

## Session 14: Tarot Meditations For Awakening From The Illusion Of Being Stuck

### Quotes

*“Without... emotional tranquility and the necessary mental equilibrium to go with it, all our plans, projects, purposes, dreams, aspirations and actions, being unbalanced and inharmonious with cosmic law, must eventually go askew and fail.” Isidore Friedman*

*“Every emotional reaction is based on a belief. When you free your energy from that belief, you enter the Perfect Universe and its Infinite Joyousness.” Be El*

Opening Meditation: The Method For Liberation From Belief In Being Stuck

Key 17 - Feel your feelings

15 - Notice any feeling of being stuck, blocked, limited, opposed or held back in any way and feel those feelings fully and freely for 30 seconds

6 - Feel the love for yourself abiding beneath those feelings

0 - Feel a space opening up deep within, expanding into infinity

Feel Divine Energy filling that space

Feel Divine Energy filling the universe

19 - Feel yourself as absolutely sacred, precious, invaluable

1 - Recall your gifts and talents, or those you most want to have

21 - Feel yourself at a superstar level in your demonstration or expression of those gifts and talents.

9 - Feel unconditional love and guiding light flowing from your heart into the heart of everyone, everywhere

3 - Feel yourself in the flow of unlimited abundance

12 - Feel yourself surrendering to the Divine, turning everything over to the universe – with

**We look primarily at the two cards in the deck that have to do with bondage, or the illusion of bondage.**

- **Tarot Key 15** presents the image of “the adversary”; But all the devil or any adversary or form of adversity can do is point to a way to overcome it, and thus evolve into your own higher potential.
  - Meditating on this image teaches you, via your subconscious, to drop the idea that ANYTHING can defeat, block you or prevent you from advancing – that any other person or outer situation has real power over you.
  - You create any condition of bondage or “stuck” that you fear, misusing your imagination based on appearances.
- **Key 12** reverses our point of view, from being in control to being OF the universe. You are not stuck, but rather being supported.
  - It is simply NOT time to take charge or take action.
  - Free your mind (see the halo) from false ideas about being stuck or things getting worse.
  - The image of the Tav (Master of the universe in charge) vs The Image of the Ayin – physical eye, making it appear that the devil is in charge.

## Session 14: Tarot Meditations For Awakening From The Illusion Of Being Stuck

### View Key 16: it represents the breaking through of energy consciousness, from identification with physical appearances (ayin – Key 15)

- Lightning: both the energy level and the shock of experiencing change when you did all you could to keep things the same.
- Everything moves, changes and all barriers are melting away.
- Maintain freedom from the imaginary drama of being stuck;
  - simply relax your opposition to the way things are (changing).

### **There is no such thing as stuck or stasis in the universe.**

- Practice: pointing to objects and reminding yourself “this is a dynamic energy process”
- Remember that everything is changing and all change is for the better
- Practice being aware of the NOW and basing your choices on observation and energy.

### **The Illusion of “stuck” or “bondage”:** *Free your mind to free your life*

- **Key 15: The Devil**
  - **Hebrew letter: ayin = Ayin Yod Nun:** from physical appearances move into a feel for the essence Key 9; this results in “death” key 13 of the phase-1 personality that had been run by appearances.
- If you feel stuck in any way, you are holding a belief that you are, and any emotional reaction you feel in association with being stuck is caused by your belief.
  - See the chains, representing belief.
  - See how the misuse of appearances bestializes.
    - She offers her body that burns you to cinders
    - He is offering you a deal, hiding the way he intends to burn you.
      - Their nudity represents the exploitation of physical sexuality and the pretense of transparency.
- See the sign of SATURN in the Devil’s right palm:
  - Saturn represent stops, constraints, blockages, oppression, rules, learning from the consequences of mistakes.
    - The image “demonizes” learning the life-lessons that lead us upward.

### **15 = 1 + 5**

- Intend for your will to be guided by higher will,
  - That comes in the form of an inner voice
  - Intend to hear your Inner Voice and to decipher it from false inner voices
  - The true inner voice never threatens or demands
  - It never offers to puff up the ego or satisfy a desire
  - It is calm, unemotional and a clear knowing of the right direction to take.
- 1 + 5 = 6: Your will to follow the True Inner voice of principle reveals (using the eye of awareness (true or accurate Ayin) plus the inner hearing of the intuitive voice (the

## Session 14: Tarot Meditations For Awakening From The Illusion Of Being Stuck

Hierophant or true inner voice) guides you along your true, harmonious path or the path of your true structure or true inclination or disposition (Key 6).

### Key 12: The Illusion of Personal Freedom

- He is not stuck, just tethered to the cosmic process designed by the Master of the Universe
- Practice inner stillness to dissolve all thoughts and feelings of opposition, blockage or being stuck or held back.
- The 10 buttons represent the 10 spheres of the Kabbalah Tree of Life which portrays the perfect system of the universe
- The opening in the earth represents seeing beneath the Ayin: the appearances of an external, material universe.
- The halo is a mind freed from false beliefs as well as illuminated with the consciousness of the fulfillment of the heart's desire and the perfect divine loving infinite support system that is the universe.

### Feeling Stuck? 12 = 1 + 2

- Intend (Key 1) to keep your subconscious (Key 2) in the state of stillness (like water = Mem) to reflect the higher light of truth and true guidance, to align with the laws of the universe (torah)

### **1 + 2 = 3: Getting Creative**

- 3 is The Empress, the creative imagination, which produces higher, heavenly, harmonious mental forms, ideas or visions of life's higher possibilities on the still waters of quiet mind.

### **Closing Meditation:**

- 15: See through the illusion of appearances
  - Key 3: Notice how you imagine your life to be
  - Key 0: Imagine yourself with unlimited power to create whatever you desire
  - Key 1: Consider how you can make better use of the creative power of your consciousness
  - Key 11: Accept what happens as karma (consequence of your choices) and use it to develop your mastery

12: Practice surrendering to the flow of the universe and the feeling of the Divine Presence flowing through you:

### **Closing Meditation: on stillness**

- Feel your feelings
- Feel the energy, the power of your feelings
- Feel that power expanding until it is infinite, filling the whole universe
- Feel the central point of perfect stillness in the core or basis of your feelings
- Feel your willingness to yield to that feeling of stillness
- Practice feeling your mind and emotions in a state of perfect equilibrium, perfect stillness
- Feel receptive to the light, guidance, understanding of Higher Mind shaping the "water – mem) of the mind.