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.

Worksheet for Devising Your Own Tarot Spread

Use the following worksheet to help you brainstorm the design of your own tarot spread.

Step One: Articulate the purpose and objective of your spread

Why are you devising this spread? What is the purpose of your spread?

Does your spread answer general inquiries, specific inquiries, or can it be used for both?

Step Two: Decide on the theoretical or philosophical principle

Connect your spread to a greater theoretical, theological, theosophical, or philosophical concept. What principle are you basing the foundation of your spread on?

Examples: the eight trigrams of the I Ching; the four cardinal elements; the Qabalistic Tree of Life; the Trinitarian principle; the twelve houses and twelve signs of the Western zodiac; the Holy Cross; the Sacred Wheel; karma and samsara (Hinduism); etc.

Step Three: Apply the principle to a tarot spread layout

Design the overall layout of the spread. Sketch it out below. Focus on the layout or shape the cards will form, not the actual number of cards. The number of cards will be decided in the subsequent step. Note that the selected layout should relate to the principle that your spread is founded on.

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Step Four: Determine the total number of cards

How many cards will form the layout of the spread? Why? What is the significance of that number? Note any numerological principles that the spread is founded on.

Total Number of Cards:

Step Five: Determine the indication of each card position

dowr	1. On th	e subse	equent p	page, 1	note w	hat e	ach	card	pos	ition	ı wi	ll re	veal	in t	he c	ard-	posi	ition	ı refe	erenc	ce ta	ble
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Sketch out the spread card by card. Label each card by number in the order that the cards should be set down. On the subsequent page, note what each card position will reveal in the card-position reference table.

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Card #	What the card position indicates
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Practicum: Perform a reading with your newly devised spread and log the results below

Date of Reading	:
Seeker Name	:
Tarot Deck Used	:
Additional Info.	:
(e.g., question asked, relevant facts,	
(e.g., question asked, relevant facts, circumstances of reading, etc.)	

Card #	What the card position indicates	Card Drawn

Notes: