

Tarot and Affirmations

What are affirmations?

Affirmations are positive statements, worded in the present tense, that, repeated over time, help us to see ourselves and our issues in a more empowering light.

Why do we combine Tarot with affirmations?

Because the archetypal quality of the cards is inclusive of all of life's experiences ... experiences that are common to all of us. Combine that with the art of affirmations, which is a simple technique that anyone can use to help them make changes in their life, and you have a powerful tool for personal transformation.

Birth Cards and Affirmations –

In this class we will be working specifically with Tarot Birth Cards and Affirmations. We will be using the system developed by Ruth Ann and Wald Amberstone of the Tarot School (www.tarotschool.com/Calculator.html). You may also use the Birth Card calculator on www.Paranormality.com/tarot-birth-card-calculator.shtml. This site features the “Tarot Lovers Tarot”, a lovely deck by Karyn Easton, paranormality.com owner. For purposes of transparency, Karen's deck is being published by Schiffer Publishing as part of a set with my upcoming book on Birth Cards, due to come out in fall of 2011.

How do affirmations work?

Affirmations help us to “reset” our thoughts, to help open our minds to new possibilities, and to allow us to connect with our creative center. Energy flows through our lives when the blocks are removed. We find that we can accomplish great things with minimal sustained effort. It doesn't matter where our negative thinking came from – we can change it!

My thought follows traditional lines as far as the use of affirmations goes - I feel that repeating an affirmation a minimum of once a day for 21 days is what it takes to implement change in our energy systems. Twice a day – morning and night – is even better. It also helps if you carry your affirmation with you, and if you have it out where you can see it at home (this is a bit more difficult in some work situations, but if you can do it, you might want to).

How can I define where to use an affirmation?

1. Affirmations can be “added value” for a Tarot reading. At the end of the reading, work with your client (or do this for yourself, if you are reading for yourself) to see what advice they want to take from the reading. Then determine which of their Birth Cards this would be best coming from. Based on that Birth Card, form an affirmation that will bring in the energy they are Seeking.

2. Coming out of personal journey work, take the wisdom that you have been given, decide which of your Birth Cards you want to work with, and form an affirmation that will incorporate that energy.
3. If you are using your Birth Cards for personal growth, and wish to know one of your Birth Cards better, form an affirmation based on that birth card.
4. If you need help with a specific issue, look to which of your Birth Cards offers the strength that you need, and form an affirmation based on that birth card.
5. If you are looking to balance your Birth Card energy in your life, form an affirmation based on that intention.

Sample Affirmations:

The Fool

I follow my heart freely.
Whatever I need in life will flow to me freely and abundantly.

The Magician

Whatever I can see in my mind's eye, I can manifest in the physical world.
My connection with the Divine is the source of my creativity.

The High Priestess

I listen to the Voice of my soul.
I listen with love and understanding for all.

The Empress

I am comfortable nurturing myself.
I am a co-creator of the abundance in my life.

The Emperor

I am successful at creating structure in my life.
I am confident of my ability to be a good leader.

The Hierophant

I nurture my connection with the Divine.
I have the gift of being able to share my wisdom with others.

The Lovers

I honor the connect of the male and female within.
I honor and respect my relationships, and expect the same in return.

The Chariot

I live my life by choice, and accept responsibility for the choices that I make.
I place intent behind my will, in order to achieve my goals.

Strength

I place purpose behind my passions.
I live by choice from a center of peace.

The Hermit

I allow myself to take the timeout needed to access my inner wisdom.
I share my inner wisdom with others willingly.

The Wheel of Fortune

I learn from the past, but am not bound by it.
I willingly embrace my past, so that I can move beyond it.

Justice

I strive for balance in my life.
I take responsibility for my own actions.

The Hanged Man

I am willing to look at my life from a new perspective.
Material things are of less importance than spiritual wisdom.

Death

I willingly release that which is no longer serving me well.
I release my attachment to things from the past.

Temperance

I live my life in harmony with others, and with Mother Earth.
I choose to transform as I learn my life lessons.

The Devil

I accept and embrace my shadows – they are part of me.
I release my attachment to the material world.

The Tower

I am humble in my attitude towards life.
I keep an open mind, and allow myself to question my beliefs.

The Star

I am sustained by my ability to hope.
I choose to see the best in everyone and everything around me.

The Moon

I am deeply connected to my creative center.
I listen to my inner voices, and see with greater clarity.

The Sun

The warmth of the sun brings me joy.
There are no limits in my life unless I accept them.

Judgment

I choose to bring the quality of forgiveness into my life.
I follow my soul's purpose.

The World

My life is complete –I honor this and take the time to enjoy it,
I shine with the spark of Divine within me.

References

[Tarot Affirmations by James Ricklef](#)

<http://paranormality.com/tarot-birth-card-calculator.shtml>

<http://www.tarotschool.com/index.html>

<http://www.tarotaffirmations.com/>

Ricklef, James. Tarot Affirmations. Knighthawk Books. 2009.