

A Little About the Tarot System

A modern, regular tarot deck consists of 78 cards altogether:

* **MAJOR ARCANA** (22 cards) often with names written on the cards

* **MINOR ARCANA** (56 cards) divided into 4 suits: Wands, Swords, Cups, and Pentacles/Coins, all numbered from Ace to Ten. 16 of 56 Minor Arcanas are called the **COURT Cards** (4 cards - Page, Knight, Queen, and King - for each suit).

Generally speaking, when Major Arcanas appear in a spread they refer to a spiritual state or “big-picture issues” of the querent (the receiver of the tarot reading). The Minor Arcanas, on the other hand, draw our attention to more practical aspects of the querent’s life, and these cards can be examined to obtain realistic advice to the querent’s everyday life. Often, but not always, the Court Cards signify certain characteristics of a person in the querent’s life, or even the querent him/herself.

Although the tarot has been traditionally associated with fortune-telling, I use it in my sessions mainly as a tool to navigate the querent’s self-observation and self-exploration, so as to map out the “here and now” of the querent (just as I use verbal cues and music in my guided meditation sessions to encourage the participants’ introspection).

In a reading, we interpret the artistic representations of the archetypes (in the Major Arcanas) and life-situations (in the Minor Arcanas) illustrated on each of the cards. The tarot works as a medium through which our subconscious and intuitions surface themselves in a more tangible way to the level of the conscious mind. By “reading” and connecting with certain elements in the cards, we can begin to explore and understand our deeper selves - our hopes and fears, even the ones we tend to suppress during our conscious, waking hours.

A usual session begins with a short guided sitting. I then invite the querent to shuffle, cut, and select the cards. In case of a reading combined with bodywork, the tarot reading component can take up to 30 minutes, then based on the cards present in the spread I create and suggest a personalized program consisting of yoga postures, breathing techniques, and/or massage to rebalance the querent’s current physical, mental, and emotional state. Even if there is no bodywork component, a session can end with a short sitting once again to integrate everything explored in the reading.