

## Healing From Within – Life Transformation Series

### **Tarot For Personal and Spiritual Growth** Beginning Tarot Course by Susan Goldman Eller, M.A. [www.healingfromwithin.com](http://www.healingfromwithin.com)

#### **Lesson 1**

Greetings

What is Tarot

My background with Tarot

About the course

Origins and History

Setting the stage for a reading

Getting Acquainted With Your Cards

How The Deck Is Divided

**Greetings!** Welcome to Tarot for personal and spiritual growth. I hope you find this course interesting, useful, and fun. Although Tarot is often associated with fortune telling, that is only one of its uses. My focus has always been to use it as a tool to self-awareness, inner healing, and personal transformation.

I will be using the Rider-Waite deck designed by Arthur Edward Waite in collaboration with the artist, Pamela Colman Smith. The Rider deck is most often used as a beginning deck because of its in-depth imagery. Other decks that are comparable are the Morgan Greer, Hanson Roberts, Aquarian, and the Sacred Rose. If you use another deck other than the Rider just take into consideration that the pictures and symbolism will be different. Please note that this course is under copywrite and cannot be duplicated in any form without prior permission.

#### **What is Tarot?**

Tarot is a symbolic system in the form of pictorial images on cards. Actually the Tarot is an ancient book of knowledge and wisdom in the form of cards. It consists of two decks, the Major and Minor Arcana. The Tarot is also a philosophical and psychological tool that can help you understand yourself in relation to life and the universe. I have also found that it is a wonderful way to communicate with your guides and higher self.

When you go on a journey, it helps to have a map. The Tarot is such a map. It is a map of human consciousness and depicts one's journey toward wholeness, balance, and enlightenment. By using it you can access higher guidance, facilitate decision-making, heighten awareness, clarify options, increase your intuition, and expand creativity.

## **My background with Tarot**

My discovery of Tarot dates back to 1975 when I became involved with a psychic healing group in Northern California. They used Tarot and hand analysis as a way to counsel people before doing a healing. Therefore right at the beginning my focus with Tarot was on healing, counseling, personal and spiritual growth.

I gave myself a reading every day, asked questions from my colleagues, and referred to a Xeroxed manual called the "Psychic Tarot" Eventually I began giving friends readings and after a year took my first Tarot class. From then on it all seemed to coalesce. The classes brought everything I had been studying together for me in a clear, comprehensive, and enlightening manner. Eventually I began teaching Tarot classes.

In 1983 I received a masters degree in psychology from Antioch University in San Francisco. The program I attended was completely experimental. It was called Holistic Studies and I was able to write my thesis on Tarot as a symbolic journey towards wholeness. Tarot author, Mary Greer was on my thesis committee.

As a result of my studies at Antioch I learned how to integrate Tarot with counseling. Part of the power of Tarot is that the cards mirror facets about our personality including our blocks, challenges and negative belief systems. The Tarot also reflects how we can transform those blocks in order to evolve our personality. It is a dynamic system of unlimited creative potential.

## **About the course**

This course is a compilation of 25 years of experience and study. Use it as a guideline while developing your own intuitive responses to the cards and their messages. You will find that over time your connection with the cards will deepen especially when applied to your own daily life experiences. As you bond with the energy of the cards you will feel more confident to do readings for others.