

Tarot Meditations Session 5: Clearing Energy-Reversal Patterns

Tarot Meditations For Liberation from False-Self Identification

Opening Quote:

"The twists and turns in your daily life are the spiral patterns of your individual growth" Dr. Greg Nielsen – see Tarot Key 8 on transmuting our reactions.

"By opening ourselves to the abundance we already have, we open ourselves to receive even more." Arnold Patent

"It should be born in mind that emotionalism... must always create a smog-fog in the person, and invariably prevents the proper functioning of his nerves, sensory-motor apparatus and his better judgment." Isidore Friedman

"Grieving draws dark clouds of psychic effluvia around an individual, filling his aura (energy field) with elemental vibrations of .gloom... Despondency becomes an end product in the psychic-nature (personality patterns) when frustration, discouragement and grief are permitted..." Vitvan

"Throughout the literature of Hermetic science there is perfect agreement among the adepts as to one fundamental tenet: success in the Great Work depends upon what they call 'discovery' of the First Matter." Paul Foster Case hint: "the first matter" is a combination of fire (energy - Key 19) and water - Key 12 - consciousness, mind, knowledge) – as we direct these we direct manifestation: $19+12= 31 = 4$ (ruler of earthly materialization)

Opening Meditation: Viewing Key 19: Awakening The Divine Presence

- Feel your feelings
- Feel the Divine Presence in your feelings
- Feel your feelings AS the Divine Presence
- Feel the Divine Presence in the essence of your being, in the central core of your self
- Feel the Divine Presence AS yourself
- Feel that Divine Presence expanding into the infinite, until it fills the universe
- Feel everything and everyone in the entire universe as the Infinite Divine Presence
- Feel your Oneness with the Infinite Divine Presence that fills and radiates from everyone and everything the infinite universe

Reversal Of The Keys:

See which ones you relate to and use The Method for liberation.

- Key 0 reversed: feelings of fear, resistance, clinging to the past (the known)
- Key 1 reversed: feeling scattered, unfocused, weak-willed, personally willful
- Key 2 reversed: feeling blocked from remembering, feeling unsettled, unbalanced, too busy mentally
- Key 3 reversed: fearful, negative thoughts and mental visions of the unwanted
- Key 4 reversed: feeling chaotic, disorganized, out of control, ruled by the world

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- Key 5 reversed: feeling plagued by dark inner voices, resistance to seeking inner guidance
- Key 6 reversed: feeling a loss of self and run by unconscious habit-reactions
- Key 7 reversed: feeling overcome by chaotic emotions, desires, moods and outside influences
- Key 8 reversed: feeling over-run by fierce passions, destructive drives, negative suggestion
- Key 9 reversed: feeling lost, a lost sense of who you truly are, spiritual darkness
- Key 10 reversed: feeling attached to life's ups and downs, to what you desire and / or fear to lose, at war with cycles
- Key 11 reversed: feeling the sense of injustice, unfairness, unreciprocated, unbalanced
- Key 12 reversed: feeling (an excessive) need to be in control, feeling at war with powerlessness, feeling dependent upon chance
- Key 13 reversed: feeling grief over loss, fearing change, resisting the new, stuck in endings
- Key 14 reversed: feeling resistant to learning lessons, feeling beaten by life's challenges
- Key 15 reversed: feeling enslaved, trapped, in bondage, held captive, over-powered by another or by circumstances
- Key 16 reversed: feeling displaced, rejected, overly exposed, overly vulnerable
- Key 17 reversed: feeling unclear, lost in speculation, mind-muddled
- Key 18 reversed: feeling pulled backward into deep, primal, past reactions; trauma freezes
- Key 19 reversed: feeling deprived of childhood innocence, joy and freedom, lost in spiritual darkness, stuck in over-seriousness
- Key 20 reversed: feeling no spiritual dimension, feeling *materialized* in consciousness ie: materialism is the only reality, feeling spiritually dead inside
- Key 21 reversed: feeling like a helpless, hapless victim of life's randomness, feeling that the universe is a chaos and not a cosmos, being overly assertive an overly passive.

Exercise:

Meditate on the key that you want to reverse. DO NOT MEDITATE ON THE IMAGES IN AN UPSIDE-DOWN FORM. VIEW THEM RIGHTSIDE UP. You can choose one daily for freedom from each.

Closing Meditation: The Method on reversal of the Keys:

The Power of Intention (Key 1) For Support (Key 14) With The Method

- The Law of Support: when you sincerely express your intention (Key 1) to receive spiritual support (Key 14) for something, it is ALWAYS forthcoming.
 - Spread out Key 1 (intention) Key 4 (rulership over the material plane) Key 14 (support)
- Ask for internal support as you move through each step of The Method:
 - IE: 1, ask for support to feel your feelings. 2. Ask for support to feel loving compassion toward yourself. 3. Ask for support in expanding the field of space within you... etc. all the way through.