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## Tarot Reader in Search of a Soul: Tarot Spread for Self-Analysis

Day of the Week \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Moon Phase \_\_\_\_\_ Deck \_\_\_\_\_ Spread In Search of a Soul

Particular Area for Self-Analysis: \_\_\_\_\_

4

### 4. Transformation: How We Are Unique

This is an overview of the reading we have done with the client; this is how we help the client find authentic expression.

### 1. Confession: What We Don't Know About Ourselves

This is our relationship to the unconscious; this is how we interact with our client's secrets or repressions.

1

2

3

### 3. Education: How We Fit In

This is how to place ourselves in the context of society; this is how we help the client fit into their community.

### 2. Explanation: How We Become Aware of the Things We Don't Know

This is our relationship to the conscious; this is how we were able to bring awareness to the client.

**Synthesis Card**—Compare all four cards and note any symbols common to each card being compared. Also consider what symbol on each card most specifically summarizes the meaning you see in the card. Note such a symbol for each card being compared. Now look through the deck for a single card that contains the symbols you have made note of. This card is the “synthesis” of the other cards. (This is a special technique I developed in August 2008.)

Synthesis Card: \_\_\_\_\_

**Symbol** – Examining your synthesis card, choose or design a symbol that summarizes the meaning of the synthesis card in relationship to the overall reading. Draw the symbol in the space provided.

**Affirmation** – Write an affirmation or personal statement based on your symbol that perfectly expresses your understanding of the reading.

Affirmation: \_\_\_\_\_

**Keyword** – Last, summarize your personal statement with a single keyword or *very* short phrase. You are trying to find the heart of your affirmation. Write your keyword below.

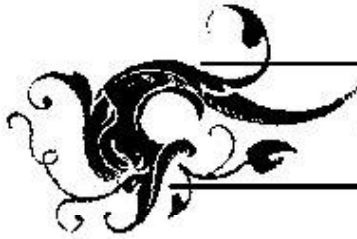
Keyword: \_\_\_\_\_

Draw your symbol here:



Prepare as you normally would for a reading and lay out the first four cards (random or intuitive draw).

- 1. Transformation: This is an overview of the reading we have done with the client; this is how we help the client find authentic expression.**
  - a. This is the fourth stage of analytical psychology according to Jung.
  - b. Each reading we do for a client is an opportunity to transform ourselves into better readers, and this is the stage in which we initiate a deeper understanding of ourselves and how we relate to our clients.
  - c. Jung describes the Transformation stage as being for those who have mastered the art of social adaptation and normalization and seek a deeper or more unique expression of who they are. When we begin reading for others, it is important to have worked through all four stages of this process so that we have an understanding and experience of each of these stages.
  - d. He says, “You can exert no influence if you are not susceptible to influence” (49). The experience of working with a client can be like a shamanic experience in which the client passes on the disease to the therapist, and says that due to this, each analyst should be analyzed. Also, the analyst should also be aware of and live up to his own therapeutic standards.
  
- 2. Confession: This is our relationship to the unconscious; this is how we interacted with our client’s secrets or repressions.**
  - a. Brings about catharsis
  - b. Used to identify repressions
  - c. Compare to secrets: can be used to cement a fraternal bond such as in a secret society; otherwise, without anyone to share the secret or an overall spiritual context for the secret, can alienate one from one’s community
  - d. Secrets can make us feel special or differentiate us – keep in mind as a reader that we may be uncovering secrets of the clients and this could produce a dissociation or alternately a strong reaction, usually of denial
  - e. Compare to concealment or withholding, such as withholding emotions; stoicism
  - f. Confession brings secrets or repressions to the surface; can also release suppressed emotions
  - g. “Give up what thou hast and then thou wilt receive” (35)
  
- 3. Explanation: This is our relationship to the conscious; this is how we were able to bring awareness to the client.**
  - a. The interpretation of the confession.
  - b. Brings awareness to the secrets and repressions
  - c. Appeals to understanding
  - d. The process of explanation involves intentionally probing deeper into the unconscious for clients whose confession stays at a conscious level—when we explain why bringing up the unconscious is important, they will be willing to go deeper.
  - e. Becoming aware of repressions may bring up shadow issues.



- f. Alternately, bringing awareness to repressions may bring up authority issues; these might have deep-seated parental issues.
  - g. When the client becomes aware of their repressions, they may give authority to the analyst inappropriately. This may lead to transference or projection.
  - h. (Freudian)
- 4. Education: This is how to place the client in the context of society; this is how we help the client fit into their community.**
- a. Adapt socially
  - b. Normalize
  - c. Socialize
  - d. Trained like a vine on a trellis
  - e. (Adlerian)
5. If you can't solve your own problems, the problems will be repressed again. (52)
6. "A man who suffers from a running abscess is not fit to perform a surgical operation." (53)