

# *The Tarot Connection - Episode 60*

## **Journaling With The Tarot**

### **Objectives:**

1. The role that journaling plays in our lives.
2. Discussing the different methods of journaling, and finding what works best for you.

### **What you will take away from this class:**

1. An understanding of the various methods of journaling.
2. Journaling with each of the Tarot cards to better understand them.
3. Journaling as a tool for Healing/Shadow work.
4. Journaling as a creative tool - including use of Mandala's.

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### **The role that Journaling plays in our lives.**

Journaling can be whatever we want it to be. When we journal, in whatever capacity, we become a third person, an observer in and of our own lives. We see our lives, and our issues, from a fresh perspective.

We are putting down our thoughts, documenting them for posterity, gifting ourselves with a small "time capsule" that we can revisit from time to time to see how we got where we are, and to help guide us in where we are going. We are journeying into uncharted waters - our words, if we allow them to flow freely, may express concepts that we have been fearful of facing, or simply unwilling to face. In our writing we may find our shadow sides, and through our writing we may be able to come to grips with these shadows.

If, when we write, the words make no sense - write them anyway! At some point in time we will understand what they mean. As in all things, we need to accept that they are there for a reason.

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## **Journaling With The Tarot**

One of the first acts of the Tarot student is generally to start some type of Tarot journal. The cards can be taken at random, or the student/Seeker may choose to work through the cards in order, starting with the Major Arcana. In this way, they are taking a personal "Fool's Journey" in their own life. In this manner the student/Seeker not only sees how the archetypes flow, but they learn the process of applying the Tarot to their own lives.

This can be done in many different ways. The student/Seeker can choose to simply write down impressions, they can enter the card and converse with the archetypes, or they can come to an understanding of the archetype, and then apply it to situations that they are currently going through for insight.

1. Catalyst for creating a personal understanding of the cards.
2. Chronological record of your readings - their patterns/themes.
3. Taking Tarot into dreamtime.
4. Doing a daily card with notes at beginning and end of day.
5. Add quotes that speak to the nature of each card.
6. Add an affirmation to each card/reading.
7. Look at things like the symbols in each card, and/or the numerological significance.
8. Add images that convey the meaning of the cards.
9. Journal with soul cards etc.

Someone who has been on the path of Tarot for a longer time may wish to take the Fool's Journey to reacquaint themselves with their primary deck, to learn a new deck, or to do a comparison of decks.

Journaling can be done at any time along the Tarot path in ritual or as simple journaling to work with healing and shadow selves. (Link to article about Geraldine Amaral's Shadow Spread.) We can do this by deliberately choosing archetypes that we need to draw in for healing, or that we know represent shadow parts of ourselves - or we can create a spread or ask the Tarot as we are shuffling to present us with the shadow that we need to work on for a specific issue or at a specific time period.. This can also be a two step process - identify

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the shadow side, then identify the healing energy needed.

## **Methods of Journaling**

1. Written by hand
2. Typed into a computer
3. Taped
4. Collage

### **Written by hand:**

You can do loose leaf, or any notebook type of size that you want. Create a cover for it, use colored paper or colored pens, add cutouts etc. Tape in a pic of the card being journaled on.

Change colors for original notes and review. leave space for review. Note any questions that you have about the card. Add a section about where this card currently comes into play in your life, and/or how its energy could be called into use through meditation, ritual etc.

### **Typed into a computer:**

Make use of colors & font changes, scan in pic of the card, add borders etc.

### **Taped:**

Use background music, allow thoughts to flow.

### **Collage:**

Go through magazines etc and put together pics of what the archtypes come across to you as. See if this changes through time.