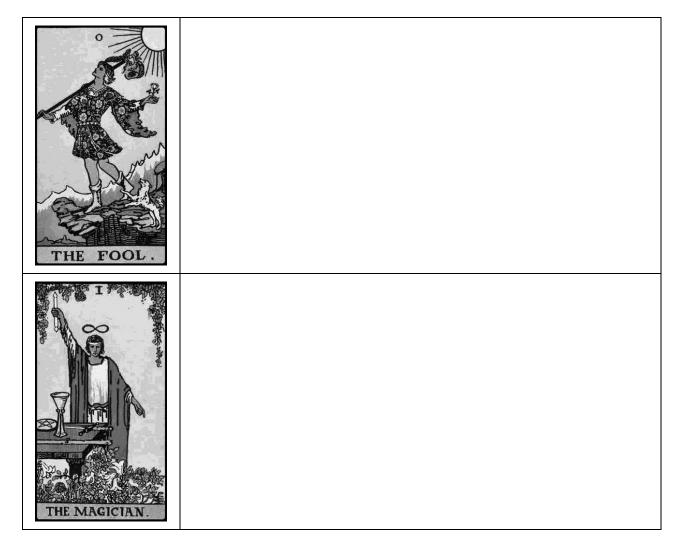
## HOLISTIC TAROT SUPPLEMENT

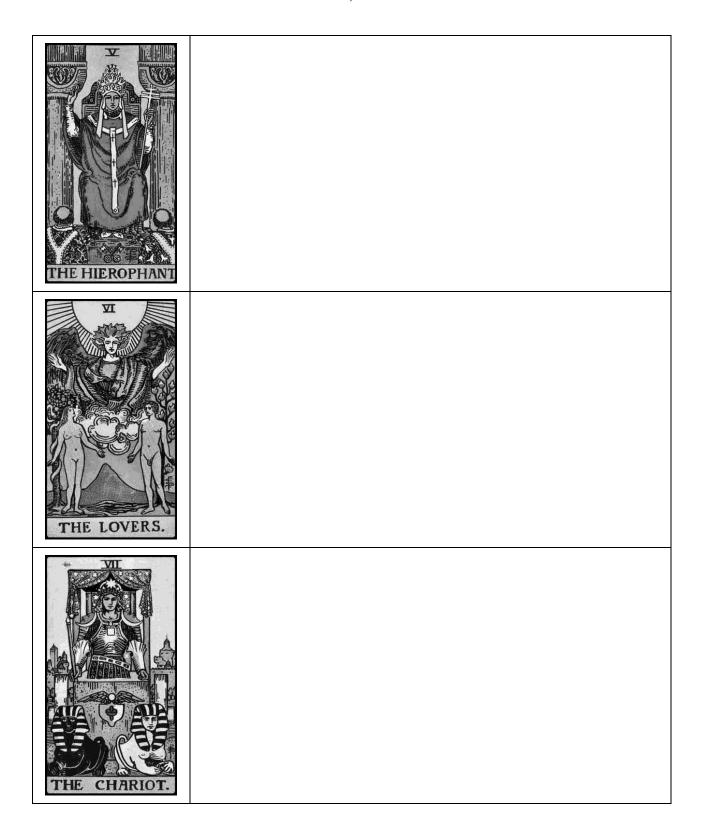
This text is offered as a supplement to *Holistic Tarot: An Integrative Approach to Using Tarot for Personal Growth* (North Atlantic Books, 2015) by Benebell Wen.

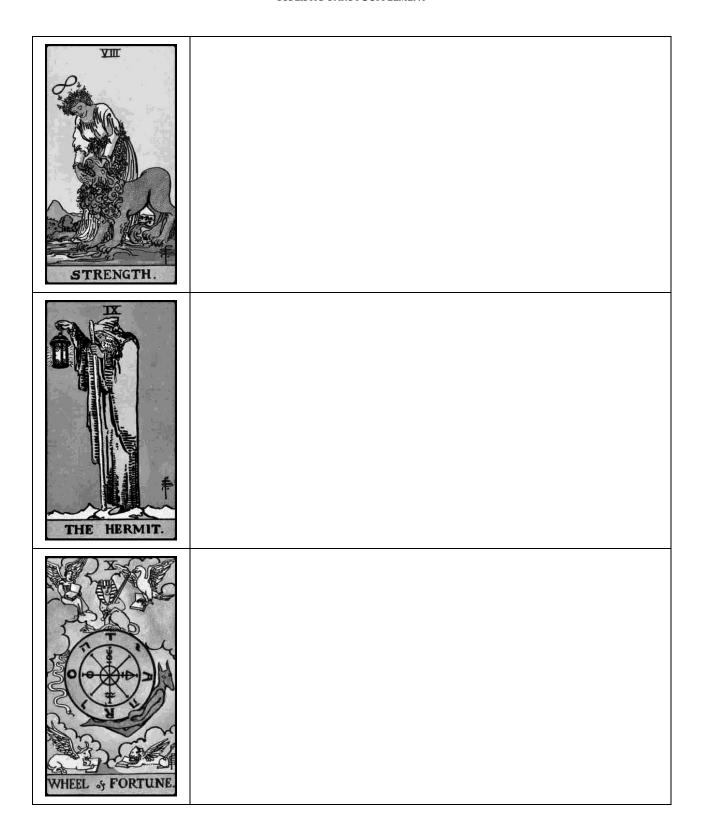
## Ruminations on the Major Arcana

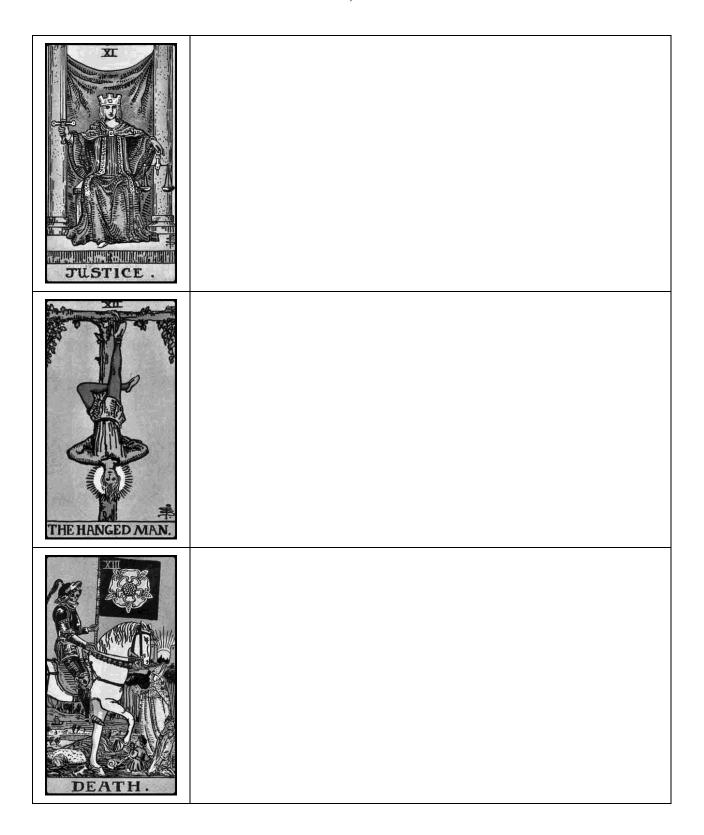
Write a short rumination in any format for each card in the Major Arcana. Concentrate on each card one by one and free-write your impressions of the card. It can be a poem, a passage written in stream of consciousness, flashes of keywords, or you can narrate a story. Use your creativity and most importantly, follow your intuition. A sample of such a rumination is provided in **Appendix C**, "Ruminations on the Major Arcana," p. 759-765 for an example. The purpose of the ruminations is to deepen your understanding and your creative-intuitive connection to the imagery of the cards.



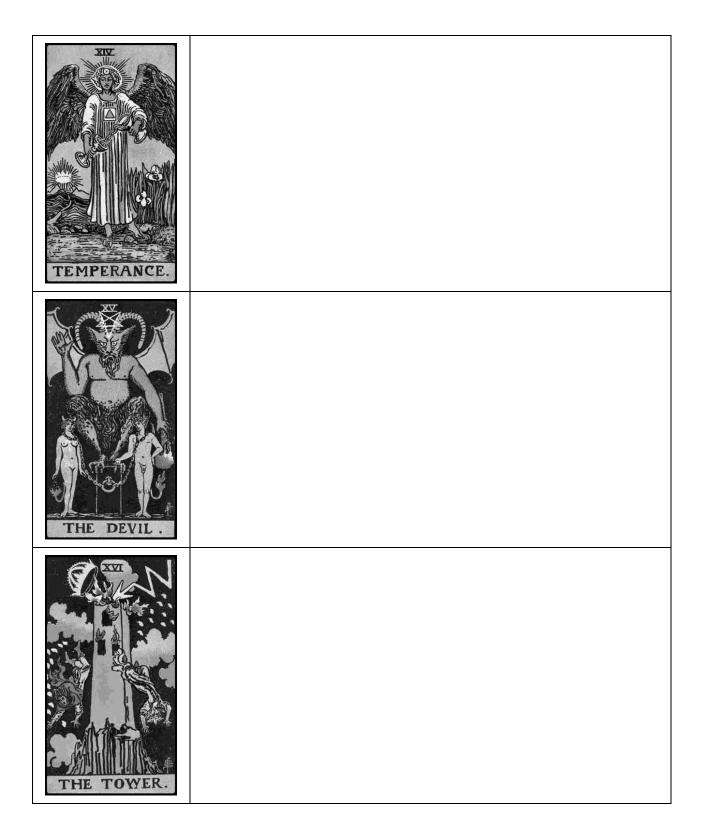


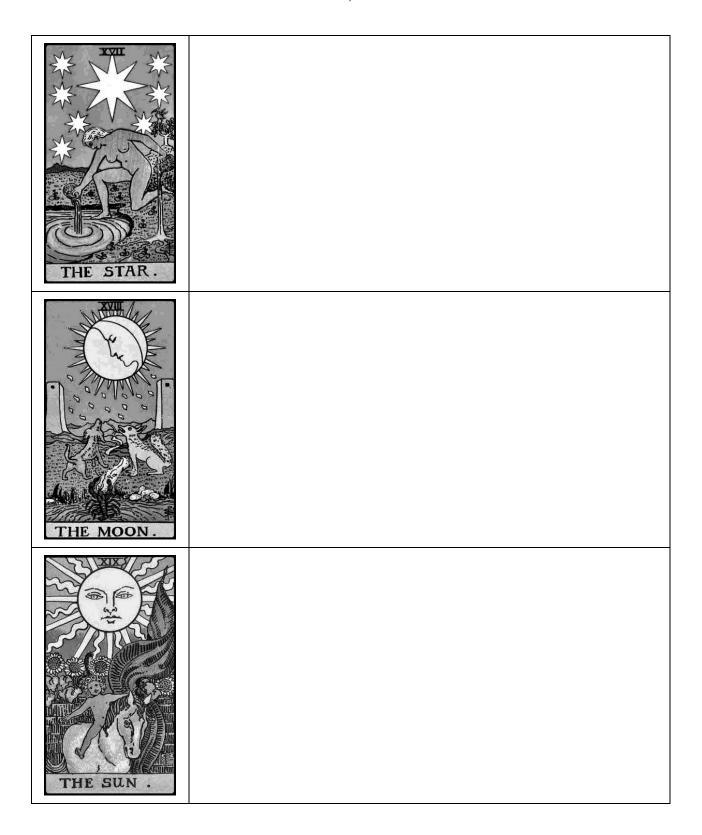






## HOLISTIC TAROT SUPPLEMENT





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