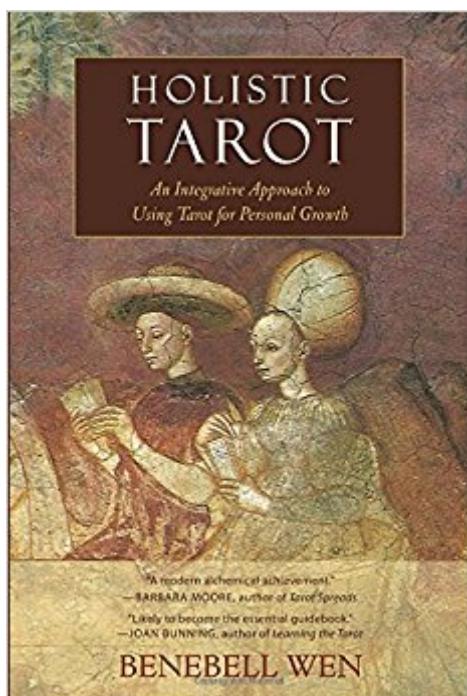


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# Holistic Tarot: An Integrative Approach To Using Tarot For Personal Growth



## Synopsis

Designed for beginning as well as experienced tarot readers, Holistic Tarot offers a fresh and easy-to-follow approach to the use of the tarot deck for tapping into subconscious knowledge and creativity. The tarot deck has been used as a divination tool for more than two centuries; while the tarot is still most commonly thought of as "fortune telling," the true power of the tarot lies in its ability to channel a clear path for our deep intuition to shine through. Consulting the tarot can help clear creativity blockages, clarify ambitions, work through complex decisions, and make sense of emotions and relationships. Whether used for simple decision-making or an understanding of your life's purpose, learning tarot can be an indispensable tool for being more mindful of the factors that can assist or weaken your efforts toward success. In Holistic Tarot, author Benebell Wen provides a complete guide to using the tarot to foster personal development. Wen gives a comprehensive overview of the history of the tarot and a wide array of theories on its use (including its relationship to Jungian archetypal psychology and traditional Chinese divination practices) before digging deeply into one of the best-known tarot systems, the Rider-Waite-Smith. Beginners will find a complete guide to working with the tarot, including choosing and caring for a deck, how best to learn and remember the attributes of the major and minor arcana, the interpretation of cards and spreads, the role of meditation in a tarot practice, and how to use the tarot for improving relationships, professional development, and personal resilience. More advanced practitioners will appreciate nuanced theoretical discussions of the tarot as well as practical advice about reading others' tarot cards and setting up a practice. Containing over 500 illustrations and detailed information on each card as well as numerous spreads, Holistic Tarot is a complete compendium of tarot study that every practitioner should have in his or her library.

"A modern alchemical achievement." —Barbara Moore, author of Tarot Spreads

"Will become one of the jewels in the crown of tarot literature." —Anthony Louis, MD, author of Tarot Beyond the Basics

"A magnificent, intelligent, comprehensive overview and interview of the Rider Waite Smith system of tarot! This is the only guide you need to have. Bravo!" —James Wanless, PhD, author of Voyager Tarot

"A huge accomplishment — likely to become the essential guidebook for serious students of the tarot." —Joan Bunning, author of Learning the Tarot

"No tarot enthusiast should be without this book!" —Chic and Tabatha Cicero, authors of The Golden Dawn Magical Tarot

"Arguably the most comprehensive guide to tarot on the market today. It's also innovative: it deftly combines Eastern mysticism with Western metaphysics. It's an impressive tome that presents a wholly modern, rational approach to tarot practice while preserving notable elements of tradition." —Corrine

Kenner, author of Tarot and Astrology

## Book Information

Paperback: 896 pages

Publisher: North Atlantic Books (January 6, 2015)

Language: English

ISBN-10: 158394835X

ISBN-13: 978-1583948354

Product Dimensions: 6 x 2.1 x 9 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 121 customer reviews

Best Sellers Rank: #33,061 in Books (See Top 100 in Books) #12 in Books > Medical Books > Psychology > Movements > Jungian #54 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Tarot #191 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality

## Customer Reviews

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are truly stunning. Her work will sit comfortably on the bookshelf with that of Stuart R. Kaplan, Mary Greer, and Rachel Pollack as defining works in modern tarot. "Kat Black, author of *Golden Tarot* "A veritable tour de force that explicates the panoramic science that is tarot. | An invaluable roadmap of tarot's magical journey. "Toney Brooks, PhD, and Holly Sierra, authors of *The Chrysalis Tarot* "Holistic Tarot is beautifully multifaceted. It contains a whole cosmos of clear, practical advice and guidance for beginners, but also historical facts, scientific and philosophical theories and explanations, and it is full of fresh inspiration for experienced readers. "Anna Klaffinger, creator of *Anna K Tarot* "Destined to be a new tarot classic. "James Ricklef, author of *The Soul's Journey* "A total revelation. This generous, comprehensive book will be invaluable to novices and old hands alike. Wen not only provides a fascinating explanation of how tarot works, but also teaches the reader how to use it as a life tool for insight and self-discovery. "Emmi Fredericks, author of *The Smart Girl's Guide to Tarot* "An invaluable resource and addition to any serious library. Bravo to Wen and the obvious labor of love and wisdom she has created and brought forth. "Leigh J. McCloskey, author of *Tarot ReVisioned* "A superb addition to the tarot canon; rather than focus on fortune-telling, here is an analytical, psychological approach borne of many years' extensive research and practice. With her outstanding knowledge of numerology and Eastern and Western wisdom teachings, Wen takes us on a tarot journey within. "Liz Dean, author of *The Art of Tarot* "I would recommend this book to beginner and experienced readers alike. | Wen's down-to-earth, practical book has much to offer all tarot enthusiasts. "Stephanie Arwen Lynch, former president of the American Tarot Association "A refreshing approach to reading the tarot, this book blends intuition with a modern analytical method based on traditional card reading principles "the best of all worlds. "Mary K. Greer, author of *21 Ways to Read a Tarot Card* "An impressive, complete reference manual on tarot. | Wen is sure to become a leading authority for the next generation "tarot practice. "Luigi Scapini, author of *Medieval Scapini Tarot* "This might just be the most comprehensive (and intelligent) book on tarot I have ever read. | A brilliant, must-have book for all aspiring tarot readers. "Brigit Esselmont, author of *Tarot Foundations* "I own well over 200 titles on the tarot, and none of them could be what I consider a "Tarot Bible" "until Holistic Tarot. Wen's attention to detail coupled with broad-based application "all infused with Eastern thought, Western esotericism, and practical experience "is staggering. It's very hard to impress this Queen of Swords, but with Holistic Tarot, I'm truly, enthusiastically impressed. "Janet Boyer, author of *Back in Time Tarot* "Wen combines an artistic sensibility with a clear intellect and writing style geared for many kinds of audiences, especially those new to seeing tarot as a personal

development tool. Holistic Tarot is a generous guide to anyone interested in creating a future by delving into the great mystery of the present moment. I very highly recommend this book."Jenna Matlin, author of *Have Tarot Will Travel*

"Likely to become the essential guidebook for serious students of the tarot."--Joan Bunning, author of *Learning the Tarot* "A modern alchemical achievement."--Barbara Moore, author of *Tarot Spreads* "Will become one of the jewels in the crown of tarot literature."--Anthony Louis, MD, author of *Tarot Beyond the Basics* "A tarot classic."--Sasha Graham, author of *Tarot Diva* "A magnificent, intelligent, comprehensive overview and interview of the Rider Waite Smith system of tarot! This is the only guide you need to have. Bravo!"--James Wanless, PhD, author of *Voyager Tarot* "One of the best books on the subject that we have seen in quite some time. No tarot enthusiast should be without this book!"--Chic and Tabatha Cicero, authors of *The Golden Dawn Magical Tarot* "Arguably the most comprehensive guide to tarot on the market today. It's also innovative: it deftly combines eastern mysticism with western metaphysics. It's an impressive tome that presents a wholly modern, rational approach to tarot practice while preserving notable elements of tradition."--Corrine Kenner, author of *Tarot and Astrology* "A bright, well-informed recasting of modern tarot for sophisticated, contemporary audiences. Wen brings savvy, psychological flavor sprinkled with bits of Eastern wisdom to clearly illustrate tarot's powerful mirroring benefits."--Arthur Rosengarten, PhD, author of *Tarot and Psychology* "An impressive, complete reference manual on tarot....Wen is sure to become a leading authority for the next generation's tarot practice."--Luigi Scapini, author of the *Medieval Scapini Tarot*

Wen's Holistic Tarot presents a comprehensive guide for using the tarot as a tool for self-knowing, exemplifying the modern tarot movement. It is a book for the 21-century. Wen threads together western esotericism and eastern philosophy beautifully. Holistic Tarot has almost everything you need in one book. Chapter one, *Tarot Analytics, A Holistic Approach* summarizes Wen's direction which she has geared the book. There are many points of discussion to be found here. I found myself either agreeing with Wen or questioning/disagreeing with a few of her points. Wen's perspective is clearly defined on page one, second sentence, where she says that tarot is a "science of the mind." Wen elaborates, explains that tarot has absorbed the wisdom of many cultures through the ages. The tarot represents the spectrum of human archetypal conditions and personalities, which can be used by the modern day practitioner for psychological projective evaluation. Wen describes tarot as a holistic tool. Holistic by

definition is inclusive in approach in regards to healing. It takes into consideration the body/mind/spirit (whole person) instead of focusing on one part or symptom. For Wen, tarot as a holistic tool allows us to determine the unconscious for answers. Tarot is also a tool to be consulted in decision making by charting a road map for the solution. Do not pick up this book if you want to learn fortunetelling, Wen takes an anti-fortunetelling position. I do not support fortune-telling and I do not believe in future-telling. My approach to tarot is not predictive. It is analytic. Wen un-deifies the tarot by assuring the reader that tarot is not a tool of the gods or demons (the later ok, but the former I have some things to say). In chapter three Wen says that fortune telling serves no benefit. It diverts the client's attention from the present into the future. It also diverts the client's focus from their spirituality and into future outcomes, to the superficial and the material. Wen says that you should use tarot to understand the why and how as to not lose sight of what is happening now. Wen is too pessimistic about fortune telling for my taste. I find that Wen is making concrete statements. Wen defines what her tarot analytics is in contrast to fortune telling to make it clear to the reader what her approach is. However, I feel there could have been more of an effort not to discredit or shrug off fortune telling/divination so early in the book. She does acknowledge the different perspectives such as a card game, fortune telling or the integration into alternative religious practices. But I feel that someone with little background with tarot who picks up this book may take the side of Wen and adopt a negative opinion of fortune telling. That can easily lead to a superiority view of Wen's approach or approaches similar. Fortune-telling/divination will then be looked down as lesser. Is this slippery slope thinking? Maybe, but it is possible. Wen does tell the reader to come to their own conclusions and not to blindly trust her word on what tarot is and is not. To be fair, I am someone who does support this holistic application of tarot and I do promote this perspective. I do agree that tarot is an effective tool for self-knowing and I steer my clients towards that direction in my private session. Nevertheless, I also like the magical side of fortune telling and divination. The holistic view, while important, for me, reduces the craft to pure Materialism, in the philosophical sense. Wen's tarot analytics epitomizes the modern tarot movement (tarot for self-knowing). Tarot and psychology have been blending more and more over the years (Tarot and Psychology: Spectrums of Possibility by Arthur Rosengarten Ph.D, Tarot Coupling: Resources & Resolutions for Relationship Readings by Gina Thies). While the psychological insights are indeed useful and have provided great new ways of looking at tarot, it is a double edge sword for reasons I mentioned above (elitist positions/materialist perspectives). What I do applaud Wen for doing is making tarot secular and

promoting its nonreligious affiliation. This removes religious fear, fear for people wanting to learn tarot and fear of those wanting a reading. Wen’s comments on the Pope’s remarks about the tarot and salvation that “only Jesus saves”. Wen’s approach is non-supernatural and in my own words Christian safe. Wen says that tarot is like “mind mapping, a method for better visualizing viable solutions to a present problem”. There is no contradiction with the Pope’s statement that “Jesus saves” and the approach of tarot analytics, any predictive attributes from tarot analytics is akin to weather forecasting, it is subject to change. This sums up the common opinion of the majority of tarot readers within in the modern movement.

Chapter three, *Allaying Fears and Offering Theories* attacks your fears head on. Wen makes you face the dark and spooky cards, Death, The Devil and The Tower. This serves a useful point, to remove the negative baggage and presumptions, some people may have or form when encountering the tarot. We are presented with different theories as to how tarot operates. Wen has an eloquence about explaining the different theories and presents the non-mystical as well as the mystical, to be balanced. Back on the subject of fortune telling (this seems to be the crux of my review, but Wen also brings it up again and again), Wen again reflects core modern tarot movement ideas. The concept that tarot shows possible outcomes, not fixed outcomes is central to Wen’s ideology. Tarot does not predict the future, it shows the most likely destination of your current journey. For me this is still fortunetelling, just nondeterministic.

Chapter five *Anatomy of the Rider-Waite-Smith Tarot*, Wen, like a surgeon, cuts into the deck and breaks down the cards. There are many charts and tables. The whole book is filled with wonderful illustration, charts and such. I love that so much, visual aids are important, especially when dealing with a tool like tarot that has many underlying ideas and concepts related to them. Charts help organize ideas and understand the relations between these concepts. Like element associations, elemental qualities, cardinal direction and others. Wen is clear to make the reader aware of different ways of viewing card meanings, how one card could have two different elemental associations (Magician Air or Earth for example). Wen allows the reader to try to decide which works for them. This is much appreciated as it presents tarot fairly balanced. Wen presents information openly and leaves it to the reader what to make of it.

Chapter six *The Personal Journal*, Wen gives good ideas for what one can do with a tarot journal. Tarot journaling is important and sometimes people are not sure what to put in their journals, Wen covers this with solid recommendations.

Chapters seven, eight and nine deal with the learning of keywords. When it comes to learning the cards and their meanings Wen suggests the memorization of keywords through repetition, which is the most effective way. Wen also suggests that you start

to practice reading for a teddy bear as a way to get yourself acclimated to the reading process. Wan warns students who jump the gun and read for real people too soon can do more harm than good. Like a medical student operating on a person without practice on the cadaver, Wen’s analogies are gold. Wen does not reduce tarot to just keywords and nothing more, which some may jump to thinking. She makes clear the cards meaning’s are nuanced and layered.

Keywords are starting points, tarot reading is not the regurgitations of memorized card meanings or prepared statements. True, I agree. To understand a card, we must put our finger on the center or core of the card’s soul or essence. Once we pin point that we can move outwards, peeling back the layers like an onion. Keywords can assist your intuition. There are 172 pages of card evaluations and meanings, including reversals. I will not go into each card and comment; we would be here for all eternity if I did. What I notice is that Wen compares cards to one another to highlight the interconnections between cards. This is important when doing a reading to recognize patterns and themes. Wen presents the esoteric undertones of the cards. She is able to bring insights to the cards via Asian philosophies which is a refreshing shift from the typical Western philosophical perspective (but does not ignore Western thought). For the Major Arcana, elemental and astrological glyphs accompany each card with key words. For the Minor Arcana keywords are provided based on the card and the numerological value. For example, five of wands, competition, rivalry, contention. Number 5, Uncertainty, adversity, changing tides. Wen also includes the useful meanings of recurring cards of the same number. Three Fives, competition. Four Fives, Unexpected advantage. With respect to court cards, Wen does an impeccable job of presenting this commonly difficult matter. Again, you will find charts galore that will guide you to understanding courts. Like with recurring minors, Wen gives us meanings for when we have many court cards in a reading. 3 Knights are social cliques of young men, 2 Queens competing for the Seeker’s attention or affections. Wen provides many case studies (sample readings) throughout the 141 pages in chapter 14 The Fundamentals of Readings Spreads to show tarot in action with real clients. As you go through the book Wen teaches different techniques, each paired with a case study to show its application. We see theory put into practice. In addition, there are so many illustrations! Some of these chapters could be a stand-alone book. To say it is impressive is to do Wen a disservice. Chapter 24 Inappropriate Questions deal with what a reader should avoid. This is a topic thoroughly needed in tarot literature. More people should be really thinking about what is an inappropriate question and does one deal with a situation, which deals with one. Wen gives practical

advice in this area of ethics. Wen gives a guided process for possible scenarios regarding health, abuse, relationships and legal matters. We must recognize our limits as a tarot reader and know when to decline a reading and refer the client to a professional, like in the case of suicide or medical question. In addition, there is a whole other chapter, which deals with ethics more specifically. Other sections include, performing an "opening of the key" a Golden Dawn method. I will have to try this, I have avoided this because I felt it a difficult thing to learn from a book. I trust Wen will not lead me astray. Wen also gives attention to the Tarot de Marseille and the Thoth decks. A chapter for professional readers is also included, which includes nice bar graphs on demographics and other statistical information. There are some sections, which I am omitting from my review for time constraint reasons. There are many valuable parts of the book in addition to the ones I have selected. Too many to discuss to be truthful. At the end, we have a treasure chest (120 pages) of an appendix. Truly, the appendix is a book of its own, highly valuable. I can't stress how much I love charts! What is lacking from my observations is the application and influence of Hermetic Qabalah. If you were looking for a shortcoming, it would be this one thing. The Qabalah is essential to tarot like astrology. The relationship between the Tree of Life and Sephirot. Overall, I am deeply amazed and grateful for Wen's contribution. Holistic Tarot has almost everything you need in one book. If your goal is to use tarot in the analytic approach of the modern tarot movement, Wen has given you your bible.

Review of Holistic Tarot This impressive book is a dissertation worthy of some advanced degree in the most rarified levels of Tarot Practice! When first holding it in my hands, I was overwhelmed with the sheer magnitude of it! Even as a paperback, it is HUGE enough to be a doorstop. I have a hardcover copy of War and Peace that is smaller than this! I think the only paperback I have ever seen that could compare to this for sheer size is a technical reference book, which in a way, also describes "Holistic Tarot". Ms. Wen was not messing around when she wrote this...I don't know how she managed it, while also working in such a demanding, full-time profession such as the Law, but here it is, and it's not full of fluff or fillers, either- it's solid, densely packed information. There are tried and true layouts, original and inventive layouts, derivative layouts adapted for use with Tarot, comparisons and correspondences, keywords and cross-references all gathered together to form a comprehensive matrix you could use to form cement. This is foundation-making material, for sure. I opened it and waded in, and even with my 40 year background in Tarot, I found myself hip-deep in minutes, wishing I had brought camping gear and a machete with me...because this was going to be slower-going than I've been accustomed to since college...(and I read constantly- so that's really

saying something!) I kept having to stop and ponder, since some of the strong opinions expressed run counter to all the...I guess you would say "current paradigms" in Tarot-land. That's ok. Ms. Wen is certainly entitled to her own point of view, and she explains her reasoning very clearly. I can understand why she thinks/believes as she does, and while I don't always agree, I will staunchly defend her right to do and believe as she sees fit. This is HER book, so she gets to call the shots between the title page and the index. We don't have to like it. However...I must say that I DO like it! I have never been a fan of simpering sycophants, and I appreciate a person with an independent point of view...(even when I'm wading through their rather turgid prose, LOL.) I should say here, that this is not a book for the fluffy, the wannabee, or the surface-skimming hobbyist. This is a seriously deep immersion experience, and it requires GUTS. It can be slow-going, and you'll find yourself back-tracking, just to make sure you've really grasped some of the finer points. If that is too much for some, I will happily direct them to the Cliff-Notes style works, written by all too many other writers. Leave this to the serious Tarotists, who really want something they can sink their teeth into. Happily, "Holistic Tarot" can also be used as a sort of dictionary, where you can look up discrete packets of specific information, and then close it before it swallows you up, whole. If you need to avoid the full immersion experience, this can be done, with a certain amount of self-control. For those of you who fear to be engulfed by its quicksand maw, just be prepared to exercise a little restraint, and take the dictionary approach. Do not allow yourself to be tempted, or the hours and days will fly by, and you'll re-emerge like Rip Van Winkle, blinking in the bright light of day, wondering what happened. If you can't resist the lure of the depths, first caffeinate thoroughly, put down kibbles for the pets, turn off the phone, take a deep breath, and dive in! You will find yourself in a demanding realm of powerful currents, that will take your mind to far places, even if you thought you were experienced and knew what to expect. It's one of those phenomena where you feel that you're moving very slowly, if at all, and then find yourself shockingly far from where you began in time/space. I especially liked the chapter on "Using Tarot to Build Resilience" (Chapter 28). Seriously good advice lives in that locale! This is the stuff our clients come to us for- and this is the stuff WE started reading Tarot for- validation, empowerment, self-realization and affirmation. This is therapy, and vitamin I (I for Information). This is crisis management in a (virtual) jar. I love it! I should add here, that this is an excellent investment for the person who is serious about attaining a deeper grasp of Tarot-think. Where else can you get what is essentially the equivalent of a Mastery Level course in this very valuable subject for around \$30? I rest my case. I should note here that this book was received directly from the publisher for review purposes.

I am blown away by the wealth of information and perspective that is contained within this tome... It was a wonderful surprise to see that the author approaches tarot cards in a manner similar manner to my own, so while much of the information resonates with my own practice, the information in this book will easily span and enhance all views on practicing the art of tarot. Accessible enough information for the beginner, with enough depth of knowledge for the seasoned tarot practitioner, and incredibly insightful for those who seek knowledge from the tarot but don't necessarily work with the cards themselves, this book should be in every tarot lover's library. The information is well-packaged and referenced in chapters, so that it is easy to pinpoint at a moment's notice. If you are just starting out, or looking to deepen your relationship with the cards, this is the book to assist you along the journey. If I could have only one reference on tarot, this would be it. Highly recommended!!!

Finally a sensible approach to understanding the Tarot and perhaps for helping you explain it to the people who think you want to be a fortune teller. You can tell them that it's not at all about that but is something deeper and more personal, more all encompassing. I never liked it when people asked me to "read their cards". I can lay them down and give you ideas but only you can read your own cards and decide what they mean. No one wanted to hear the story of the great myth and the epic steps all of our lives must take. Read it. It's the way I always looked at Tarot. Maybe you will see it differently.

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