



Complete Health Circle

Ancient & Modern Medicine for the Mind, Body & Spirit

Introduction to Tarot Course Workbook



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INTRODUCTION TO TAROT

REQUIRED TEXTS & REFERENCES:

THE TarotL HISTORY INFORMATION SHEET by Mary K. Greer, Tom Tadfor Little, Nina Lee Braden, Linda Dunn, Mark Filipas, Robert V. O'Neill, Christine Payne-Towler, Robert Place, James Revak, and others.

http://www.villarevak.org/misc/tarotl_1.html

The Power of Tarot in Your Life by Bonnie Cehovet

http://www.aeclectic.net/tarot/learn/power_of_tarot.shtml

Learning & Working with Tarot Techniques by Derek James Healey

<http://completehealthcircle.com/2013/08/14/learning-tarot-techniques/>

The Twelve Common Archetypes by Carl Golden.

http://www.soulcraft.co/essays/the_12_common_archetypes.html

Tarot Archetypes of the Major Arcana by Corrine Kenner.

<http://www.llewellyn.com/journal/article/1951>

Elemental Suits, Number System, and People (Court) Cards of the Minor Arcana Video by

Joanna Powell Colbert <http://www.gaiansoul.com/2010/03/introduction-to-the-gaian-tarot-part-3/>

A Four-Fold Path to Tarot Excellence Teleseminar by James Wells (1.5-hours)

<http://www.gaiantarotcircle.com/68310/james-wells-june-7th-2012/>

REQUIRED WORKSHEETS/ SPREADS:

Layouts 1, 2 & 3 A Four-Fold Path to Tarot Excellence by James Wells

<http://www.gaiantarotcircle.com/jameswells.pdf>

Finding Your Own Year Card...and What it Means by Ocean. Deaf Pagan Crossroads

<http://deafpagancrossroads.com/2011/01/26/finding-your-own-year-card-and-what-it-means-read-this-first/>

Easy Three Card Tarot Spreads by Brigit <http://www.biddytarot.com/easy-three-card-tarot-spreads/>

“Predict Your Future by Creating It” Spread by Beth Owl’s Daughter

<http://completehealthcircle.com/2013/08/09/beth-owls-daughters/>

SUGGESTED TEXTS/ REFERENCES:

The Gaian Tarot by Joanna Powell Colbert

The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer and Visionary by Angeles Arrien, Ph. D.

Tarot for the Healing Heart: Using Inner Wisdom to Heal Body and Mind by Christine Jette, R.N.

In this course, you will explore the deep realms of tapping into your intuition. You will be provided information regarding how to tap into this intuitive power via the divination tool of the tarot. You will be given instruction on tarot's fundamentals and how to begin walking the path of the tarot. You will learn how to find the appropriate tarot deck for yourself as well as work out a process of understanding each individual card and its relation to you. You will discover that the tarot is a book without a binding. It is a story of a seeker who wishes to seek the wise knowledge that surrounds him/her. As you learn each card as a different life experience of the seeker, you will be able to empathize with the world around and within you. You will come to understand how tarot is such a valid instrumental tool to personal growth.

Course Syllabus: Introduction to Tarot

Course Title: Introduction to Tarot

Course Duration: 3-4 Hours

Course Description:

Many have used the Tarot as a tool for therapy for centuries. From the ordinary practitioner to psychologists, people have been fascinated by the Tarot's uncanny ability to tap into the human subconscious to illicit healing. With this course I hope that you will be able to learn to use the tarot to tap into your own inner warrior, healer, teacher, and visionary. With this course my wish is that you will be able to learn to heal and grow as a tarot practitioner, which in turn will allow you to help others heal and grow. Tarot however compliments and does not replace standard medical care. Healing is your choice, but Tarot does not diagnose, treat or prescribe. If you feel you require primary medical intervention, please contact your health care professional before proceeding with any activity in this class.

Goals:

1. Student will be able to describe the *history of tarot*.
2. Student will be able to explain *how tarot works*.
3. Student will be able to explain *how to purchase tarot decks*.
4. Student will be able to explain *how to store and clean tarot decks*.
5. Student will be able to explain *the psychology of tarot*.
6. Student will be able to provide an *overview of Jungian Archetypes*.
7. Student will be able to define *Major and Minor Arcana*.
8. Student will be able to explain the *various suits of the Minor Arcana*.
9. Student will be able to list the *elements and symbols associated with the tarot*.
10. Student will be able to describe the *properties of various cards*.
11. Student will be able to explain the *keys to successful readings*.
12. Student will be able to *best present themselves during tarot consultations*.
13. Students will be able to *set limits and boundaries with tarot consultations*.
14. Student will be able to *pay attention to what has heart and meaning during tarot consultations*.
15. Student will be able to learn *how to tell the truth without blame or judgment during tarot consultations*.
16. Student will be able to learn *how to remain open to outcome during tarot consultations*.
17. Student will be able to explain *how tarot sessions can be experiences of power*.
18. Student will be able to explain *how tarot sessions can be experiences of love*.
19. Student will be able to explain *how tarot sessions can be experiences of creativity*.
20. Student will be able to explain *how tarot sessions can be experiences of wisdom*.
21. Student will be able to describe *how to invite clients to tarot consultations*.
22. Student will be able to describe *tarot applications for the past*.
23. Student will be able to describe *tarot applications for the present*

24. Student will be able to describe *tarot applications for the future*.
25. Student will be able to describe *various methods of tarot reading*.
26. Student will be able to describe the *healing benefits of tarot*.
27. Student will be able to apply the *healing power of tarot in daily practice*.
28. Student will be able to apply the *intuitive power of tarot in daily practice*.

Lesson Plan

Module 1- THE TarotL HISTORY INFORMATION SHEET

- Lesson 1.1 - The Time and Place of the Origins of Tarot
- Lesson 1.2 - The Origin of the Word “Tarot”
- Lesson 1.3 - The Cultural Source of the Tarot Symbols
- Lesson 1.4 - The Gypsies and Tarot
- Lesson 1.5 - Relationship Between Tarot and Ordinary Playing Cards
- Lesson 1.6 - Tarot Censored by the Church
- Lesson 1.7 - Original Use of Tarot Cards
- Lesson 1.8 - Tarot and Divination
- Lesson 1.9 - Occult Philosophy and the Original Design of the Tarot
- Lesson 2.1 - Tarot and the Western Esoteric Tradition
- Lesson 2.2 - Astrological, Elemental, and Kabbalistic Correspondences
- Lesson 2.3 - The Waite-Smith Tarot
- Lesson 2.4 - Some Things to Be Careful of When Writing About Tarot History

Module 2 - The Power of Tarot in Your Life

- Lesson 1.1 – The Fool’s Journey
- Lesson 1.2 – Before You Purchase Your First Deck or Book
- Lesson 1.3 – Process of Purchasing A Deck

Module 3 – Learning and Working with Tarot Techniques

- Lesson 1.1 – Reading the Cards Intuitively
- Lesson 1.2 – Picking A Card a Day
- Lesson 1.3 – Manifest Your Card
- Lesson 1.4 – Writing Your Own Impressions
- Lesson 1.5 – Making Your Own Cheat Sheet
- Lesson 1.6 – Having Fun and Trusting Your Instincts
- Lesson 1.7 – Objectivity
- Lesson 1.8 – Study
- Lesson 1.9 – Guarding Your Deck
- Lesson 2.1 – Cleanse and Purify

Module 4 – The Twelve Common Archetypes

- Lesson 1.1 – Archetype Etymology
- Lesson 1.2 – The Innocent Archetype
- Lesson 1.3 – The Orphan Archetype
- Lesson 1.4 – The Hero Archetype
- Lesson 1.5 – The Caregiver Archetype
- Lesson 1.6 - The Explorer Archetype
- Lesson 1.7 - The Rebel Archetype
- Lesson 1.8 - The Lover Archetype

Lesson 1.9 - The Creator Archetype
Lesson 2.1 - The Jester Archetype
Lesson 2.2 - The Sage Archetype
Lesson 2.3 - The Magician Archetype
Lesson 2.4 - The Ruler Archetype
Lesson 2.5 - The Four Cardinal Orientations

Module 5 - Tarot Archetypes of the Major Arcana

Lesson 1.1 – The Fool
Lesson 1.2 – The Magician
Lesson 1.3 - The High Priestess
Lesson 1.4 - The Empress
Lesson 1.5 - The Emperor
Lesson 1.6 – The Hierophant
Lesson 1.7 – The Lovers
Lesson 1.8 – The Chariot
Lesson 1.9 – Strength
Lesson 2.1 – The Hermit
Lesson 2.2 – The Wheel of Fortune
Lesson 2.3 - Justice
Lesson 2.4 – The Hanged Man
Lesson 2.5 - Death
Lesson 2.6 - Temperance
Lesson 2.7 – The Devil
Lesson 2.8 – The Tower
Lesson 2.9 – The Star
Lesson 3.1 – The Moon
Lesson 3.2 – The Sun
Lesson 3.3 – Judgment
Lesson 3.4 – The World

Module 6 - Elemental Suits, Number System, and People (Court) Cards of the Minor

Lesson 1.1 – Suits & Elemental Forces : Swords, Wands, Cups, Pentacles
Lesson 1.2 – Teresa Michelsen’s Three Sets of Three Mini-dramas
Lesson 1.3 – New Beginning Cards Ace, 4, 7
Lesson 1.4 – Challenge Test Cards 2, 5, 8
Lesson 1.5 – Resolution Cards 3, 6, 9
Lesson 1.6 – Innocence Triads Ace, 2, 3
Lesson 1.7 – Outside World Triads 4, 5, 6
Lesson 1.8 – Mature Inner Work Triads 7, 8, 9
Lesson 1.9 – Transition Cards
Lesson 2.1 – Page/ Child Court Cards
Lesson 2.2 – Knight/ Explorer Court Cards
Lesson 2.3 – Queen/ Guardian Court Cards
Lesson 2.4 – King/ Elder Court Cards
Lesson 2.5 – Gender Roles

Module 7 - A Four-Fold Path to Tarot Excellence

Lesson 1.1 – Noticing Where You Are In Sacred Space
Lesson 1.2 – Invitations and Calling in the Seven Directions

- Lesson 1.3 – Asking “How am I?”
- Lesson 1.4 – What is the Four-Fold Way by Angeles Arrien?
- Lesson 1.5 – Walking the Mystical Path with Practical Feet
- Lesson 1.6 – Warrior Leader Archetype
- Lesson 1.7 – Healer Caretaker Archetype
- Lesson 1.8 – Visionary Creative Problem-solver Archetype
- Lesson 1.9 – Teacher Counselor Archetype
- Lesson 2.1 – Merging Tarot with the Four-Fold Way
- Lesson 2.2 – Aim for harmony and wholeness
- Lesson 2.3 – Translating Questions
- Lesson 2.4 – Building up Living Stones of the Tarot
- Lesson 2.5 – The Way of Tarot as Self Knowledge
- Lesson 2.6 – Instruments of Archetypes
- Lesson 2.7 – Embodying the Warrior
- Lesson 2.8 – Embodying the Healer
- Lesson 2.9 – Embodying the Visionary
- Lesson 3.1 – Embodying the Teacher

Module 8 – Tarot Spreads

- Lesson 1.1 - Layouts 1, 2 & 3 A Four-Fold Path to Tarot Excellence
- Lesson 1.2 – Easy Three Card Tarot Spreads
- Lesson 1.3 –Tarot Card of the Year Calculator
- Lesson 1.4 - “Predict Your Future by Creating It” Spread

Progress Quizzes

The following questions were designed for the student to keep an open eye and ear while reading and listening to the course material. If you have difficulty answering these questions, we simply suggest you go over the course material again until you find the appropriate answer(s).

Module 1- THE TarotL HISTORY INFORMATION SHEET

1. The tarot originated in northern ____ early in the 15th century (1420-1440).
2. The earliest names for the tarot are all Italian. Originally the cards were called *carte da trionfi* (cards of the triumphs). The German form is *tarock*, the French form is ____.
3. True or False. The gypsies brought the tarot to Europe and spread its use.
4. Written records tell that the tarot was regularly used to play a card game similar to ____.
5. Correspondences are a matter of individual choice and of intention or adherence to a school of thought rather than ____ or ____.

Module 2 - The Power of Tarot in Your Life

1. The Fool's Journey is the journey of individuation that we all take through life as we evolve ____ and spiritually.
2. Before you purchase your first deck, take the time to think about what part the Tarot will take in your life, what its place will be on your personal path of ____.
3. True or False. Your first Tarot deck must be "given" to you.
4. Some considerations when purchasing a deck are ____, symbolism, type of artwork, illustration of the pips (the numbered cards), and price.
5. This is only the beginning of your journey. ____, wisdom and magic await!

Module 3 – Learning and Working with Tarot Techniques

1. When you are new to tarot, it is essential you introduce yourself to it ____.
2. With every card, there are certain ____ meanings that are yes very basic, but help you to get a sense of these archetypal meanings.
3. True or False. There are several ways to go about learning and studying.
4. By manifesting your card you allow your card to manifest in some way during your day whether that is by actively ____ a place similar to the card's art work, or looking for and finding its symbolism in your daily comings and goings.
5. By cleansing and blessing your deck with an intention for healing you will be able to imprint the cards with your own ____.

Module 4 – The Twelve Common Archetypes

1. Carl Gustav Jung believed that universal, mythic characters—____—reside within the collective unconscious of people the world over.
2. It can be helpful to know which archetypes are at play in oneself and others, especially loved ones, friends and co-workers, in order to gain personal ____ into behaviors and motivations.
3. True or False. The Orphan's weakness is losing one's own self in an effort to blend in or for the sake of superficial relationships.
4. The Lover's goal is to be in a relationship with the people, work and surroundings they love by becoming more and more ____ and ____ attractive, yet its weakness is outward-directed desire to please others at risk of losing own identity.
5. The Magician's core desire is understanding the fundamental laws of the universe. Its goal is to make dreams come true, and its greatest fear is unintended ____ consequences.

Module 5 - Tarot Archetypes of the Major Arcana

1. The Fool represents each of us—naive ____ through life, off on a grand adventure, out to learn whatever experience the tarot can teach us.
2. Death is the card of ____ and depicts the turning of a page, the completion of one chapter of life, and the exciting start of a new story.
3. True or False. The Devil demonstrates how a selfish devotion to material possessions and ill-conceived passions can tie us down and keep us from true happiness.
4. The Sun is a symbol of consciousness and action. It's the center of the universe, and the source of heat, ____, and life on earth.
5. The World depicts the never-ending, spiral dance of _____. It's a card of completion and success as well as the chance to start ____ round.

Module 6 - Elemental Suits, Number System, and People (Court) Cards of the Minor

1. The Minor Arcana is divided up into four suits: Earth (Pentacles), Air (____), Fire (Wands), and Water (____).
2. Theresa Michelson's idea of ten cards split into three triad sets of three mini ____ with the ten being a transition card.
3. True or False. The third card of each triad is a resolution card.
4. The Court People Cards are based upon a renaissance European classed society, but can also be modernized by being represented in terms of Children (____), Explorers (Knights), Guardians (____), and Elders (Kings).
5. Mixing up gender roles can be shown differently in the tarot with gentle nurturing ____ and strong, powerful, active ____.

Module 7 - A Four-Fold Path to Tarot Excellence

1. The Four-Fold Way is a body of work by Angeles Arrien who is a cross-cultural ____ and excellent tarot reader. It is a model for ____ in the world based on land-based peoples all over the world.
2. When we listen to land based peoples we are listening to our ____ selves.
3. True or False. The four archetypes of the Four-Fold Way are the Warrior, Musician, Visionary, and Teacher.
4. When exploring the Four-Fold Way in relation to the tarot is all about not being unattached to ____.
5. As Tarot Practitioners we can learn to embody the qualities of a ____ by being respectful, accountable, and honourable. We can learn to embody the qualities of a Healer by paying attention to what has ____ and _____. We can learn to embody the qualities of a ____ by telling the truth without shame or judgment; and finally we can learn to embody the qualities of a Teacher by being open to ____ with the Tarot.

Final Exam

The following questions were designed for the student to keep an open eye and ear while reading and listening to the course material. If you have difficulty answering these questions, we simply suggest you go over the course material again until you find the appropriate answer(s).

Please review all materials carefully; some questions that may present themselves to you in the course of taking this class may be tricky.

This exam is based on the seven modules of the Introduction to Tarot Course.

There is an old adage that goes “Once you observe and listen for a time, you begin to notice and hear something. Once you do this for a time, you begin to understand something. Once you do this for a time, you begin to be able to speak and create something. And once you do this for a time, you begin to grow towards something.”

The Final Exam is yours to make.

This material was created so that you may in turn teach yourself. It is yours to observe and to listen to. It is yours to notice and hear. It is yours to understand. It is yours to speak and create something that can be yours.

It is yours to grow towards something.

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