

## Tarot Meditations: Lesson 11: Mastering The Power of Focus and Overcoming Death

Quotes:

*"Healthy thought can revive and put strength back into sick bodies..." Prentice Mulford*

*"What we seek is really within us." Paul Foster Case*

*"The limitations we set in place are continually losing the energy needed to sustain them."*

*Arnold Patent*

*"Anyone judging from likes and dislikes only becomes totally imbalanced." Isidore Friedman*

*"If we cultivate hopelessness and despair, we simply add to the severity of the tests we will face..." Vltvan*

### Opening Meditation:

#### The Method Empowered By Tarot

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1. Key 17: Feel your feelings to clarify your feelings
2. Key 6: Relate to yourself in the loving way demonstrated by Key 6
3. Key 0: Feel an empty space opening up into infinity
4. Key 16: Feel Divine Energy coming in to fill that space, then to fill the universe
5. Key 19: Feel your pure sacredness as pictured in this Key
6. Key 1: Think about your gifts and talents, or having the gifts and talents you most want
7. Key 9: Share your inner light and love with the world, feeling your Oneness with all
8. Key 3: Feel infinite abundance as your natural condition
9. Key 12: Feel yourself turning over all of your challenges, goals, problems and attachments to the Mastery of the Universe.

*As you focus (Key 1) the limitless power (Key 0) of your attention, by choice (Key 11), you overcome (Key 18) past, habitual patterns of focus, and your old self passes away (Key 13) as you enter the Higher Levels of Heavenly Existence.*

### Mastering The Power Of Focus:

- Tarot Meditations to master the power that determine the direction of our lives: the power of focus.
- As you master this power you live in a life of heavenly expansion: growing abundance, joy, ease, fulfillment, wisdom, peace, love, beauty, order, and purpose.

### **Mastery (21) of the Power (0) of Focus (1)**

means CHOOSING (Key 11) what you focus your attention for the Perfect Experience.

**The Power (0)** of Focus is infinite. A Perfect Experience or a Perfect Life knows no bounds. It is a state of absolute freedom, abundance, love, purpose and joy.

- IE: Divine Will Above (Key 1) for the fulfillment of Divine Will Below (Key 1) = Key 11: Justice = Right Choice

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### What you focus on is the experience you give yourself:

- Any time you are experiencing discomfort or pain, like feelings of insecurity, pressure, inadequacy, overwhelm anger, disappointment, physical pain or discomfort, etc. you are experiencing those feelings through the focus of your attention.
- When you feel wealthy, healthy, happy, successful, supported by a loving universe, you are experiencing such harmonious, empowering feelings through the focus of your attention.
- What you are experiencing is based on a choice (Key 11) you make, consciously or unconsciously, of where you direct your focus.
  - Mastery = Key 21, The World, Tav
  - Power = Key 0, The Fool, Aleph
  - Focus = Key 1, The Magician, Bet(h)
  - Right Choice = Key 11, Justice, Lamed
    - (Key 1 – Divine Intention – above -1 and below – 1)
  - Overcome = Key 18, The Moon, Qoph – all limits, including:
  - Death = Key 13, Death
- **MEDITATION**: Viewing Keys 21, 1, 0, 11
  - Focus on the internal experience of the universe loving you absolutely, infinitely
- **MEDITATION**: Viewing Keys 21, 1, 0, 11
  - Open to the inner guidance of where to direct your attention
- **MEDITATION**: Viewing Keys 21, 1, 0, 11
  - Focus on the experience of BEING the Master of your Power of Attention

### Part 2:

**Tarot Meditations to free our minds from the delusions that make us feel fear, sorrow and loss around “death”, a word that really means liberation to a higher, more heavenly life.**

### Overcoming = Key 18, The Moon, Qoph

- We have to overcome our unconscious, habitual ways of focusing attention in all circumstances, including relative to the experience or change we label “death”.

### Death = Key 13, Death, Nun

- Transition with limitless possibilities (see Key 0)
- **Death**= Key 1 (Focus, Concentration) and Key 3 (imagination) = 13
- **Nun: The Imaginative Intelligence**

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- Death is entirely IMAGINARY:
  - Typical imaginings:
    - I will never see x again
    - My life will be emptier
    - X is gone
    - X's children will suffer
  - There need be no victims of death, no losses associated with it. IT ALL DEPENDS ON WHAT YOU FOCUS ON.
    - If you focus on an imaginary future of loss through death, you give yourself that experience.
    - If you focus full attention on the present moment, the now, all painful futures vanish.

### Closing Meditation:

#### View Key 21:

- Imagine that the universe is guided by a perfect Master represented by Key 21
- Imagine that Master, God, directs creation through the Perfect Focus of Attention.
- Feel your Oneness with the Master of the Universe, with God

#### View Key 0

- Feel the power of your attention or awareness in the now
- Feel that power as infinite

#### View Key 1

- Direct the power of focus to your feelings or sense of Divine Will's inner guidance
- Feel yourself surrendering the power of your focus of attention to the direction of God's Will (Key 21 – the Master Self)

#### View Key 11

- Feel yourself empowered to make the Right Choice when it comes to the focus of your attention
- Feel your commitment to making the Right Choice when it comes to the focus of your attention

#### View Key 18

- Feel all of the energy or power within you aligning with overcoming unconscious, automatic attention direction

#### View Key 13

- Open your imagination to contemplate the infinite positive possibilities that can take place during the transition that is called "Death".