

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 Intermediate Tarot Student

This study guide presumes that you have a tarot deck in the Rider Waite Smith tradition, a copy of *Holistic Tarot*, and either have an intermediate proficiency of tarot or have completed the Study Guide for the Beginner Tarot Student.

Session	<input checked="" type="checkbox"/>	Reading from <i>Holistic Tarot</i> Text	Ruminations & Practicum; Rec. Additional Reading
1	Signifier Cards		
	<input type="checkbox"/>	Chapter 10: Signifier Cards p. 236-244	Reading End Notes End notes that you may find interesting: 1 (p. 831).
	<input type="checkbox"/>	Supplement: Reading with Signifiers (Download from Website: http://benebellwen.com/about-the-book/holistic-tarot-supplements/)	Reading and Practicum Follow the guided exercises in the supplemental download. Confirm for yourself how you will be approaching signifiers. In Paul Foster Case's <i>Oracle of the Tarot</i> (1933), Key I: The Magician is always the signifier used for a male and Key II: The High Priestess for a female. In Israel Regardie's <i>The Complete Golden Dawn System of Magic</i> (1984), Volume II, "The Tarot," signifiers are selected by age, gender, and complexion, per what Regardie calls "A Gypsy Method." Eden Gray popularizes a similar method in her book, <i>Mastering the Tarot</i> (1971). <i>Author's Approach.</i> The author's approach is to use a court card that corresponds with the

		Seeker's gender, maturity or age, and sun sign. The supplemental download is keyed specifically to the author's approach.
	<input type="checkbox"/> Chapter 14, "The Shadow Card" p. 402-404	Practicum Practice a reading with any spread from your repertoire. After the reading, collect the cards into a single pile and shuffle. Be sure to identify the signifier card to be used. Shuffle the deck. Turn the deck over, images facing you, and look for the signifier. Once located, draw out the card immediately behind the signifier. This is the Shadow Card, which expresses the latent extenuating forces are compelling the current of the Seeker's situation.
2	The First Operation	
	<input type="checkbox"/> Chapter 11: The First Operation p. 245-250	<p>The author's approach to the First Operation is her own entirely, adapting from the original sources listed above and in the end notes of <i>Holistic Tarot</i>. Such approach is not purported to follow any particular esoteric lineage or tradition, but rather demonstrates how techniques from particular lineages or traditions can be modernized and used effectively in tarot practice today.</p> <p><i>Also consider reading the following texts:</i></p> <ul style="list-style-type: none"> ▪ Papus, <i>The Tarot of the Bohemians</i> (1892), Chapter II: The Sacred Word Yod-He-Vau-He ▪ MacGregor Mathers and Harriet Felkin's <i>Liber T - Tarot Symbolism and Divination</i> (1888) ▪ Aleister Crowley, <i>The Book of Thoth: A Short Essay on the Tarot of the Egyptians</i> (1969) ▪ Paul Foster Case, <i>Oracle of the Tarot</i> (1933) <p>Reading with the First Operation Do a reading for yourself using the First Operation. Start with your signifier and as you shuffle the deck, focus on the following inquiry: <i>What part of my life do I need to devote greater attention to</i></p>

		<p><i>right now?</i> Shuffle and cut per your customary approach and perform the First Operation. Note the IHVH pile that your signifier appears in. With that quarter pile only, shuffle and focus on the following inquiry: <i>How and why?</i> Your mind should be anchored in that quadrant, knowing that that the “how and why” will follow the First Operation result. Then perform a reading with any basic spread of your choosing, such as a three-card spread, four-card, a simple cross, or a dyadic cross. Log your reading in your tarot journal.</p>
	<p><input type="checkbox"/> Supplement: First Operation Practice Log</p> <p>(Download from Website: http://benebellwen.com/about-the-book/holistic-tarot-supplements/)</p>	<p>Practicum</p> <p>Through initial motor training that may not feel intuitive at first, the First Operation technique will become intuitive once you are practiced at it. At some point, the operation will proceed at a level just below consciousness. When that happens, the work becomes intuitive and the results will be reliable every time. Thus, at these early stages of learning the First Operation, practice it dozens of times even if it feels cumbersome, until it becomes second nature. Log the results in your tarot journal. When a test result is accurate, take the time to reflect on how you felt and your state of being. Learn how you are when the intuitive connection is open. When a test result is inaccurate, reflect on the doubts and anxieties or runaway thoughts that may have tainted the result. Learn how to control and curb those factors.</p>
<p>3 Court Cards</p>		
	<p><input type="checkbox"/> Chapter 12: Interpreting Court Cards p. 251-252</p> <p>“Literal Interpretation” p. 252-256</p> <p>“Figurative Interpretation” p. 256-261</p>	<p>Court Cards Practice Exercises</p> <p>Download the supplement and do the assigned court card practice exercises. All answers are in the text. After the exercises, the supplement also discusses how to reconcile the various meanings of court cards together during a reading.</p>

	<p>Supplement: Court Cards Practice</p> <p>(Download from Website: http://benebellwen.com/about-the-book/holistic-tarot-supplements/)</p>	<p><i>For a more in-depth study of the court cards, the following books are recommended:</i></p> <ul style="list-style-type: none"> ▪ Mary K. Greer and Tom Little, <i>Understanding the Tarot Court</i> (Llewellyn Publications, 2004) ▪ Kate Warwick-Smith, <i>The Tarot Court Cards: Archetypal Patterns of Relationship in the Minor Arcana</i> (Destiny Books, 2003)
<input type="checkbox"/>	<p>“Court Cards and the Classical Elements” p. 267-269</p>	<p>Rumination</p> <p>The text reasons that the elemental correspondence of the Page of Wands as Earth and Fire conveys the sense of stability, conviction, and resourcefulness of Earth combined with the creative, enthusiastic, passionate energies of Fire. The sum is a motivated youth who is very resourceful at getting what she wants. (p. 268). Likewise, the Queen of Swords is Water and Air, thus the emotional component of Water is combined with the intellectual, aggressive component of Air. The sum is a strong, fierce, highly competent woman, albeit one who may at times rule with her emotion, or with a tendency to be spiteful or snobby. (p. 269). Following such elemental analysis of the courts, synthesize the corresponding elements, with the table on p. 269 as reference, to explain the personality traits of the other court members:</p> <ul style="list-style-type: none"> ▪ Knight of Wands ▪ Queen of Wands ▪ King of Wands ▪ Page of Cups ▪ Knight of Cups ▪ Queen of Cups ▪ King of Cups ▪ Page of Swords ▪ Knight of Swords ▪ King of Swords
<input type="checkbox"/>	<p>“A Contextual Character Analysis of the Court” p. 270-274</p>	<p>The text states: “Understanding the court cards as characters will help the practitioner improve his or her application of the cards to a Seeker’s situation. The pages are a universal representation of our aspirations, the knights of our quests, the queens of nurture, and the kings of our domains. Their stories are the</p>

		<p>archetypal stories of many a historic figure, and through the retelling of these stories, a Seeker can find identification.” (p. 270)</p> <p>The text then offers a few examples, such as the Page of Wands telling the story of Joan of Arc (p. 270), the Knight of Swords for Sir Galahad (p. 271), the Queen of Pentacles for Cleopatra (p. 273), or the King of Cups for the Holy Emperor Charlemagne (p. 274), among others. What narratives from history and mythology do the court cards remind you of? Attribute at least one such story to each card:</p> <ul style="list-style-type: none"> ▪ Page of Wands ▪ Knight of Wands ▪ Queen of Wands ▪ King of Wands ▪ Page of Cups ▪ Knight of Cups ▪ Queen of Cups ▪ King of Cups ▪ Page of Swords ▪ Knight of Swords ▪ Queen of Swords ▪ King of Swords
	<p><input type="checkbox"/> Chapter 15, “The Significance of Court Cards” p. 427</p>	<p>Practicum</p> <p>Shuffle the deck and think about the people in your life right now. Draw 36 cards into 6 rows and 6 columns. First, start by flipping face down all non-court cards. Study the court cards only. How many appear? Do you recognize any of these court cards as actual people in your life? Turn over face up some of the cards around each of the court cards. What do these neighboring cards convey to you about your relationship to these people?</p>
	<p><input type="checkbox"/> Appendix E: Profile Tables for Interpreting Court Cards p. 774-782</p>	<p>The profile tables in the appendix offer a summary snapshot of each court card. Consider writing in additional keywords and phrases that you have formulated from your own work with the tarot courts. Cross out any text that does not resonate with you.</p>

4 Elemental Dignities

□ Chapter 15, “Elemental Dignities”
p. 437-448

Supplement: Elemental Dignities and Affinities

(Download from Website:
<http://benebellwen.com/about-the-book/holistic-tarot-supplements/>)

Elemental Dignities Exercise

CUPS <i>Water</i>	PENTACLES <i>Earth</i>	WANDS <i>Fire</i>	SWORDS <i>Air</i>
Strengthen & Amplify		Strengthen & Amplify	
PENTACLES <i>Earth</i>	WANDS <i>Fire</i>	SWORDS <i>Air</i>	CUPS <i>Water</i>
(Neutral Effect)		(Neutral Effect)	
WANDS <i>Fire</i>	CUPS <i>Water</i>	SWORDS <i>Air</i>	PENTACLES <i>Earth</i>
Conflict & Weaken		Conflict & Weaken	

Referring to the above reference chart, note the elemental dignities of these readings:

1. Seeker wants to know what her romantic prospects are for the year. *Two-Card Reading:* Two of Wands and King of Cups.
2. Seeker wants to know whether to change careers. *Two-Card Reading:* Three of Cups and Ace of Swords
3. Seeker wants to know whether to change careers. *Two-Card Reading:* Key 17: The Star and Queen of Pentacles
4. Seeker wants to know whether to change careers. *Three-Card Reading:* Key 3: The Empress, Ace of Cups, and Ten of Pentacles
5. Seeker wants to know what her romantic prospects are for the year. *Three-Card Reading:* Key 15: The Devil, Four of Swords, and Nine of Swords
6. Seeker wants to know whether to change careers. *Celtic Cross Reading:* Key 20: Judgement and Key 0: The Fool are the only Majors; in Minors, there are 4 Wands, 3 Cups, 1 Swords, and 0 Pentacles
7. Seeker wants to know what her romantic

		<p>prospects are for the year. <i>Celtic Cross Reading</i>: Key 7: The Chariot, Key 16: The Tower, and Key 18: The Moon are the Majors; in Minors, there are 2 Wands, 3 Cups, 1 Swords, and 1 Pentacles</p> <p>For each reading exercise, answer the following questions:</p> <p>A. Do the two cards (a) strengthen and amplify each other, (b) conflict and weaken, or (c) have a neutral effect?</p> <p>i. If (a), looking at the other aspects of the cards, such as numbering, directionality, or Major vs. Minor, etc., which card leads and which card is supportive?</p> <p>ii. If (b), in the conflict, which card is likely to dominate over the other? Again, look at numbering, directionality, Major vs. Minor, etc.</p> <p>B. Write out your interpretation for each of the seven exercises.</p> <p>(Author's answers are on the Elemental Dignities supplemental download.)</p>
	<p><input type="checkbox"/> Chapter 15, "Elemental Affinities in the Minor Arcana" p. 449-450</p> <p><i>See also Appendix B, "Table of Traditional Elemental Dignities and Affinities in the Minor Arcana"</i> p. 752-753</p> <p>Supplement: Elemental Dignities and Affinities</p> <p>(Download from Website: http://benebellwen.com/about-the-book/holistic-tarot-</p>	<p>Elemental Affinities Exercise</p> <p>In the most basic terms, an elemental dignity is the card's assigned element, e.g., Wands cards are assigned Fire, and an elemental affinity is the card's behavior tendencies within that dignity, e.g., Ace cards in all four suits possess a Fire affinity and the Twos possess a Water affinity, which is what affects the meaning of that Ace card or that Two card within the suit.</p> <p>Open the text to Appendix B11, p. 752. (The diagram in Chapter 15, "Elemental Affinities," p. 449 is also helpful.) Using these reference tables and your knowledge of elemental correspondences, fill in the blanks for the</p>

	<p>supplements/)</p>	<p>following statements:</p> <p>A. Ten of Wands. The elemental dignity for the suit of Wands is _____, which corresponds with _____ and the elemental affinity for ten is _____, which corresponds with _____. Thus, the Ten of Wands expresses _____.</p> <p>B. Queen of Cups. The elemental dignity for the suit of Cups is _____, which corresponds with _____ and the elemental affinity for the Queen is _____, which corresponds with _____. Thus, the Queen of Cups expresses _____.</p> <p>C. Six of Pentacles. The elemental dignity for the suit of Pentacles is _____, which corresponds with _____ and the elemental affinity for six is _____, which corresponds with _____. Thus, the Six of Pentacles expresses _____.</p> <p>(Author’s answers are on the Elemental Dignities and Affinities supplemental download.)</p>
	<p><input type="checkbox"/> Chapter 14, “Two-Card Spreads” p. 288-289</p> <p><i>See also</i> Appendix A, “Two-Card Spreads” p. 694</p>	<p>Practicum Practice a minimum of 10 readings using the two-card spread, only analyzing elemental dignities. Log the readings in your tarot journal. Two-card spreads are an optimal way of learning and mastering elemental dignities.</p> <p>Practicum Practice a minimum of 10 readings using just a one-card draw, analyzing the card’s elemental dignity and affinity. For the purpose of this practicum, ignore Majors and focus on the Minor suits. Interpret the card through its elemental dignity and affinity only. Do not incorporate any other mode of interpretation or rely on the Cyclopedia meaning of the cards.</p>

		<p><i>Example.</i> For a reading about whether to pursue a particular writing project, the card drawn is the Knight of Wands. The suit of Wands corresponds with Fire, for progress, movement forward, drive, determination, and also relates to work projects and professional development. The Knight’s elemental affinity is Air, which relates to ambitions, leaving behind a legacy, the realm of communication, and the external self. Synthesized together, the Knight of Wands would answer the question in the affirmative—yes, go forward with the writing project. If, for example, the Knight of Wands appeared in reverse, then those same energies are still present, but using the WIND mnemonic, convey great obstacles ahead, possible delays in fruition, and a serious upward struggle ahead.</p>
5	Intensive Studies	
	<input type="checkbox"/> Chapter 22: Intermediate Ruminations and Practicum p. 531-536	<p>Read through the chapter but hold off on the recommended exercises and practicum points for now. The practicum points will be revisited at a later time.</p>
	<input type="checkbox"/> <i>Review</i> Chapter 8: Keywords p. 45-58	<p>Keywords Revised Review the keywords in Chapter 8. By now you should have formulated your own interpretation of the cards, and so some of the keywords set forth in Chapter 8 may now be clearly counterintuitive. Cross or white out those keywords and write in better ones for yourself.</p>
	<input type="checkbox"/> Supplement: Daily Readings (Download from Website: http://benebellwen.com/about-the-book/holistic-tarot-supplements/)	<p>Daily One-Card Draw For two consecutive weeks, every morning draw a single card from a randomized, well-shuffled deck and meditate on the meaning of the card. At the end of the day, revisit the card’s imagery and think back on that day to</p>

	<p>See also Appendix H, “Morning Routine Quick Tarot Reading” p. 806</p>	<p>see how that card manifested itself throughout the day. Notes and records should be taken down in your journal.</p>
	<p><input type="checkbox"/> Supplement: Ruminations on the Major Arcana</p> <p>(Download from Website: http://benebellwen.com/about-the-book/holistic-tarot-supplements/)</p> <p>See also Appendix C, “Ruminations on the Major Arcana” p. 759-765</p>	<p>Ruminations on the Major Arcana</p> <p>Write a short rumination in any format for each card in the Major Arcana. Concentrate on each card one by one and, while in a completely relaxed disposition, free-write your impressions of the card. It can be a poem, a passage written in stream of consciousness, flashes of keywords, or you can narrate a story. Follow your intuition and your creativity. A sample of such a rumination is provided in Appendix C.</p>
	<p><input type="checkbox"/> Supplement: The Three Septenaries</p> <p>(Download from Website: http://benebellwen.com/about-the-book/holistic-tarot-supplements/)</p>	<p>Helena Blavatsky is a late 19th century occultist and philosopher whose works greatly influenced the theosophies behind esoteric tarot. In Blavatsky’s seminal work <i>The Key to Theosophy</i> (1889), she presents the septenary principle of (i) spiritual self, (ii) the soul, (iii) the higher self, (iv) the body’s desires, (v) life force (breath or <i>qi</i>), (vi) the astral body, and (vii) the physical body.</p> <p>That septenary principle is applied to the Major Arcana in tarot and is a foundational building block of every Major Arcana structure in tarot today. In every tarot deck, the Major Arcana can be subdivided into the three septenaries, which excludes The Fool (as the septenaries represent the journey of the Fool, and thus the Fool in one sense is the signifier). Keys I through VII (Magician to Chariot) represent the first septenary, or the Self; Keys VIII through XIV (Strength to Temperance) represent the second septenary, or the Collective; and Keys XV through XXI (Devil to World) represent the third and final septenary, or Apotheosis. See Christine Payne-</p>

		<p>Towler, <i>The Underground Stream: Esoteric Tarot Revealed</i> (Noreah Press, 1999), p. 121.</p> <p>Rumination on the Three Septenaries Ruminate on the keys of the Major Arcana through the framework of the three septenaries and how you interpret each Major Arcanum card within the scheme of the septenaries. The supplemental download provides a template to work with.</p>
	<p><input type="checkbox"/> Chapter 9, "Suit of Wands" p. 126</p> <p>Chapter 15, "The Significance of Suits," Wands p. 435</p> <p>Appendix D1. Suit of Wands p. 767-768</p>	<p>Ruminations on the Suit of Wands After reading through the Suit of Wands, think about the following questions for the suit of Wands and log the ruminations in your tarot journal.</p> <ul style="list-style-type: none"> ▪ What aspect of the human condition does the suit talk about? ▪ How do you personally relate to this aspect of the human condition? ▪ Which cards in the suit best represent your own personal past? Why? ▪ Which cards best represent your present? ▪ Which cards do you hope represent your future?
	<p><input type="checkbox"/> Chapter 9, "Suit of Cups" p. 153</p> <p>Chapter 15, "The Significance of Suits," Cups p. 435</p> <p>Appendix D2. Suit of Cups p. 769-770</p>	<p>Ruminations on the Suit of Cups After reading through the Suit of Cups, think about the following questions for the suit of Cups and log the ruminations in your tarot journal.</p> <ul style="list-style-type: none"> ▪ What aspect of the human condition does the suit talk about? ▪ How do you personally relate to this aspect of the human condition? ▪ Which cards in the suit best represent your own personal past? Why? ▪ Which cards best represent your present? ▪ Which cards do you hope represent your future?
	<p><input type="checkbox"/> Chapter 9, "Suit of Swords" p. 180</p> <p>Chapter 15, "The Significance of</p>	<p>Ruminations on the Suit of Swords After reading through the Suit of Swords, think about the following questions for the suit of Swords and log the ruminations in</p>

	<p>Suits,” Swords p. 435</p> <p>Appendix D3. Suit of Swords p. 771 <i>Note.</i> The <i>Holistic Tarot</i> text is missing a reference table. However, the table also appears on p. 180.</p>	<p>your tarot journal.</p> <ul style="list-style-type: none"> ▪ What aspect of the human condition does the suit talk about? ▪ How do you personally relate to this aspect of the human condition? ▪ Which cards in the suit best represent your own personal past? Why? ▪ Which cards best represent your present? ▪ Which cards do you hope represent your future?
	<p><input type="checkbox"/> Chapter 9, “Suit of Pentacles” p. 210</p> <p>Chapter 15, “The Significance of Suits,” Pentacles p. 435</p> <p>Appendix D4. Suit of Pentacles p. 772-773</p>	<p>Ruminations on the Suit of Pentacles After reading through the Suit of Pentacles, think about the following questions for the suit of Pentacles and log the ruminations in your tarot journal.</p> <ul style="list-style-type: none"> ▪ What aspect of the human condition does the suit talk about? ▪ How do you personally relate to this aspect of the human condition? ▪ Which cards in the suit best represent your own personal past? Why? ▪ Which cards best represent your present? ▪ Which cards do you hope represent your future?
6	Intermediate Considerations	
	<p><input type="checkbox"/> Chapter 14, “The Adjustment Card” p. 400-401</p>	<p>Reading with the Adjustment Card Practice a three-card spread and draw a final card for the Adjustment Card. Practice readings with spreads from your repertoire (e.g., the Celtic Cross) and in addition, draw an Adjustment Card as the final step of analysis.</p>
	<p><input type="checkbox"/> Chapter 14, “Telling Time with Tarot” p. 416-424</p> <p>Chapter 29, “Step Six: Projections” p. 626-628</p>	<p>Practicum Draw a three-card spread for a general area of your life. For example, ask about the chronology of your romantic relationships or ask about your career prospects. Note the elemental correspondence for the first center card. Use the chart on p. 417. In addition to the meaning of the card, the card relates to an</p>

		<p>event timed to the seasonal, astrological, or moon phase correspondence of that card. Exercise your intuition to determine which one. The second card noting the past relates to an event that has already transpired, around the time of the card's seasonal, astrological, or moon phase correspondence. The third card noting the probable outcome offers a glimpse into the timing of future events pertinent to the inquiry at hand. Practice telling time with three-card readings and log the readings in your journal.</p> <p>Six-Month Projection Readings Practice six-month projection readings using the sixth step of the Depth Diagnostics process set forth in Chapter 29, starting on p. 626. Ignore the Depth Diagnostics procedure for now and simply focus on learning how to draw six cards and reading them as projections. At the close of any reading, such six cards can be drawn for a Seeker interested in final projections on the matter.</p> <p>Reading End Notes End notes that you may find interesting: 18 (p. 835).</p>
	<p><input type="checkbox"/> Chapter 14, "Card Counting in Tarot" p. 408-416</p>	<p>Majority View vs. Minority View Decide whether you will be adopting the Majority View or Minority View to card counting. Note the applicable reference table in your tarot journal. The Majority View table is on p. 409. The Minority View table is on p. 410.</p>
	<p><input type="checkbox"/> Supplement: Card Counting (Majority View) (Download from Website: http://benebellwen.com/about-the-book/holistic-tarot-</p>	<p>Exercise: A Personal Reading with the Card Counting Technique This practicum assumes the majority view for card counting (<i>see</i> p. 409 for the reference chart). Follow the steps in the supplemental download to perform a personal reading with</p>

	<p>supplements/)</p> <p><i>See also:</i> Majority View Reference Chart p. 409</p>	<p>the card counting technique.</p>
<input type="checkbox"/>	<p>Chapter 18: The Five Components of Circumstance p. 484-498</p>	<p>Practicum Create five lists, one for each of the five components: force majeure, karma, disposition, education, and action. Begin with an ordered deck and study each card intently, looking for the five components. Decide for yourself whether the card expresses force majeure, karma, disposition, education, or action. Write the card down in the corresponding list. Note that one card may appear on more than one list. Keep these lists in your tarot journal.</p>
<input type="checkbox"/>	<p>Chapter 14, “The Seashell” p. 396-400</p>	<p>The Seashell Spread Practice the Seashell spread and perform 3 readings with it, integrating the Five Components of Circumstance analytical method. Log the readings in your tarot journal.</p>
<input type="checkbox"/>	<p>Chapter 21: The Setting of a Tarot Reading p. 517-530</p>	<p>Creating Your Space Think about what essentials you need to create an optimal space for reading. Acquire these essentials and keep them by your tarot cards. Most practitioners opt for a reading cloth, a few choice crystals or gemstones, and either candles or incense.</p> <p>Reading End Notes End notes that you may find interesting: 2 (p. 837).</p>
<input type="checkbox"/>	<p>Chapter 23: The Value of Meditation to Tarot Practice p. 537-539</p>	<p>Grounding After a day of several consecutive tarot readings, practice the grounding meditation on p. 538. If you read tarot consecutively for</p>

		<p>multiple people within a short period of time, then you must perform some form of grounding to keep from over-exhaustion. Taking a salt bath afterward to unwind and de-stress also helps. A home-made mixture of 1 cup Epsom salt, 1 cup baking soda, and a few drops of your favorite essential oil can be incredibly relaxing.</p>
7	Devising Your Own Spreads	
	<input type="checkbox"/> Chapter 16: Devising Your Own Spreads p. 462-477	<p>If devising your own tarot spreads is an area of strong interest, then consider reading Teresa Michelsen’s <i>Designing Your Own Tarot Spreads</i> (Llewellyn Publications, 2003), one of the best books on the subject.</p>
	<input type="checkbox"/> Supplement: Worksheet for Devising Your Own Spread (Download from Website: http://benebellwen.com/about-the-book/holistic-tarot-supplements/)	<p>Practicum Following the instructions of Chapter 16, devise your own tarot spread. The supplemental download provides a comprehensive worksheet to guide you through the step by step process of designing your own spread.</p>
8	Reading Tarot for Love	
	<input type="checkbox"/> Chapter 26: Tarot and Love p. 563-573	<p>Exercise: One-Card Draw Do a one-card reading for a question related to love and romance. Look up the card’s meaning as it relates to love in Chapter 26, p. 565-573.</p>
	<input type="checkbox"/> Chapter 26, “Hope’s Three-Card Relationship Spread” p. 574-578	<p>Practicum Practice a reading for an inquiry on love using Hope’s three-card relationship spread. Log the reading practice in your journal.</p>
	<input type="checkbox"/> Chapter 14, “Two-Seeker Love and Relationship Spread” p. 387-389	<p>Practicum Practice a reading for a couple, using the two-seeker love and relationship spread. Log the reading practice in your journal.</p>

9 Reading Tarot for Work/Career		
<input type="checkbox"/>	Chapter 27: Tarot and Professional Development p. 579-588	Exercise: One-Card Draw Do a one-card reading for a question related to work, career, or professional development. Look up the card's meaning as it relates to love in Chapter 27 , p. 580-588.
<input type="checkbox"/>	<i>Review Chapter 14, "The Seashell," specifically, the Zara case study</i> p. 396-400	Practicum Practice a reading using the Seashell spread. Log the reading practice in your journal.
<input type="checkbox"/>	Chapter 27, "Inspiring High Achievement with Tarot" p. 588-592	Practicum Continuing on the same Seashell spread, draw an additional six cards as instructed on p. 589. Interpret the results accordingly. Log the reading practice in your journal.
10 Consideration of the Spread Landscape		
<input type="checkbox"/>	Chapter 15, "Directionality" p. 450-453	Exercise: Three-Card Reading Ask a question and do a three-card reading for the question. After setting down the three cards, examine the directionality. Based on directionality as explained in the chapter, where does the answer lie for the Seeker's question? Use the diagram on p. 451 for reference.
<input type="checkbox"/>	Chapter 15, "The Color of the Sky" p. 453-454	Exercise: One-Card Draw Ask a question and draw a single card to answer the question. Focus on the sky color and any clouds or birds in the sky. How <i>much</i> of the sky occupies the space on the card? What is the symbolic significance of the sky to the question at hand?
<input type="checkbox"/>	Chapter 15, "Checklist of Consideration Points for a Reading"	Practicum Following the checklist open book, do a reading about any question with any spread

	p. 457-459	of your choosing. Use a signifier and perform the First Operation as the preliminary step to the reading. In interpreting the reading, follow the checklist of consideration points. Log the reading in your tarot journal.
<input type="checkbox"/>	Chapter 15, “Checklist of Recommended Exercises” and “Spreads to Practice” p. 460-461	Practicum Note the exercises and spreads to practice. Select five to work on and log the practice in your journal.

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