p>
	<p><b>Supplement:</b> Log of Celtic Cross Practice Readings (Waite)</p> <p>(Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p> <p><i>See also Chapter 8</i> for keywords.</p> <p><i>See also Chapter 9</i> for looking up card meanings.</p>	<p><b>Log of Celtic Cross Practice Readings</b> Practice reading tarot with the Celtic Cross spread for a minimum of 5 times and log the readings in your tarot journal. These readings can be open book, consulting Chapter 8 for Keywords and the Chapter 9 Cyclopeda. Log the reading practices in your journal.</p> <p><i>Note:</i> The supplemental download is keyed for the Waite version of the Celtic Cross. If you adopt one of the other versions, make adjustments to the log accordingly.</p>
<p><b>10</b></p>	<p><b>Building a Beginner’s Repertoire</b></p>	
	<p><input type="checkbox"/> <i>Review</i> One-Card Draw p. 284-287</p> <p><b>Supplement:</b> Log of Readings</p> <p>(Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p>	<p><b>Practicum</b> Practice a minimum of 10 one-card readings and log the readings in your tarot journal. Make a conscious effort to wean yourself off the Chapter 9 Cyclopeda and rely on your memory and intuitive connection to the cards.</p> <p>Keep a summary record of all readings on the <b>Record of Completed Readings</b> chart in the supplemental download. For each one-card reading, be sure to create a</p>

			journal entry recording the results. You can use the given entries in the supplemental download Log.
	<input type="checkbox"/>	<p><i>Review Three-Card Spread</i> p. 290-293</p> <p><b>Supplement:</b> Log of Readings</p> <p>(Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p>	<p><b>Practicum</b></p> <p>Practice a minimum of 10 three-card readings and log the readings in your tarot journal. Like the one-card readings, begin weaning yourself off open book references. Try to read from memory and intuition. Keep records of all readings with the supplemental download.</p>
	<input type="checkbox"/>	<p><b>Chapter 14, "Four-Card Spread"</b> p. 300-303</p>	<p><b>Practicum</b></p> <p>Practice reading one four-card spread. A quick reference sheet for the spread appears in <b>Appendix A, "Four-Card Spread,"</b> p. 695. You can use the given entries in the supplemental download Log of Readings for your notes.</p>
	<input type="checkbox"/>	<p><b>Chapter 14, "Combination Spreads"</b> p. 303-307</p>	<p><b>Practicum</b></p> <p>Follow the Margaret case study in the reading, ignoring references to the First Operation for now. The First Operation will be covered in the Intermediate Study Guide. Instead, focus on the three-card plus four-card combination spread that is used on p. 306. Look up the card meanings for each card given. Use either the Keywords or Cyclopedia chapter. Practice reading one combination spread where you connect two or more spreads from <b>Chapter 14.</b></p>
	<input type="checkbox"/>	<p><b>Chapter 15, "Choosing Spreads"</b> p. 426 (top) only</p>	<p><i>For a more in-depth study on tarot spreads: Barbara Moore, <i>Tarot Spreads: Layouts &amp; Techniques to Empower Your Readings</i> (Llewellyn Publications, 2012) and Sandor Konraad's <i>Classic Tarot Spreads</i> (Schiffer Publishing, 1985).</i></p>

	<p><input type="checkbox"/> <b>Chapter 14, “Different Spreads and Their Uses”</b> p. 283 only</p> <p>Skim through p. 284-400.</p>	<p><b>Choosing Three Spreads</b> Skim through the different spreads offered in the book and note which three spreads (excluding the one-card draw, three-card spread, and the Celtic Cross) resonate the most with you.</p> <p><i>Author’s Recommendations:</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> The Essential Keys Spread, p. 309</li> <li><input type="checkbox"/> The Dyadic Cross, p. 314</li> <li><input type="checkbox"/> The Lemniscate Spread, p. 346</li> </ul> <p><b>Appendix A</b> contains quick reference sheets for the spreads in Chapter 14.</p>
	<p><input type="checkbox"/> <b>Chapter 14, “Different Spreads and Their Uses”</b></p> <p><i>See also Chapter 9</i> for looking up card meanings.</p>	<p><b>Open Book Practice:</b> Practice your three selected spreads open book, with the Chapter 9 Cyclopeda.</p>
	<p><input type="checkbox"/> <b>Supplement: Log of Readings</b></p> <p>(Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p>	<p><b>Practicum</b> Practice a minimum of 10 readings <i>per spread</i> for the three new spreads you’ve learned and log the 30 readings in your tarot journal. Wean yourself off open book references. Try to read from memory and intuition.</p> <p>Keep records of all readings with the supplemental download. The “Detailed Summary of Reading” templates in the Log of Readings are useful for this. You can print or make multiple copies of the template for your practice.</p>

11	Consideration of the Spread Landscape	
	<p>□ <b>Chapter 15:</b> Consideration of the Spread Landscape p. 425 only</p>	<p><b>Preliminary Practicum</b> Try this exercise before reading further into Chapter 15.</p> <p>Draw one card at random. Try to connect that card to a noun, such as a person, a place, or a thing. If the card imagery relates to a figure or character, read that card literally as if it indicated a person. Read the corresponding entry for the card in the Cyclopedia for reference.</p> <p><i>Example.</i> The first card drawn is the Eight of Wands. This card generally indicates action, but for the purpose of this exercise, try to connect it to a subject, or in this example, news. The suit of Wands relates to the physical plane, so interpret this as news about something related to work, health, or a project. See the correspondence table for the suit of Wands on p. 126 for reference.</p> <p>Draw a second card at random. Read the corresponding entry for the card in the Cyclopedia for reference. Try to connect that card to a verb, an action, something related to what the noun of the first card is doing.</p> <p>The second card drawn is Key 19: The Sun, which in this exercise has to relate to an action, such as succeed, gain, achieve, or fulfill. Try to connect the first two cards together. Here, news related to a current work project achieves successes and results in gains.</p> <p>Draw a third card at random. Read the corresponding entry for the card in the Cyclopedia. Imagine that this third card tells you what is going to happen, the result of has happened from the first two cards.</p>

		<p>Say that the third card drawn is the Page of Pentacles. Read the Cyclopedia entry for the card and decide how you will be interpreting the Page. For example, the third card here could indicate the fruition of a work project that makes a scholarly impact and will reaffirm in the Seeker a strong sense of purpose. Note also how the Page relates figuratively to the receipt of news, as did the first card, the Eight of Wands. Likewise, look for similarities between the three card meanings as you do the exercise.</p>
<input type="checkbox"/>	<p><b>Chapter 15, "The Significance of Numbers"</b> p. 432-435</p> <p><b>Appendix F: Numerological Associations</b> p. 783-785</p>	<p><b>Preliminary Practicum, continued</b></p> <p>Using the same three cards drawn in the preceding exercise, study the numbers on the cards. Focus on the pips (ace through ten) and Majors only for this exercise. For Majors, if the key number is over 9 (Keys 10-21) , add the two digits of the key number together until the sum is a single digit or 10. Look up the numerological associations of those numbers on p. 433-435. What additional information can be obtained from these numbers?</p> <p><i>Example, continued</i></p> <p>Continuing from the preceding example, the three cards were Eight of Wands, Key 19: The Sun, and Page of Pentacles. Focus on the Eight of Wands and Key 19 for this exercise. The number 8 relates to manifestation, success, wealth, and high motivation. Key 19, <math>1 + 9 = 10</math>, suggests great control over a situation, the penultimate, and the pinnacle of an event or action.</p>
<input type="checkbox"/>	<p><b>Chapter 15, "Intuitive Reading"</b> p. 454-456</p>	<p><b>Reading Intuitively</b></p> <p>Let go of all textbook meanings of cards you have learned to date. Shuffle your deck, relax, and be open and receptive. Draw two cards and place them side by side. Gaze at the forms on the cards, the colors, and allow your vision to blur as you gaze. What other forms take shape in your mind? Do the many bars of the staves</p>

		<p>or swords remind you of a wall, a gate? Does one section of the card draw your attention and, as your vision blurs, looks like a nest or tumbleweed? Does a background river call to you and as you relax, extend and run into your imagination? If yes, follow that river. Where does it take you in your mind? Do the figures in the two cards seem to be indicating upward, downward, left, or right? What could that mean? Which of the two cards seems to command you to pay closer attention to it over the other? Let the forms and colors of the cards melt with your creativity and take note of where the exercise goes.</p>
<input type="checkbox"/>	<p><b>Chapter 17: Tarot Reading: A Step-by-Step Analytical Process</b> p. 478-479</p> <p><b>Chapter 17, "Example Two"</b> p. 482-483</p>	<p>At this time, ignore references to signifiers and the First Operation. Those topics will be covered in the Intermediate Study Guide. Focus on the General Inquiry – Direct Reading and Specific Inquiry sections. Skip Example One for now.</p>
<input type="checkbox"/>	<p><b>Supplement: Rider-Waite-Smith Flash Cards for Rote Study</b></p> <p>(Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p>	<p><b>Full Proficiency with Card Meanings</b></p> <p>Before moving on to the Intermediate Study Guide, you should be fully proficient with recalling from memory the meanings of all 78 cards, upright and reversed. Test your proficiency with the flash cards supplemental download.</p>
<input type="checkbox"/>	<p><b>Supplement: Log of Readings</b></p> <p>(Download from Website: <a href="http://benebellwen.com/about-the-book/holistic-tarot-supplements/">http://benebellwen.com/about-the-book/holistic-tarot-supplements/</a>)</p>	<p><b>Practicum</b></p> <p>Practice at minimum 20 more readings, with different spreads from your repertoire. These 20 readings should be from memory and intuition, closed book, without consulting any references. The "Detailed Summary of Reading" templates in the Log of Readings are useful for recording your readings.</p>