

Session 13: Tarot Meditations for True Spiritual Strength

Quotes:

*“The way of Light goes through the night
Of doubt and worry and fear
Through turmoil red and race-mind dread
Till perception is cleaned and clear.” Isidore Friedman”*

“Thus, the message of Key 8 is of particular importance to all lovers of freedom and justice at this present crisis in the history of human civilization. It tells us that the enemy, though dangerous as a deadly serpent or a roaring lion, can be transformed into a powerful ally.” Paul Foster Case

“By controlling the subconscious production of mental images, we can ‘open the lion’s mouth’ and bring sub-human forces under our direction.” Paul Foster Case

“To walk The Path, we need two legs: Sensitivity AND Strength.” Isidore Friedman

“Words of The Magician: ‘Your power follows the direction of your attention. The better you direct your attention, the better you direct your power’. Be El, from The Talking Tarot

True Inner Strength is the strength to maintain peace and poise, emotional equanimity, mental clarity and a steady connection to higher inner guidance under all circumstances. It is the spiritual strength to stay on track in creating a life of expanding beauty, joy, love, success and abundance. It is the strength to actually PRACTICE the Wisdom Of Joy for Cosmic consciousness and a life that works perfectly.

Opening Meditation:

The Method For Clearing Weak Patterns

17 - Feel your feelings

15 - Notice any feeling of sorrow, insecurity, frustration, lack or limitation

Feel those feelings fully and freely

5 - 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 perfect trust - to handle perfectly

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Key 8: Teth: Serpent: The Strength For Ascending the 4 Levels of Evolution

- 4- Divine Oneness = Infinite Power To Create Reality
- 3- Purified Subconscious
- 2- The Talking Animal
- 1- Vegetation
 - Yellow background: Illuminated Mind: Always be aware of the imaginary story about your life that is playing in your head.
 - Learn how to UN-limit your life (see the lemniscate above her head).
 - The Wreath: Victory over nature: shaping nature's forces through the subconscious.
 - Roses (of desire): what do you desire – can you make it higher?
 - the purple mystical mt.: The process of higher empowerment symbolized

Tarot Meditation for Developing True Inner Strength:

8= 1+7, 2+6, 3+5, 4+4

1 = I channel the intention, 7 = to be clear of extraneous influences

2= so that my subconscious is attuned to, 6 = the guidance of harmony (my true disposition)

3 = which stimulates my creative imagination, 5 = to envision reception of *the inner voice*

4 = To establish true order in my life

The Strength for Living a Beautiful Life

- Get in touch with the deepest level of Beauty, Harmony, Balance, Order (Sphere 6 on the Tree of Life) by meditating on that Sphere and on the Tarot spelling of Tiphareth (Beauty).
 - Tiphareth = תִּפְאֶרֶת
 - Tav – Peh – Aleph – Resh – Tav

Think about the WHOLE BEAUTIFUL LIFE you want to be living in: Meditate on these images to develop the strength to support the manifestation of a beautiful life

- **21 – 1st Tav = The World**: Mastery of the Cosmos (Master of Order and Beauty) – Your Potential
- **16 - Peh** = The Tower – Tearing down all limited structures of thought, belief and negative feelings
- **0 - Aleph = The Fool** – Freedom of energy, Liberation of power, in the field unlimited potential
- **19 - Resh = The Sun** – Regeneration, the True pure (of negative, limiting thoughts and feelings) Self is born
- **21 - Final Tav = The World** - results in the manifestation, demonstration, realization of the world of the master, the world or life of Perfect Order and Beauty

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Closing Meditation For Growing Stronger In Mastery:

21+5=8

Mastery = The Strength to listen to the Inner Voice of Wisdom at all times

- Feel your feelings
- Feel the power, the energy in your feelings
- Feel that power expanding into the infinite, until it fills the universe
- (View Key 8) Feel that power as limitless, infinite SPIRITUAL STRENGTH
- Consider the ways or situations in which you tend slip (ruled by the red lion) into
 - Unconsciousness
 - negative or wasteful thought,
 - negative, or unbalanced emotion
 - unfocused, unconscious speech
 - chaotic, rushed, impulsive or unfocused activity
- (View Key 21) Envision and feel yourself being STRONGER in your Mastery of those areas
- (View Key 5) Feel your commitment to remain centered and “listen” for your inner guidance at all times
- (View Key 20) Feel grateful for the inevitability, the ACTUALITY, of the Strength For Mastery you allow yourself to imagine and feel