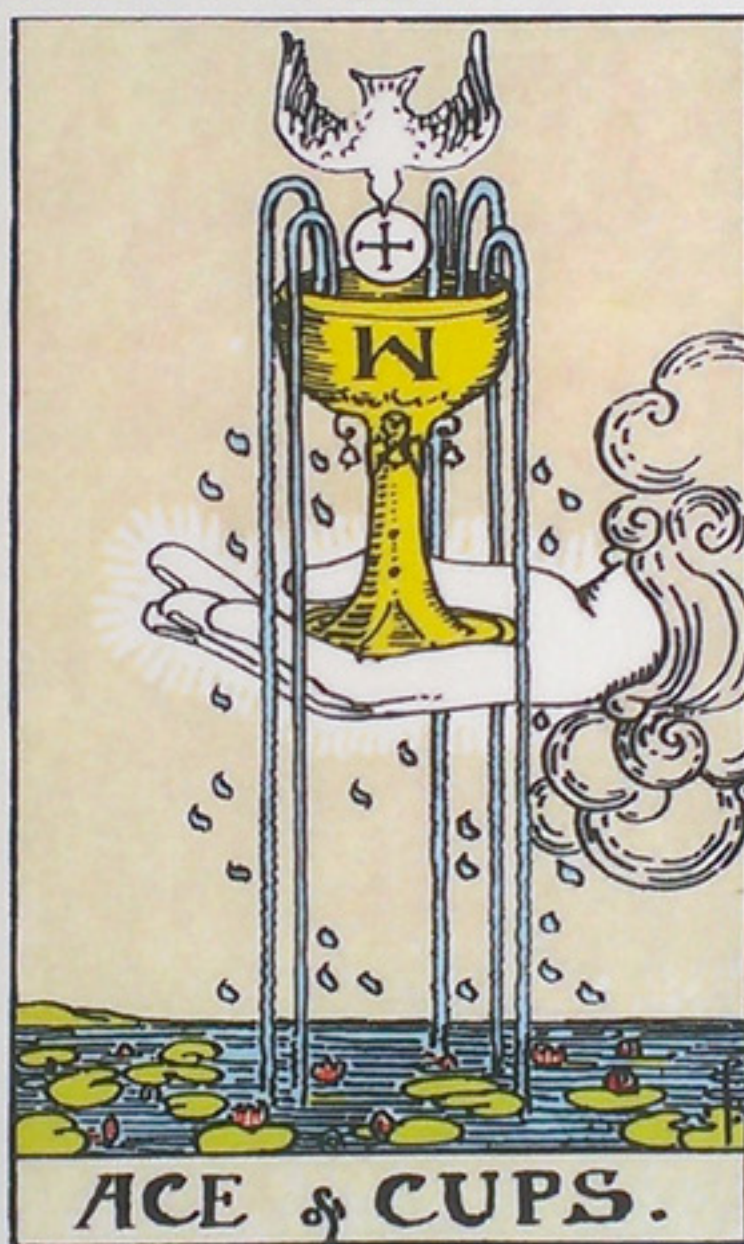


Free Preview

Tarot for All Time

An Intuitive Guide



Sue Ellen Kolman

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Tarot Truths

1. Whether you like it or not, YOU are in charge of your life.
2. No group of cards or bunch of stars was ever designed to tell you what to do.
3. The cards do, however, provide you with insights and information so that you can then make better, more intelligent choices and decisions.
4. There are no bad cards.
5. Each card contains positive, helpful information that you may choose to follow, consider, or ignore.
6. A tarot reading is designed to expand your awareness, raise your consciousness, and remind you of your own personal power to make choices.
7. All readings are for NOW. A tarot reading is like a freeze-frame on a camera. The lens is focused on the part of life you want illuminated, and the cards help you look around and understand what is inside that picture at the time of the reading.
8. A tarot reading is an experience of service and healing, shared in love with complete respect for the individuals involved.
9. Tarot is a loving communication with your higher self using the reader as a channel.
10. Each card represents an archetype. Working with archetypes on a consistent basis will lead to the development of intuition.



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Tarot Truths



Preface

Walking into class one afternoon, I was almost knocked off my feet by a heady, sweet aroma. I couldn't move. My feet felt glued to the floor, and silent tears poured down my face.

"Ah," said Rusty, with gentle, loving understanding, "You smell the roses. When those from the Other Side come to join us and learn tarot, they bring with them the scent of roses."

I will never forget that experience or Rusty Carnarius and the amazing stories she shared with us that summer of 1986 at a metaphysical conference in Pennsylvania. Each card had its own story, everything from "Once upon a time. . ." to remembrances of relatives, friends, and events from her own very rich personal experiences.

I had read cards on and off for over ten years, but I had signed up to take Rusty's week-long workshop on the Tarot since I felt there had to be more than the isolated snippets of information (often conflicting) that I had been exposed to through various teachers, books, and seminars. I got more from that workshop than I could ever have imagined.

For the first time, I experienced the same feelings reading tarot cards that I had when I participated in hands-on healing sessions or powerful meditations. I felt part of something much bigger than just being near another person, shuffling cards, pinpointing areas that needed attention, and reciting interpretations I had memorized.

Rusty's workshop encouraged me to trust my feelings and my inner knowing. It opened the door, invited me in, and said, "Welcome Home." I felt an intimate connection with the tarot and its vibrations as Rusty presented them.

As I continued to work with the tarot, I began to understand the connections I was finding between the cards and the experiences of the people for whom I read (including myself), and patterns began to emerge, information that I had not known before. Even in casual conversation with clients, friends, and family, thoughts and images of particular cards would come to mind, and they always added context to what was being discussed. Friends urged me to write a book, and I passed off the suggestion as simply enthusiastic support from members of my fan club.

Sometimes when readers of cards, runes, psychic energies, etc. get together, we trade readings and/or consult each other for guidance. It was at a local psychic fair in 1991 that I sat across the table from Ernestine Knippschild, whom I had never met before, but whose energy and ability to bring through messages from spirit drew me to her. She looked me straight in the eye and asked, "How many people have to tell you to do it before you write the tarot book?" Once again, I was frozen in place, overwhelmed by a multitude of feelings.

Much of this material has written itself in spurts, sometimes with lengthy pauses in between the spontaneous flow of information. Even now, I continue to see more of the subtle shades of meaning that the cards convey. It is my intent that you use this material as your own inspiration guides you and that you find it of benefit. One reader has suggested that you keep a notebook or card file on each card. After meditating on an individual card, jot down any insights or stories that come to you. This will increase your connection to the deck and help make it your own.

My sincere thanks goes out to all the friends and family who have believed in this work and encouraged my efforts, especially C.C.S. III and Nan Geller. With heartfelt joy, I have come to know that love never dies.



How Can Tarot Be Used for Insight?

Reading for Yourself and Others

Preparation for doing a tarot reading involves clearing, focus, and intent. Some readers say a prayer, silently or aloud, before they begin. Calling upon your guides and angels, your higher self, the higher self of the person for whom you are reading, and any higher power you name to bring through, aid, and support the highest and most helpful truths, sets the focus and intent of the reading.

Being aware of yourself as a compassionate channel of insight, asking to receive with the utmost clarity, and expressing gratitude for the opportunity to serve are also parts of setting the intent for the reading. Even if you are doing a reading for yourself and your emotional field is full of anxiety, sadness, or negativity, taking a good cleansing breath before you begin will produce a more insightful reading. Follow the knowing within your heart.

Having decided to use the tarot for insight, understanding, and guidance, you are now ready to begin. To maintain the integrity of the process, tell the seeker (the person for whom the reading is given) to make all queries relevant to herself. It is contrary to the purpose of a tarot reading for the focus to be on the neighbors who live down the street. Even well-meaning parents receive little benefit from asking about their children's lives, unless the questions directly relate to their personal relationship with their children.

Some readers prefer that the seeker tell them the question or focus of the reading while others are more comfortable having the Seeker mentally focus on the chosen subject of the reading and remain silent. There are two options here, both with benefits. If the reader and the seeker have talked about the question in an open discussion, the focus can be clarified and mutually agreed upon, and the reader has more freedom to participate in the formation of clear and precise questions.

Silent focus, on the other hand, eliminates any embarrassment or reluctance on the part of the seeker to reveal a particularly personal request, especially if others are present at the reading. It also removes any temptation the reader may have, even when motivated by a sincere desire to be clear and objective, to tell her what the reader perceives she wants to hear.

Good readings result from either method, and choices like this depend upon the circumstances, people involved, and both the seeker's and the reader's preferences at the time. Again, follow your intuition and listen to your heart.

Once the intent of the reading is fixed on the seeker's receiving understanding and insight, almost any subject can be used as a focus. I often suggest that people who are not sure what they want to ask about or how to phrase a request, do a mental sentence-completion of "Please give me insight into."

The blank can be filled in with either general or specific concerns. Clearer readings result if one topic at a time is broached. Sometimes it's useful to say, "Pick some part of your life where insight will be helpful, and focus on that."

Who shuffles and cuts the cards and in what way, is, again, a matter of personal preference. Do what feels comfortable, and once you figure out what that is, stick with it.

Call upon the highest energies available to aid in the quest for insight as you shuffle the deck. If you are using one of the multi-card spreads, ask the seeker to concentrate on the area of focus and cut the deck one or more times. Reassemble the cards into one final pile, and deal the cards from the top of this pile for the reading.

For one-card readings, you can either fan the deck in your hands or spread it face-down in a line on the table. The seeker may choose a card visually or scan the line of cards on the table with her hand. The tarot contains a wonderful energy, and, if you move your hand slowly about an inch above and along the line of cards, you will feel the vibrations of that energy. Scanning a second time, you will feel the energy shift under your hand when you reach the card that is ready to speak to you.

Visual choice and/or scanning may also be used for a three-card reading. A three-card reading is a useful way to find out (1) where the emphasis has been, (2) where the emphasis is now, and (3) where the energies are heading. Sometimes it is helpful to choose a fourth and final card as a summary or overview of the whole reading.

Maintain the deck with all seventy-eight cards facing in the same direction. Simply turn around any card that may be drawn or presented upside down. Every card, through symbolic language and energetic resonance, contains all the information needed to give a clear, consistent, and accurate reading.

Since the insights and guidance of the tarot are an expression of your higher self, there is a loving consistency in the tone and content of the messages that are given. It is always fascinating that when a series of readings is done for a particular individual, many of the same cards reappear. This happens even though the seeker has asked what seem to be very different questions, and the deck has been thoroughly shuffled in between questions. Invariably, the seeker receives the insights that are relevant.



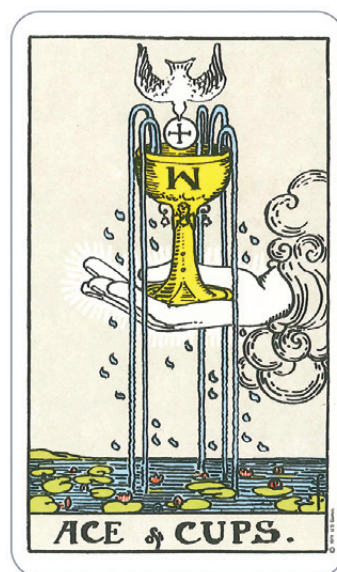
Comparative Reading

Here is a comparative reading of the Ace of Cups. First are the instructions given for this card with the traditional interpretation taken directly from “The Rider Tarot Deck®” written by Stuart Kaplan. © 1971 US Games Systems, Stamford, CT 06902 USA

Next, you will find the interpretation as it is found in “Tarot for All Time” © 2002, 2013 Sue Ellen Kolman.

Traditional

“ACE.--The waters are beneath and thereon are water-lilies; the hand issues from the cloud, holding in its palm the cup, from which four streams are pouring; a dove, bearing in its bill a cross-marked host, descends to place the wafer in the cup; the dew of water is falling on all sides. It is an intimation of that which may lie behind the Lesser Arcana. Divinatory Meanings: House of the true heart, joy, content, abode, nourishment, abundance, fertility, holy table, felicity hereof. Reversed: House of the false heart, mutation, instability, revolution.”



Intuitive

Aces, associated by number with the Magician, are winners, leaders, doers, and connectors to Higher Vibrations. Depending on the card game you are playing, they are either first-step beginnings, top cards, or both of the above. They speak of connecting with the purest and highest energies embodied in each suit. They are about self-empowerment through alignment with the vibrations of that ideal.

By taking charge and becoming a standard-bearer, the seeker inspires others by demonstrating what is possible. The hands which appear in all the Aces are glowing with light; the vibrations depicted in these cards are a direct expression of the Divine Will. The tear-shaped droplets which fall from three of the four aces are blessings which fall into other people's lives as a result of the seeker's fulfilling her potential.

The phrase. “You triumph when you align with . . . “ comes in handy when any of the aces turn up. Even in a single-card reading, when the seeker has asked for insight, the aces will tell where the triumph lies. It is possible that the seeker has already triumphed, or wants direction into what to do in order to triumph, or may even be asking for a context in which to triumph. The aces provide insights into any and all parts of these questions.

Ace of Cups

The Ace of Cups represents the triumph of the seeker as a human BEING, a feeling individual who serves as a resource, an overflowing fountain. When this card appears, it speaks of the seeker's ability to be there for others. People who spend time with the seeker usually feel better afterwards, and it isn't because of anything specific that the seeker has done, it's just because of the kind of person the seeker IS.

The bird and the wafer show that the seeker's energies flow with the divine source of compassion, enabling the seeker to give with no need to take from others. The blessings that fall from the overflowing cup affect everyone and everything touched by the seeker's energy.



I hope you have enjoyed the selections and comparative reading in this Free Preview. The book itself has similar explanations for each of the 78 cards, the background information on the tarot and the philosophy/context from which I participate in the process, several ways to read cards for yourself and others, and some more sample readings. If you wish to order the complete manuscript, available in paperback, ebook, and full color PDF. Please click below, and thank you for your interest. S.E.K.



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