

# LIVING THE TAROT with Anne Shotter

## Beginners Course Notes – A Journey Through The Major Arcana

THE FOLLOWING ARE A SELECTION OF MEANINGS FOR THE MAJOR ARCANA CARDS TAKEN FROM THE "LIVING THE TAROT" BEGINNERS TAROT COURSE AND DISTRIBUTED TO STUDENTS - FOR THEIR PERSONAL USE.

### THE FOOL:



**INTERNAL PROCESS** - A time when there is an urging from deep within the spirit of a person to BEGIN ANEW. To REGENERATE and go beyond the current ego boundaries which have been set in place. A time when the person is likely to take a LEAP OF FAITH into unknown and hitherto unexplored areas of life and this is being motivated by an inner urging that often feels very unfamiliar and fearful but also exciting. He is a symbol of "the innocence" with which we begin an endeavour in life - not being able to see where we may eventually end.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* The beginning of a new and renewing life cycle. A new chapter in any situation.
- \* Being willing to take a risk to begin new things eg. a new relationship, a new job, to move house etc. risks must be taken and safe outcomes left behind. It is an entry into unknown areas.

### THE MAGICIAN:



**INTERNAL PROCESS:** - Takes us to the threshold of change but not beyond it. Symbolises our INNER WILL to create and of the power of the INSEMINATING FORCE in this creation. The gift of being able to express thoughts - through LANGUAGE. The energy of the Magician works as our GUIDE - he does not appear at our will. His energy is experienced through our dreams, and through SYNCHRONISTIC happenings which often change the course of our life. The energy of the power of will and the power of POSITIVE THINKING. He can symbolise the energy of the "miracle" in action - MAGIC.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* Connection to the areas which his energy symbolises - rational, logical mind, language and its expression through writing.
- \* The spark of insemination where we connect to something or someone in a seemingly unexpected or magical way (synchronicity).\* Journeys, trade, signing of contracts, new contacts, development of new skills.

## THE HIGH PRIESTESS:



**INTERNAL PROCESS** - Symbolises a time to go deep within the self to probe the mysteries that lie beneath the surface of our life experience. To look for the **HIDDEN MEANING AND PURPOSE** of our life. To trust our **INTUITION** and to seek **INNER WISDOM** from the depths of our feminine knowing.

Can also represent the energy of The Medium - someone who is a mediator, often between this world and the spirit world - but often not really existing in either. Someone who is enmeshed in the **PSYCHIC** atmosphere of her environment - and who if she can use discrimination to separate the limits of what is personal to her can be most effective in instigating change.

**POSSIBLE EXTERNAL MANIFESTATION** - The High Priestess more than any other card needs to be read as an internal symbol.

- \* The need to look beyond the external and visible to find answers. She also symbolises the image of the type of feminine energy that you are attracting at this particular time.
- \* For a woman - often being celibate - either by choice or circumstance.
- \* Feminine independence.

## THE EMPRESS:



**INTERNAL PROCESS** - The image represents **FERTILITY AND GROWTH** - either mentally, emotionally, spiritually or physically. She is the image of being symbolically pregnant with **NEW LIFE**. She represents the energy of experiencing and being alive in the world - passionately in touch with life - not just existing. She symbolises a period when we need to contact our own inner nurturing energy - to **NURTURE** ourselves first - and then to nurture those around us. To be the giver of life - in our relationship with ourselves and with others. The symbol of love.

The Empress can be possessive, holding on to her creations and not willing to let them move on - whether those creations be a project, a relationship, a child, a garden she won't prune and excesses of all forms.

**POSSIBLE EXTERNAL MANIFESTATION:**

- \* The Empress may symbolise being emotionally, spiritually, mentally or physically pregnant.
- \* There may be new creative ideas waiting to be given form, new experiences in relating and loving waiting to be nurtured.
- \* She represents new beginnings in your life that are planted in fertile soil and if nurtured and cared for should come to fruition (often in 9 months time\_.
- \* May symbolise issues with the archetype of the mother - often represented by our earthly mother or a mother type in our environment - who may be either the nurturing mother, or the destructive smothering image of mother.

## THE EMPEROR:



**INNER PROCESS** - A symbol of our ability to create INNER LAW AND ORDER. To give ourselves an inner STRUCTURE from which to set forth into the world. To develop inner DISCIPLINE, create personal BOUNDARIES and to ORGANISE and give form to our inner creative spirit. Our inner MASCULINE energy, our inner animus, and the ability to positively create in REALITY what has meaning and purpose for us. To hold ourselves in respect and to be confident in our ability to give form to what we have passion and desire for in our life.

The Emperor energy can be used as the AUTHORITY figure that demands that we conform to his CONTROL and the critical inner voice that prevents us from moving out of the restricting boundaries we have created in our life. A weak

Emperor image means we do not respect ourselves and therefore do not respect others. We lack courage to make our dreams reality.

### POSSIBLE EXTERNAL MANIFESTATION:

- \* The appearance of issues surrounding law and order and authority issues.
- \* It may represent a male in your world who fits the energies of the Emperor, positively or negatively, through whom you will learn to understand this energy within yourself more clearly.
- \* The Emperor also symbolises a time to set your life in order - to become organised and create a firm structure to move from - out into the world.
- \* He also symbolises a respected figure, so he may indicate a time when you are being given authority over others eg. manager, teacher, authority figure.
- \* He also symbolises The Father.

## THE HIEROPHANT:



**INTERNAL PROCESS** - The BRIDGEMAKER - The inner TEACHER, HEALER and wise priest, who teaches us about the DIVINE LAWS and MORAL CONSCIENCE, who enables us to heal our own inner woundedness and is a symbol of the open and available direct link to SPIRIT that is available to us. The Hierophant on an inner level symbolises the UNION of our masculine and feminine selves in deciding right action. To find a LINK between the spiritual and material worlds. Looking within the self to decide what is the Divine Will for the good of all at this time in your life. Learning how to be true to my own inner self and still exist in society. To have the SPIRITUAL COURAGE not to conform to what Society says we should or should not do. Being true to the spirit

of who you are.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* Acting on what we intuit or believe to be the truth.
- Symbolises the external laws of Society and its institutions - External Religious dogma - the Churches, Marriage, Education, The Medical Profession. The traditional and expected way.

## THE LOVERS:



**INTERNAL PROCESS** - Represents an inner urge to JOIN TOGETHER the masculine and feminine parts of the self. Often through INTIMATE RELATIONSHIPS, there is a recognition, conscious or unconscious, of the ANIMA and ANIMUS of the self in another human being. There is an urge to experience joy, fulfillment of our DESIRES and sexual pleasure. Wanting to be in BALANCE and harmony with others.

Also to seek a balance between opposing forces in life (CHOICE). An inner process of weighing desires against duty and responsibility.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* The Lovers can represent the "urge to merge" which is projected out into the world, onto another human being and we "fall in love". Instead of loving ourselves, we make that person the object of our love.
- \* Choosing our life path - deciding what is the object of our desire at this time and weighing this against the "ideal" choice.
- \* The process of the pathway to choice can be seen in the card itself, where the masculine, the mind; turns to the feminine, the soul; which in turn seeks connection to the angel, the spirit to make the correct choice.
- \* feeling that you are having to choose between two things that you have feeling and passion for "two loves" and that is why the choice is so difficult.
- \* When The Lovers appears in a Tarot reading the reader will not be able to tell the person what the future holds for them, as they alone can choose their pathway. The client is responsible for the choice they make (Free Will)

## THE CHARIOT:



**INTERNAL PROCESS** -The Chariot symbolises a time when there may be a pull from two different parts of the self. There may be a "crisis" or an incident that causes us to undergo this experience. A time when we are EMOTIONALLY FRAGILE, often bringing to the surface infantile or childish fears and ways of reacting to life. Whilst at the same time our rational mind is telling us to MOVE FORWARD to put our feelings aside and to "get on with it". It can be a time where one part of us wants to surge forward in life on to bigger and better conquests, whilst the emotional part of us feels fearful, or wants to stay attached to the past and what is known.

**POSSIBLE EXTERNAL MANIFESTATION -**

- \* An opportunity to exercise SELF DISCIPLINE and CONTROL. To act on the choices we have made in the card of the Lovers. A time to ACT according to our own truth.
- \* Movement onwards towards a GOAL which requires the energy of the HERO to move you or motivate you to move out of security and to begin this journey.
- \* Physical travel (The car being the Chariot) - your vehicle through life?
- \* Holding the tension of a very difficult emotional situation by the power of your RATIONAL MIND OR WILL.
- \* Head needs to rule heart in order for the whole personality to remain in balance. eg. funeral, exam, interview and other difficult and stressful situations.
- \* Having the ability to be "a Hero" - for yourself.
- \* May indicate a time to "grow up" and move on from infantile behaviour patterns.

**STRENGTH:**

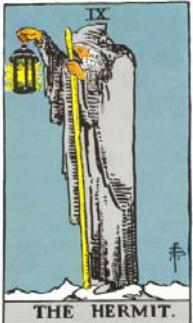
**INNER PROCESS** - Strength symbolises inner strength. It also symbolises our animal nature - LUST - our libido is the source of this strength - however like the lion this part of ourselves, particularly if unknown, can be dangerous, even to ourselves. We need to give it direction - through LOVE. The woman in the card shows the lion love and therefore his POWER is totally devoted to her goodness. When we love ourselves totally, we also love our "natural" or animal selves and then we have true power - which will be needed to have the INNER STRENGTH to face the tests of life. Beginning the process of giving birth to a new part of the Self.

The card of Strength also often addresses the issue of PRIDE. The lesson is to be able to tame the animal instincts of ANGER, resentment, pride, within the self first and then in others with loving respect.

**EXTERNAL MANIFESTATION:**

- \* Having to facing a testing time - where the hero energy needs to be powered by the full force of the person's energy, expressed with love and COMPASSION.
- \* Need for compassion and FORGIVENESS, for the parts of ourselves that are not perfect (animal) and to also have this same compassion for the parts of others that are not perfect.
- \* May symbolise a situation in life where we are approaching a situation from an either/or perspective. Either by being the woman's energy of love and light to others, or the lion's energy of anger and resentment. Indeed, if we use too much of the woman's energy when dealing with others, our self will become angry and resentful. However, if we are angry and resentful towards others, we will usually receive the same in return.

## THE HERMIT:



**INNER PROCESS** - You may turn your back on life and what the external world has to offer you. You enter a time of **INTROSPECTION** and often **SOLITUDE** (but not loneliness). This is fitting, in order to **CONTEMPLATE** the completion of a stage of life, and to **SEEK** inner **GUIDANCE** as to the next step - trying to understand the pattern of your life and your destiny. It is a symbol of having the courage to face yourself honestly and openly. In stillness, the future will form itself from this **REFLECTION**.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* Symbolise a way-shower or guiding light in your external world eg. spiritual teacher, psychologist teacher, healer and guides of all kinds, we are each a guide to each other. This person may hold the light for you in order to assist you to reflect upon the inner wisdom that you have within.
- \* Seeking to spend time alone, often as a traveller on a pilgrimage. The basis for the journey, whether physical or on an inner level is to discover who you are and what sustains you.
- \* Usually means being alone - but not lonely.

## THE WHEEL OF FORTUNE:



**INNER PROCESS** - A symbol of the soul preparing to **EVOLVE** into a new state of being. A new part of the self is about to unfold. Connecting to the **DESTINY** that the **FATES** have woven for your life. There is an inner urge for **CHANGE**. Change that is unfolding in its correct time. "A time for every purpose under heaven" - a **NATURAL CYCLE** of change.

### POSSIBLE EXTERNAL MANIFESTATION-

- \* Being presented with an **OPPORTUNITY** to change - to move on with the **FLOW** of life.
- \* It may be considered a "**LUCKY**" card by many. Because you know yourself you are able to accept opportunities when fate and destiny presents them to you.
- \* You are never really sure what the turn of the wheel will bring. It is a card of fate and destiny, turning to meet your destiny whatever it may be.
- \* May be the ending of a ten year cycle - the ending of a chapter of life.
- \* The need to remain calm and centred, whilst change is happening around you.

## JUSTICE:



**INNER PROCESS** - To hold the past and the future, delicately **BALANCED** in the present. To reflect upon these issues and to take **RESPONSIBILITY** for the judgements and **CHOICES** we make. To be able to balance both the passionate self and the analytical mind before moving forward. To **SEPARATE** right from wrong action - false representation from **TRUTH**. Justice is not possible unless we respect **FAIRNESS** and truth.

### POSSIBLE EXTERNAL MANIFESTATION:

- \* Being faced with **WEIGHING** and balancing situations in our life and making judgements/decisions with regard to these situations - whether they be family, relationship, work, place of living etc.
- \* Taking responsibility for our lives and the life choices we make.
- \* Creating a balance in life eg. between work and home etc.

## THE HANGED MAN:



**INTERNAL PROCESS** - The Hanged Man represents having to undergo a process of **SURRENDER** or **ACCEPTANCE** of parts of ourselves. It usually involves loss of self esteem, often humiliation as we are gradually forced to look at our life and ourselves from a totally **DIFFERENT PERSPECTIVE**. And finally to accept as truth parts of ourselves that we had previously denied existence.

The **HANGED MAN** in a reading also carries a message that we alone, without surrendering ourselves to something greater than ourselves e.g. **FAITH/TRUST**, a **HIGHER PROCESS** or purpose; will not be able to affect the outcome of a current situation.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* Life may be "on hold" that we are unable to progress further.
- \* Needing look at a situation from the opposite (person's) perspective.
- \* A situation which requires our acceptance, surrender, or sacrifice, often involving a loss of face.
- \* Negatively, we may adopt a martyred approach to life, or seeing ourselves in the guise of "saviour" to those around us.

## DEATH:



**INNER PROCESS** - Experiencing the death of the old in one's life. Like natural death, the change that comes with the Death card in the Tarot can be expected or unexpected and like natural death, cannot be avoided. It requires us to let go of old, thinking patterns, old feeling states and old outworn images of ourselves and our life. It can be a painful transition, if we are not able to accept the change.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* The loss of something/or someone that you loved.
- \* Having to let go of situations, people and places in the external world that you have been previously attached to.
- \* The cycle of death/mourning/rebirth in any area of life.
- \* Change - where what is outworn and outmoded in life ends and after a period of time - is replaced by something new.
- \* Major life transitions.

## TEMPERANCE:



**INTERNAL PROCESS** - Temperance symbolises a time of inner healing. A restoration, or regenerative process within the self. We are able to remain calm and centred and wait for the next stage of development.

### POSSIBLE EXTERNAL MANIFESTATION

- \* A time of waiting, of reblending, or re-balancing the content of our life.
- \* Cautious movement into a stage of integrating "the new" into our life.
- \* Creating harmony - a desire to "keep things together" rather than to separate.
- \* Seeking to peacemake or mediate.
- \* A spirit of co-operation, balance and harmony between two people.... that they are well suited.

## THE DEVIL:



**INTERNAL PROCESS** - May indicate being in the grip of UNCONSCIOUS URGES from the SHADOW. These may be things like anger, jealousy, rage, FEAR, FRUSTRATION, ADDICTION, OBSESSION. The challenge is to get in touch with our DESIRES, to allow these parts of the self to emerge into consciousness in a controlled way.

The Devil also suggests that there is a huge part of the libido that is not accessible to us as energy at this time - both the energy of the anima and the animus are chained and therefore no new life can occur - we are stuck.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* Attracting someone towards you who is "seemingly" portraying all of the above negative characteristics.
- \* The energy of the SCAPEGOAT.
- \* A power struggle is set up in the external world, or a love/hate relationship where both parties believe that they are TOTALLY good and the other party is totally bad.
- \* Being unable to walk away from a relationship because they are "HOOKED IN" - this is a struggle to discover the unconscious negative parts of the self.
- \* A "DENIAL OF NEW LIFE" - usually material things such as money, property, worldly position or status, or else physical such as SEXUALITY that keeps us stuck.
- \* Being chained to the past "the Devil you know" and through fear, guilt or lack of faith, we will not move into the unknown.
- \* It is also associated with our sexuality.
- \* May indicate great wealth. Although there is still the temptation to be chained or ADDICTED TO WEALTH.

## THE TOWER:



**INTERNAL PROCESS** - The Lightning Bolt of INSIGHT or revelation destroys all that is false and illusionary - allowing the TRUTH to emerge in any situation. (Like a bolt from the blue). It is often a time of DESTRUCTION of old thought patterns. It can also symbolise the release of pent up frustration and anger. A catalyst of dramatic change.

**POSSIBLE EXTERNAL MANIFESTATION -**

- \* The breaking down of circumstances surrounding situations in life that are restricting the souls's journey towards the fulfillment of destiny. Such as the BREAKDOWN around a job, relationship, living situation.
- \* Sudden breakdown or BREAKTHROUGH.
- \* An "out of the blue" CREATIVE INSIGHT, or flash of brilliance that inspires us to create.
- \* An exciting and unexpected happening.
- \* An unexpected "seemingly tragic" happening.
- \* THE HAND OF GOD or Spirit putting us on our correct path.

**THE STAR:**

**INNER PROCESS** - A symbol of connecting to the divine light within which gives hope for RENEWAL of the soul and the spirit. For now, life is on our side, that we are PROTECTED and safe and in this time, we are being encouraged to HEAL, and to reconnect to our FAITH IN LIFE and in the future.

Connecting to the reality of our natures without the defenses that the ego has built around the essential self. We again have TRUST in the renewal of life.

**POSSIBLE EXTERNAL MANIFESTATION -**

- \* The emergence of some NATURAL TALENT that in some unique way says "you are a Star.
- \* Aa time when a new beginning in any situation becomes possible.
- \* A symbol of HOPE in the midst of difficulty or perhaps a time of peace and healing after a traumatic experience.
- \* Needing to spend time near the sea, or be surrounded by nature.
- \* Too much of a good thing, when we become so peaceful that inertia sets in -that is the other extreme.

**THE MOON:**

**INNER PROCESS** - The Moon reflects a time of uneasiness and uncertainty, sometimes even paranoia, as the IMAGINATION is very active and it is difficult to separate reality from ILLUSION. The next stage of our life is UNCLEAR, we are in the process of GESTATING it and we often need to return to the PAST to re-connect some aspects of ourselves that became lost along the way. Our DREAMS play a very important part in this process of reconnecting.

**POSSIBLE EXTERNAL MANIFESTATION -**

- \* A time of CONFUSION regarding the direction of our life. Also we may feel ABANDONED by life (which probably connects to some earlier CHILDHOOD issue) and may therefore be hesitant to move forward in case we are abandoned again.
- \* A time when we need to WAIT, to HOLD, to PERCEIVE the world around us, until our direction becomes clear.
- \* Connects us to CYCLES, some days we may feel positive and then another cycle of insecurity or confusion moves in.
- \* Developing our inner awareness and INTUITION.

**THE SUN:**

**INTERNAL PROCESS** - A symbol of HOPE and OPTIMISM and CLARITY for the future, after the long wait in the womb of darkness (The Moon). The Sun brings hope, optimism, clarity and renewed trust. Ability to understand and accept joyfully the pattern of our life. Again in touch with the masculine principle which is that of moving forward with positive action towards our goal. We have an inner balance and co-operation between our masculine and feminine selves. We have the FREEDOM to be the person who we really are.

**POSSIBLE EXTERNAL MANIFESTATION**

- \* Life is JOYFUL and happy.
- \* Difficulties are easily overcome and we have faith and belief in the happiness of the future.
- \* WELLBEING and good PHYSICAL HEALTH.
- \* The ability to co-operate openly and easily with others.
- \* Joy and VITALITY to the person and their life.
- \* Freedom from past difficulties and uncertainties.
- \* Downside - possibility of burn-out.
- \* Need for personal SELF-EXPRESSION.

## JUDGEMENT:

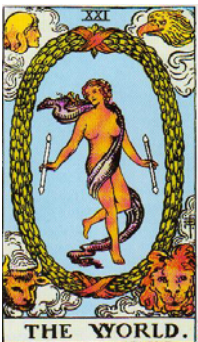


**INNER PROCESS** - A call from within, from the spirit, for us to move on - to SURRENDER THE PAST - with its pain, suffering, disappointments and failures, and to take a fresh look at our life. To be able to see the patterns of the past and to see that there has also been joy, happiness and love. To take time to REVIEW it all and then to forgive ourselves and to forgive others for the past - to bless it and to let it go.....so that a NEW FUTURE can be born. To understand that pain and suffering, joy and happiness are all a part of life, not just for you but for everyone.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* Making changes in circumstances - a new job - a new relationship - a new home. Changes that more accurately reflect the new you and the desire for a new life.
- \* Ending one life and beginning another, for instance immigration from one country to another.
- \* The release from a long KARMIC PATTERN.
- \* It can symbolise the "final judgement" on any long standing conflictual situation.
- \* Hearing the call to fulfill your DESTINY in this lifetime.

## THE WORLD:



**INNER PROCESS** - A symbol of WHOLENESS and HEALING. There is a state of RESOLUTION. It is a sense of having "arrived" at a point of SATISFACTION and COMPLETION. But once we have arrived it is time for a new journey - the Fool cannot rest for long and the World also symbolises the beginning of a new journey. Feeling satisfied and complete within ourselves. The experience of BLISS or nirvana here on earth - even if only briefly.

### POSSIBLE EXTERNAL MANIFESTATION -

- \* A state of HARMONY or "at-one-ness" with all things.
- \* Life blends together in a seemingly effortless way.
- \* The SUCCESSFUL COMPLETION of a stage of life.
- \* The reaching of goals - receives a diploma or a hard-earned promotion.
- \* Usually some OUTWARD RECOGNITION that accompanies this card - the recognition that comes with the successful completion of a stage of life.
- The outer life we are living is a true manifestation of the person whom we really are.

**In the end is the beginning and the beginning is in the end.**