



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.

 <p>THE FOOL .</p>	
 <p>THE MAGICIAN .</p>	





