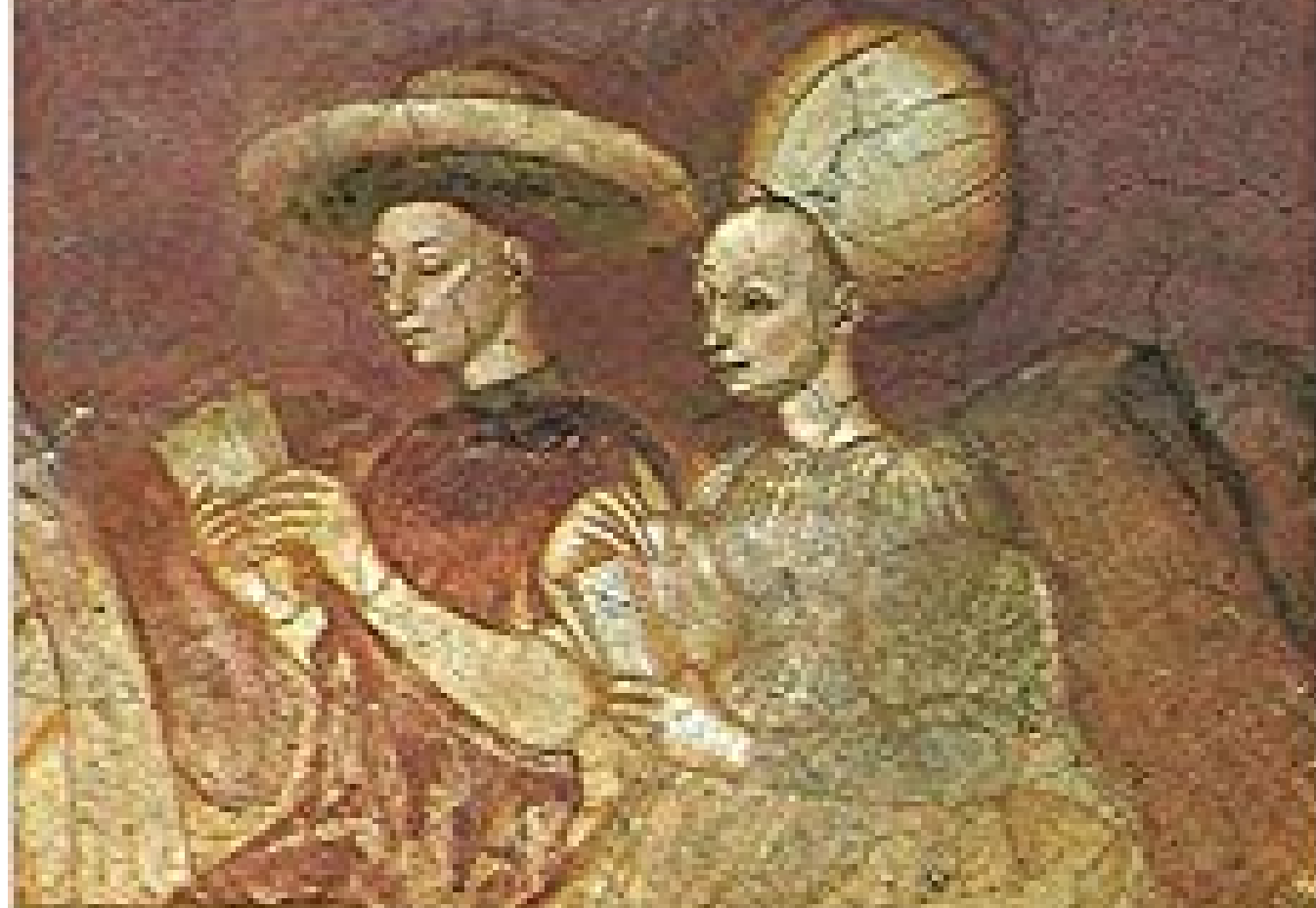


# HOLISTIC TAROT

*An Integrative Approach to  
Using Tarot for Personal Growth*



"A modern alchemical achievement"

—BARBARA MOORE, author of *Tarot Spreads*

"Likely to become the essential guidebook"

—JOAN BUNNING, author of *Learning the Tarot*

## BENEBELL WEN



Benebell Wen

## Holistic Tarot: An Integrative Approach to Using Tarot for Personal Growth



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Whether used for simple decision-making or a knowledge of your life's purpose, learning tarot is definitely an indispensable tool for being even more mindful of the elements that can assist or weaken your efforts toward achievement. The tarot deck has been utilized as a divination tool for more than two centuries; Consulting the tarot can help clear creativity blockages, clarify ambitions, work through complex decisions, and make sense of emotions and romantic relationships. While the tarot is usually still most commonly regarded as "fortune informing," the true power of the tarot is based on its ability to channel a obvious path for our deep intuition to shine through. Designed for beginning in addition to experienced tarot readers, Holistic Tarot presents a fresh and easy-to-follow approach to the use of the tarot deck for tapping into subconscious knowledge and creativeness. In Holistic Tarot, author Benebell Wen provides a complete information to using the tarot to foster personal development. A tarot classic. Wen provides comprehensive overview of —James Wanless, PhD, author of "Beginners will see a complete guideline to dealing with the tarot, including choosing and caring for a deck, how best to learn and remember the characteristics of the major and small arcana, the interpretation of cards and spreads, the role of meditation in a tarot practice, and how to utilize the tarot for improving human relationships, professional development, and personal resilience. More complex practitioners will value nuanced theoretical discussions of the tarot in addition to practical tips about reading others' tarot cards and establishing a practice. Including over 500 illustrations and complete information on each card as well as many spreads, Holistic Tarot is normally a full compendium of tarot research that every practitioner must have in his or her library. "Today's alchemical achievement." "Barbara Moore, author of Tarot Spreads Bravo! Will become one of the jewels in the crown of tarot literature. best-known tarot systems, the Rider-Waite-Smith." Anthony Louis, MD, author of Tarot Beyond the Basics Chic and Tabatha Cicero, authors of " —Sasha Graham, author of Tarot Diva "An impressive, intelligent, comprehensive overview and innerview of the Rider Waite Smith system of tarot! This is actually the only guide you have to have. "An enormous accomplishment ...the history of the tarot and several theories on its use (including its relationship to Jungian archetypal psychology and traditional Chinese divination practices) before digging deeply into among the Voyager Tarot"" more likely to become the important guidebook for serious students of the tarot. — Joan Bunning, author of Learning the Tarot "Zero tarot enthusiast should be without this publication! — "The Golden Dawn Magical Tarot"" — It's also innovative: it deftly combines Eastern mysticism with Western metaphysics. It's an impressive tome that presents a wholly contemporary, rational method of tarot practice while preserving notable elements of tradition. Arguably the most comprehensive guide to tarot on the market today. Corrine Kenner, writer of Tarot and Astrology





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A Comprehensive guide for utilizing the tarot as a tool for self-understanding, exemplifying the present day tarot movement. Wen's Holistic Tarot presents a comprehensive guide for using the tarot as an instrument for self-understanding, exemplifying the modern tarot movement. This is a book for the 21-century. Wen threads collectively western esotericism and eastern philosophy beautifully. Wen describes tarot as a holistic tool. As you feel the publication Wen teaches different methods, each paired with a case study to show its software. There are several points of discussion to be found here. I came across myself either agreeing with Wen or questioning/disagreeing with some of her points. Wen's perspective is actually defined on page 1, second sentence, where she says that tarot is definitely a "science of the brain". Wen elaborates, explains that tarot provides absorbed the wisdom of many cultures through the ages. Wen provides many case studies (sample readings) throughout the 141 pages in chapter 14 THE BASICS of Readings Spreads to show tarot in action with real clients. Holistic Tarot has almost everything you need in a single book. Using the study manuals, I am finding that you'll be able to use the Kindle edition to focus on the various tasks. It takes into consideration the body/mind/spirit (whole person) instead of focusing on one part or sign. For Wen, tarot as a holistic tool allows us to "mine the unconscious" for answers.. Just like a medical college student working on a person without practice on the cadaver, Wen's analogies are gold. "I do not support fortune-telling and I really do not believe in future-informing. We are offered different theories concerning how tarot operates. It is analytic". That is much appreciated since it presents tarot pretty well balanced. In chapter three Wen says that "fortune informing serves no benefit". It diverts the client's attention from today's into the future. This is a topic thoroughly needed in tarot literature. Wen says that you need to use tarot to understand the why and how as to not lose sight of what is happening right now. Wen is too pessimistic about fortune telling for my taste. I find that Wen is building concrete statements. Maybe, but it is possible. Nevertheless, I feel there could have already been more of an effort never to discredit or shrug off fortune informing/divination so early in the reserve.. Obtain this book if you're a skeptic This book is amazing. That can easily result in a superiority view of Wen's strategy or approaches identical. Fortune-telling/divination will then be appeared down as lesser. The Qabalah is essential to tarot like astrology. Wen defines what her tarot analytics is certainly in contrast to fortune telling to create it apparent to the reader what her strategy is. Wen does tell the reader to come to their very own conclusions rather than to blindly trust her word on what tarot is normally and isn't. To be good, I am somebody who does support this holistic application of tarot and I do promote this perspective. I do recognize that tarot is an efficient tool for self-knowing and I steer my clients towards that direction in my own private session. Even so, I also like the "magical" side of fortune informing and divination. The holistic view, while important, for me, decreases the craft to natural Materialism, in the philosophical feeling., Tamu Ngina, Priestess Heart Kindle version is Fine, may also order paperback I am working my method through this book with the help of the study guides available at the author's website. Tarot and psychology have been blending a growing number of through the years (Tarot and Psychology: Spectrums of Possibility by Arthur Rosengarten Ph.D. New to tarot and We're positive this reserve will give me expert understanding when I'm done it's over 800 pages in fact it is very organized Best Tarot Learning Textbook Ever The most systematic way to learn tarot. While the psychological insights are indeed useful and also have provided great new ways of searching at tarot, it is a double advantage sword for reasons I mentioned previously (elitist positions/materialist perspectives). What I do applaud Wen for doing is making tarot secular and promoting its nonreligious affiliation. We should recognize our limits as a tarot reader and understand when to decline a reading and refer your client to a specialist, like regarding suicide or medical query. Wen's responses on the Pope's remarks about the tarot and salvation that "only Jesus saves". I really like that so much, visible aids are essential, especially when coping with a tool like tarot which has many underlying tips and concepts related to them. Wen says that tarot is like "mind mapping, a way for better visualizing viable answers to a present problem". There is absolutely no contradiction with the Pope's declaration that "Jesus will save" and the approach of tarot analytics, any predictive attributes from tarot analytics is normally comparable to weather forecasting, it is subject to modification. This sums up the normal opinion of the majority of tarot readers within in the present day movement. Chapter 3, Allaying Fears and Offering Theories attacks your fears at once. Wen makes you face the dark and spooky cards, Loss of life, The Devil and The Tower. This serves a useful point, to eliminate the harmful baggage and presumptions, some people may have or type



when encountering the tarot. My method of tarot isn't predictive. Wen has an eloquence about explaining the different theories and presents the nonmystical along with the mystical, to end up being balanced. Back on the subject of fortune telling (this appears to be the crux of my review, but Wen also provides it up over and over), Wen again reflects primary modern tarot movement suggestions. She makes apparent the cards signifying's are nuanced and layered. This is important when performing a reading to identify patterns and styles. For me that is still fortunetelling, simply nondeterministic. Chapter five Anatomy of the Rider-Waite-Smith Tarot, Wen, such as a doctor, cuts in to the deck and breaks down the cards. There are numerous charts and tables. I guess you would say "current paradigms" in Tarot-land. Wen's strategy is usually non-supernatural and in my own words Christian secure. Charts help organize concepts and understand the relations between these concepts. Like component associations, elemental qualities, cardinal direction and others. Wen is apparent to make the reader conscious of various ways of viewing card meanings, how one cards could possess two different elemental associations (Magician Air or Earth for instance). Wen allows the reader to try to decide which functions for them. Wen un-deifies the tarot by assuring the reader that tarot isn't "a tool of the gods" or "demons" (the later ok, but the former I have some what to say). Very big and lots of great info in this reserve! For the Major Arcana, elemental and astrological glyphs accompany each card with key words. Tarot journaling is essential and sometimes people are not sure what things to devote their journals, Wen covers this with solid suggestions. If that's what you're looking for, coupled with study plans, goals, paperwork, and intellectual reflections, then this book is for you too. When it comes to learning the cards and their meanings Wen suggests the memorization of keywords through repetition, which is the "most effective method". Wen also shows that you start to practice reading for a teddy bear in an effort to get yourself acclimated to the reading procedure. Wen also gives focus on the Tarot de Marseille and the Thoth decks. Usually do not pick up this reserve if you need to learn fortunetelling, Wen calls for an anti-fortunetelling placement. Wen will not reduce tarot to simply keywords and nothing even more, which some may jump to thinking. The idea that tarot shows feasible outcomes, not fixed outcomes is normally central to Wen's ideology. Overall, I am deeply surprised and grateful for Wen's contribution. Accurate, I agree. To comprehend a card, we should place our finger on the center or core of the cards's "soul" or "essence". After we pin point that people can move outwards, peeling back the layers as an onion. This is crisis management in a (digital) jar. It's among those phenomena where you feel you are moving very slowly, if, and then end up shockingly definately not where you started in time/space. She actually is able to bring insights to the cards via Asian philosophies which is a refreshing change from the normal Western philosophical perspective (but will not ignore Western thought). we would be here for all eternity easily did. What I see is normally that Wen compares cards one to the other to highlight the interconnections between cards. Tarot will "not predict the potential", it "shows the most likely destination of your present trip". Wen presents the esoteric undertones of the cards. I'll not go into each cards and comment; Chapter six THE NON-PUBLIC Journal, Wen gives guidelines for what one can do with a tarot journal. For the Minor Arcana keywords are provided based on the card and the numerological worth. Scholarly, educated, well written, structured. I have a hardcover copy of War and Peace that is smaller sized than this! Chapter 24 Inappropriate Questions cope with just what a reader should avoid. Regarding court cards, Wen does an impeccable job of presenting this commonly difficult matter. Again, you will discover charts galore that may guide you to understanding courts. Like with recurring minors, Wen provides us meanings for whenever we have many courtroom cards in a reading. 3 Knights are "public cliques of young guys", 2 Queens "competing for the Seeker's attention or affections". The tarot "represents the spectral range of human archetypal circumstances and personalities, which may be used by the modern day practitioner for mental projective evaluation". Chapter one, Tarot Analytics, A Holistic Strategy summarizes Wen's path which she has geared the book. We see theory apply. My only two issues about the Kindle edition are that the publisher chose never to have page quantities show up along with locations and you have to page through the book rather than scrolling through it. Some of these chapters could be a stand-alone reserve. (and I go through constantly- so that's really saying something! "Three Fives, competition" "Four Fives, Unexpected benefit". It also diverts the customer's concentrate from their spirituality and into future outcomes, to the "superficial and the material". More people should be really considering what's an inappropriate query and does one cope with a situation, which handles one. Wen gives useful advice in this area of ethics. Wen gives a guided process for feasible scenarios regarding



health, misuse, relationships and legal issues. This removes religious fear, fear for people wanting to learn tarot and fear of those wanting a reading. By the end, we've a treasure chest (120 pages) of an appendix. Other sections include, performing an "opening of the important" a Golden Dawn method. I'll have to try out this, I have avoided this because I sensed it a difficult thing to learn from a reserve. I trust Wen will not lead me astray. Wen warns learners who jump the gun and read for genuine people too early can do more harm than great. A chapter for professional readers is also included, which includes great bar graphs on demographics and various other statistical information. I can understand why she thinks/believes as she will, even though I don't always agree, I'll staunchly defend her to do and believe as she sees fit. Wen is obviously entitled to her own viewpoint, and she explains her reasoning very clearly. Too many to discuss to be truthful. Furthermore, there exists a whole other chapter, which deals with ethics more particularly. Truly, the appendix is certainly a reserve of its, highly precious. I can't stress just how much I love charts! What is lacking from my observations is the application and impact of Hermetic Qabalah. If you were looking for a shortcoming, it might be this one matter. Is definitely this slipper slope thinking?) I kept needing to end and ponder, since a few of the strong opinions expressed work counter to all or any the. "Keywords are starting points", tarot reading is not "the regurgitations of memorized cards meanings or prepared statements". Holistic Tarot has almost everything you need in one book. Do not allow yourself to end up being tempted, or the hours and days will fly by, and you will re-emerge like Rip Van Winkle, blinking in the bright light of time, wondering what happened. Comprehensive, thorough and packed with insight! Benbell Wen has the traditional lore and symbolism down for the Rider-Waite Smith and Marseilles decks, nevertheless, she goes well beyond the most common traditional meanings of the cards upright and reversed and also keywords. When first holding it in my own hands, I was overwhelmed with the sheer magnitude of it!. Wen also contains the useful meanings of recurring cards of the same number. I think the only paperback I have ever seen which could compare to this for sheer size is normally a technical reference book, which in a way, also describes "Holistic Tarot". D, Tarot Coupling: Assets & Wen was not messing around when she wrote this...I have no idea how she managed it, while also employed in such a demanding, full-time profession such as the Law, but here it really is, and it's not filled with fluff or fillers, either- it's great, densely packed information. You can find tried and true layouts, original and inventive layouts, derivative layouts adapted for use with Tarot, comparisons and correspondences, keywords and cross-references all gathered together to create a comprehensive matrix you could utilize to form cement. This is foundation-making material, for certain. I actually opened it and waded in, and even with my 40 12 months background in Tarot, I found myself hip-deep in moments, wishing we had brought camping gear and a machete with me...because this was going to be slower-going than I've been accustomed to since college. She does "acknowledge" the various perspectives such as a card game, fortune telling or the integration into substitute religious practices. Phenomenal Tarot book In the event that you were to have just ONE Tarot publication. To say it is impressive is to perform Wen a disservice. The relationship between your Tree of Lifestyle and Sephirot..That's okay. The complete book is filled up with wonderful illustration, charts and such.. Ms. There are many valuable elements of the book in addition to the ones I have selected. There are some sections, that I am omitting from my review for period constraint reasons. If you want to steer clear of the full immersion encounter, this is often done, with a degree of self-control. We don't have to like it. However...I have to say that I DO like it! I have never been a enthusiast of simpering sycophants, and I appreciate a person with an unbiased point of look at.. Even while a paperback, it is HUGE enough to become a doorstop.(even when I'm wading through their rather turgid prose, LOL.)I should say here, that is not a reserve for the fluffy, the wannabee, or the surface-skimming hobbyist. This is a significantly deep immersion knowledge, and it requires GUTS. It could be slow-going, and you will find yourself back-tracking, merely to make certain you've really grasped some of the finer points. If that is too much for a few, I will happily direct them to the Cliff-Notes style works, written by all way too many other writers. Happily, "Holistic Tarot" can also be used as sort of dictionary, where you can research discrete packets of specific information, and then close it before it swallows you up, entire. Keep this to the serious Tarotists, who want something they are able to sink their teeth into. This is HER book, so she gets to call the photos between the title page and the index. For those of you who fear to be engulfed by its quicksand maw, just be prepared to exercise just a little restraint, and consider the dictionary approach. If your objective is to use tarot in the analytic strategy of the modern



tarot movement, Wen has given you your bible. If you can't resist the lure of the depths, first caffeinate thoroughly, put down kibbles for the house animals, turn off the telephone, take a breath, and dive in! You will find yourself in a challenging realm of effective currents, that will take your brain to far areas, even though you thought you had been experienced and knew what to expect. You can find 172 pages of card evaluations and meanings, including reversals. I especially liked the chapter on "Using Tarot to Build Resilience" (Chapter 28). Seriously good advice lives in that locale! This is actually the stuff our customers arrive to us for- and this may be the stuff WE started reading Tarot for- validation, empowerment, self-realization and affirmation. This is therapy, and vitamin I (I for Info). Keywords can assist your intuition. I really like it! I should add here, that is a great investment for the person who is seriously interested in attaining a deeper grasp of Tarot- think that. Where else is it possible to get what is essentially the exact carbon copy of a Mastery Level course in this very precious subject for around \$30? We rest my case. I should note here that this book was received directly from the publisher for review purposes....this would be it. It is becoming my head to when .Wen's tarot analytics epitomizes the modern tarot motion (tarot for self-knowing). Holistic by definition is inclusive in strategy in regards to healing. New to tarot and We'm positive this reserve will give . I have already been using bookmarks when I have to return back and forth in the book. Of both versions, I think I will prefer using the print copy. There's SO much wonderful details contained in here. With the Study Guide, even a beginner which has no idea about the Tarot will get up and running in a organized method without obtaining overwhelmed. The author also has some You Tube video clips that go with the book. This can be the total package. Furthermore, there are so many illustrations! Minor issues, but not enough for me to come back the ebook. Both variations are very useful, but I believe the print version will be used more since that is a reference edition. Recommend if you want to learn the Tarot. Benebell Wen is a treasure! As someone who has go through and taught tarot on a professional level, Benebell Wen has created what is nothing less than a Tarot Bible. It's not only monumental in size, it's incredibly dense in the information that Wen provides. Review of Holistic Tarot This impressive reserve is a dissertation worthy of some advanced level in the most rarified levels of Tarot Practice! Benebell enters related elements and comprehensive readings and as a writer her design is quite approachable and relatable. Another great plus to this book that's often not covered in tarot books that Benebell provides is that she even covers ways the easiest way for visitors to answer inappropriate questions from customers. Whether you are simply learning or a seasoned tarot reader, there exists a great deal to become gotten out of this book. Benebell also has a YouTube channel where she discusses several factors in this and her various other books that's well worth checking out. super informative. Many thanks!. Tarot is also a tool to be consulted in decision making by charting a "road map for the answer". Incredible book, super beneficial. It has become my head to when I need to brush up on tarot - I've learned quite a bit from it. Benebell Wen is really an amazing girl. I also like this it is easier to just read through the e-book edition... Resolutions for Relationship Readings by Gina Thies). I would say it really is for the intellectual. I use this book for my tarot course Teaching. You find out something new each time you revisit the reserve. But I feel that someone with small background with tarot who picks up this book may take the side of Wen and adopt a poor opinion of fortune informing. For instance, five of wands, "competition, rivalry, contention" "Number 5, Uncertainty, adversity, changing tides". A scholarly treatment of the topic yet extremely interesting and an easy task to follow. The one star and two superstar reviewers strike me as simply struggling to comprehend the reserve or respect the educational approach she adopts rather than the picture book technique of several fortune-telling tarot books. I do not have confidence in divination, fortune telling, magic or magick or whatever people call it, Wiccan, witchcraft, and all that other stuff. But I go through this book (270,000 terms) because she presents this information in a way that promotes it even more as a science than as a mystical existence or death card video game. Chapters seven, 8 and nine deal with the learning of keywords. Great book! Great book. Wen presents info openly and leaves it to the reader what things to make of it.





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