Tarot as an Energetic Healing Method

As a healer, I use different systems, or healing traditions. These systems each have their own language, symbols and techniques that over the years now work in tandem. While there are times that I consciously call upon and use a particular one; there are other times when I remain open, aware and in connection with the concern and patient, and let whichever healing energy that needs to come through, come through while I remain an open conduit. At times I direct and work in an intentional manner, while other times I hold the space for the healing to occur although it is usually a mix.

Our bodies, emotions and thoughts each have soul, consciousness and intelligence. I call this the 'Construct of Spirit'. The different modalities I use each have their individual ‘Construct of Consciousness’ that define what they are and how I work with them. These constructs are guides for me and keep me in contact and partnership with these various healing worlds. These traditions, their symbols and modes of working with them have become second nature and are now a language that is settled in my own personal interior landscape and language as well.

Because I have been working with the tarot for so long, the cards are also part of this inner terrain and over the years they have also become a healing energy I can call upon. There are times when I can use them as a force for healing and a mode of seeing and interpretation just as one might use a healing symbol such as Reiki, Hebrew letters or animal energies.

I remember the first time this happened. It was quite unexpected, but when I thought about it later, it made perfect sense and I wondered why I hadn’t thought of it myself!

A client came in who was in a great deal of distress. She had always been in good health despite her asthma that had been with her since childhood. Through past work with her, I knew that she was not ready to deal with the cause of her asthma or explore how she might try to rid herself of it through energetic or shamanic methods let alone alternative medicinal methods. She was mindful of taking her medications and sprays and stayed out of dusty attics, but that was the extent of her asthma regime. As frustrating as I found this I respected her decision to keep in companionship with her asthma. Sometimes she even let me joke with her that she should name it as she seemed to want to make it a pet. Why she came for sessions with me was still a mystery, but she gained some comfort from our silent sessions. We never went deep. She wanted to relax and preferred my methods over massage.

One appointment her asthma was in rare form and I was frankly concerned. She took some extra medication and told me that this would pass. Although she was clearly having discomfort she had come in because she was very upset. She did not want to discuss the matter. She just wanted some quiet nurturing. We began the session as usual. We would begin on her back and then flip over. When I moved my hands from her head to her chest a very unexpected thing happened. I felt a crab like creature that was being propelled on a rush of water come pouring through my head, down my arms, out my fingers and into her chest and lungs. I thought I heard a wolf call somewhere and it felt like I was under the moonlight by a pond of some sort. The water kept rushing, the air in the room had the vague scent of darkness and moist earth and I thought for just a second I saw two stoney pillars. I took a breath and just let all this run though me and into my client. Then I had that too well know cliché’ ‘aha’ moment. I got it. This is the Moon Card! So the Tarot had joined my family of healers; the ones who surround me and teach me and heal me and those who come to me. ‘Wow, how cool’, I thought. But now what? And then another ‘aha’. Her unconscious is having quite the time of it. She is dealing with something that is causing her so much grief that it is literally taking her breath away. It was time to talk and explore any dreams she might remember, for a start.

This shamanic way to see and use the cards has now become a regular part of my practice. To travel to the deepest realm of a soul and body and to the highest realm of spirit is what shamans of all traditions practice. The shamanic experience infers the act of leaving our everyday reality and employing specific techniques for the purpose of healing and growth that are performed in this other reality.

Sometimes it is more appropriate for a client to use the structures of shamanic healing in a deliberate and consciously active way. I can foster this for them by adapting the framework of this ancient path to our modern psychological perspective, healing and growth. I can go with them on a conversational and imaginal journey, soul retrieval or whatever exploration is called for. We use the cards as guides and enter into conversation and sometimes even activities with them.

There is also a way to use the cards to help us with our daily lives. For example, send the card ahead of you to a meeting you would like some support with. Let it sit in the corner, or walk in with you as an invisible catalyst and coach. You would be surprised what they can do for a job interview! So this is another way to enliven and broaden the way the cards can worked with.

Using the tarot as an energetic tool is a natural extension for me and one that I also offer to students and patients who already have experience and an affinity toward tarot. When others are open to learning about the Tarot that just adds to possibilities for healing that await them.

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