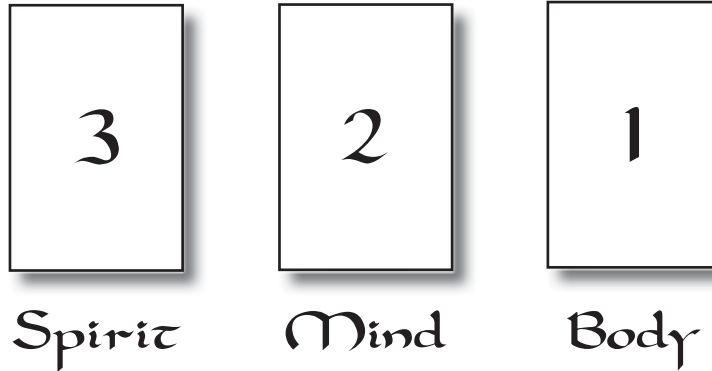


Body, Mind, Spirit

by Roger Tobin



In the three-card Body-Mind-Spirit spread, I look at the individual cards talking about three dimensions of our state of being. These aren't necessarily the only ways to look at one's situation (for instance a charka spread would certainly look at more dimensions) but it provides good coverage for a general reading about how one is situated in existence at a particular point in time. Each card talks to the issues and guidance of its realm.

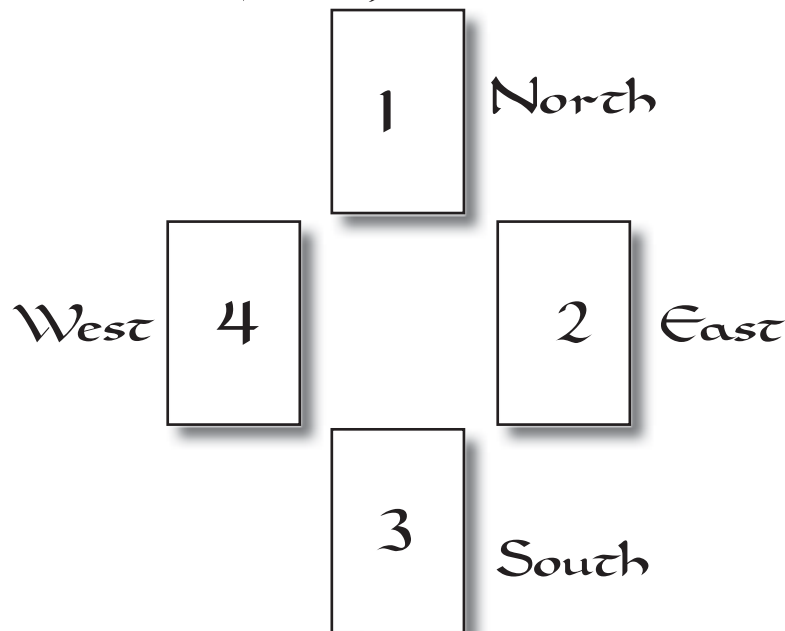
Body is the physical realm of existence in the world – literally how one feels in the physical shell, your bodily condition, state of health (including diet, exercise, rest), and external physical influences on the body from your surroundings including things such as housing, vocation, etc. The direct and immediate, gut level reactions to what the senses perceive has its home here. It is also the realm of action taken (or not taken!) as a result of direction of activity in the other levels, and is therefore the realm of consequences.

Mind is the non-physical realm of analysis, thought and is the seat of actions. It is location of reaction to the input from the senses of the bodily realm, including the analysis of what the senses are showing and what options may exist for (re) actions to be taken in the physical realm. It is also the seat of the emotions where cares and worries can occupy all our time. Inner dialog occurs in this realm and can provide us with both good analysis and advice, or deception.

Spirit is the realm of the unspoken and causal. Inmost desires and higher motivations and guidance come from this realm. The influences on our life from spiritual insights begin here and emanate through the other realms in descending order. Influences that come from the larger universe are represented here, and point to guidance at the level of the Soul. The currents in the spiritual aspect of our existence eventually play out in how we impact others and our physical surroundings.

Elemental Spread

by Roger Tobin



In this four-card Elemental spread, the four cards represent the influences of the elements in relationship to the question. Each element has a traditional correspondence to a direction, a season, a suit, and the attributes associated with that element and suit. Each card talks to the issues and guidance of its element.

Depending on your preference, you can begin the layout at any point in the compass, although most readers choose North or East. You can simply look at the energy each card brings to the attributes of the position, or use the Elemental Dignity of each card to see further for how the energy of the card will be enhanced or muted in the realm of its particular position in the spread.

East is associated with the element of Air, the season of Spring, the suit of Swords and the attributes of mental energy (thoughts), the mind, philosophy and knowledge, silence and observation.

South is associated with the element of Fire, the season of Summer, the suit of Wands and the attributes of actions, energy, willpower and magick.

West is associated with the element of Water, the season of Fall/Autumn, the suit of Cups and the attributes of emotion, memory, love, worship and daring.

North is associated with the element of Earth, the season of Winter, the suit of Pentacles and the attributes of the material realm, the body, that which is immediate or immanent, grounded and practical matters, as well as wisdom and learning.

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Episode 7

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