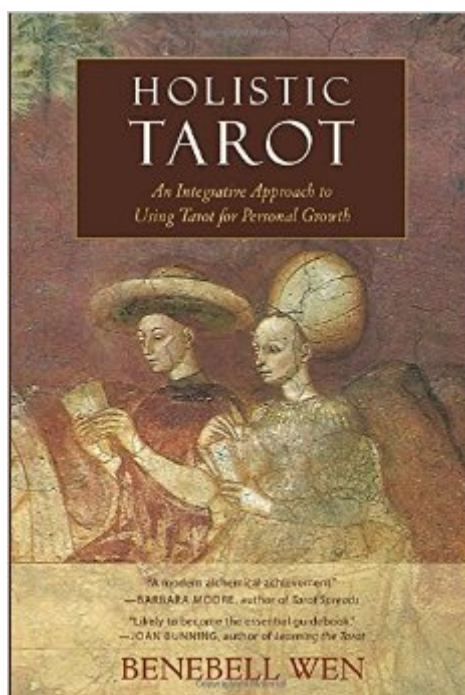


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# Holistic Tarot: An Integrative Approach To Using Tarot For Personal Growth



## Synopsis

Designed for beginning as well as experienced tarot readers, *Holistic Tarot* offers a fresh and easy-to-follow approach to the use of the tarot deck for tapping into subconscious knowledge and creativity. The tarot deck has been used as a divination tool for more than two centuries; while the tarot is still most commonly thought of as "fortune telling," the true power of the tarot lies in its ability to channel a clear path for our deep intuition to shine through. Consulting the tarot can help clear creativity blockages, clarify ambitions, work through complex decisions, and make sense of emotions and relationships. Whether used for simple decision-making or an understanding of your life's purpose, learning tarot can be an indispensable tool for being more mindful of the factors that can assist or weaken your efforts toward success. In *Holistic Tarot*, author Benebell Wen provides a complete guide to using the tarot to foster personal development. Wen gives a comprehensive overview of the history of the tarot and a wide array of theories on its use (including its relationship to Jungian archetypal psychology and traditional Chinese divination practices) before digging deeply into one of the best-known tarot systems, the Rider-Waite-Smith. Beginners will find a complete guide to working with the tarot, including choosing and caring for a deck, how best to learn and remember the attributes of the major and minor arcana, the interpretation of cards and spreads, the role of meditation in a tarot practice, and how to use the tarot for improving relationships, professional development, and personal resilience. More advanced practitioners will appreciate nuanced theoretical discussions of the tarot as well as practical advice about reading others' tarot cards and setting up a practice. Containing over 500 illustrations and detailed information on each card as well as numerous spreads, *Holistic Tarot* is a complete compendium of tarot study that every practitioner should have in his or her library.

• "A modern alchemical achievement."

• "Barbara Moore, author of *Tarot Spreads* will become one of the jewels in the crown of tarot literature."

• "Anthony Louis, MD, author of *Tarot Beyond the Basics* a tarot classic."

• "Sasha Graham, author of *Tarot Diva* a magnificent, intelligent, comprehensive overview and innerview of the Rider Waite Smith system of tarot! This is the only guide you need to have. Bravo!"

• "James Wanless, PhD, author of *Voyager Tarot* a huge accomplishment | likely to become the essential guidebook for serious students of the tarot."

• "Joan Bunning, author of *Learning the Tarot* No tarot enthusiast should be without this book!"

• "Chic and Tabatha Cicero, authors of *The Golden Dawn Magical Tarot* Arguably the most comprehensive guide to tarot on the market today. It's also innovative: it deftly combines Eastern mysticism with Western metaphysics. It's an impressive tome that presents a wholly modern, rational approach to tarot practice while preserving notable elements of tradition."

• "Corrine

Kenner, author of *Â Tarot and Astrology*

## Book Information

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## Customer Reviews

Wen's Holistic Tarot presents a comprehensive guide for using the tarot as a tool for self-knowing, exemplifying the modern tarot movement. It is a book for the 21-century. Wen threads together western esotericism and eastern philosophy beautifully. Holistic Tarot has almost everything you need in one book. Chapter one, Tarot Analytics, A Holistic Approach summarizes Wen's direction which she has geared the book. There are many points of discussion to be found here. I found myself either agreeing with Wen or questioning/disagreeing with a few of her points. Wen's perspective is clearly defined on page one, second sentence, where she says that tarot is a "science of the mind". Wen elaborates, explains that tarot has absorbed the wisdom of many cultures through the ages. The tarot "represents the spectrum of human archetypal conditions and personalities, which can be used by the modern day practitioner for psychological projective evaluation". Wen describes tarot as a holistic tool. Holistic by definition is inclusive in approach in regards to healing. It takes into consideration the body/mind/spirit (whole person) instead of focusing on one part or symptom. For Wen, tarot as a holistic tool allows us to "examine the unconscious" for answers. Tarot is also a tool to be consulted in decision making by charting a "road map for the solution". Do not pick up this book if you want to learn fortunetelling, Wen takes an anti-fortunetelling position. "I do not support fortune-telling and I do not believe in future-telling. My approach to tarot is not predictive. It is analytic". Wen un-deifies the tarot by

assuring the reader that tarot is not â œa tool of the godsâ • or â œdemonsâ • (the later ok, but the former I have some things to say).

Review of Holistic Tarot This impressive book is a dissertation worthy of some advanced degree in the most rarified levels of Tarot Practice! When first holding it in my hands, I was overwhelmed with the sheer magnitude of it! Even as a paperback, it is HUGE enough to be a doorstop. I have a hardcover copy of War and Peace that is smaller than this! I think the only paperback I have ever seen that could compare to this for sheer size is a technical reference book, which in a way, also describes "Holistic Tarot". Ms. Wen was not messing around when she wrote this...I don't know how she managed it, while also working in such a demanding, full-time profession such as the Law, but here it is, and it's not full of fluff or fillers, either- it's solid, densely packed information. There are tried and true layouts, original and inventive layouts, derivative layouts adapted for use with Tarot, comparisons and correspondences, keywords and cross-references all gathered together to form a comprehensive matrix you could use to form cement. This is foundation-making material, for sure. I opened it and waded in, and even with my 40 year background in Tarot, I found myself hip-deep in minutes, wishing I had brought camping gear and a machete with me...because this was going to be slower-going than I've been accustomed to since college...(and I read constantly- so that's really saying something!) I kept having to stop and ponder, since some of the strong opinions expressed run counter to all the...I guess you would say "current paradigms" in Tarot-land. That's ok. Ms. Wen is certainly entitled to her own point of view, and she explains her reasoning very clearly.

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