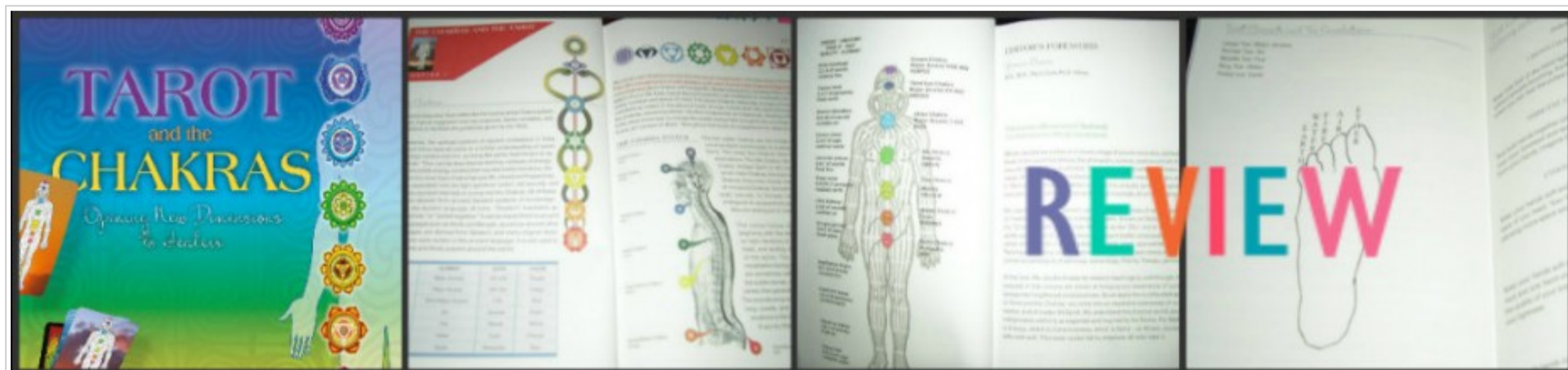


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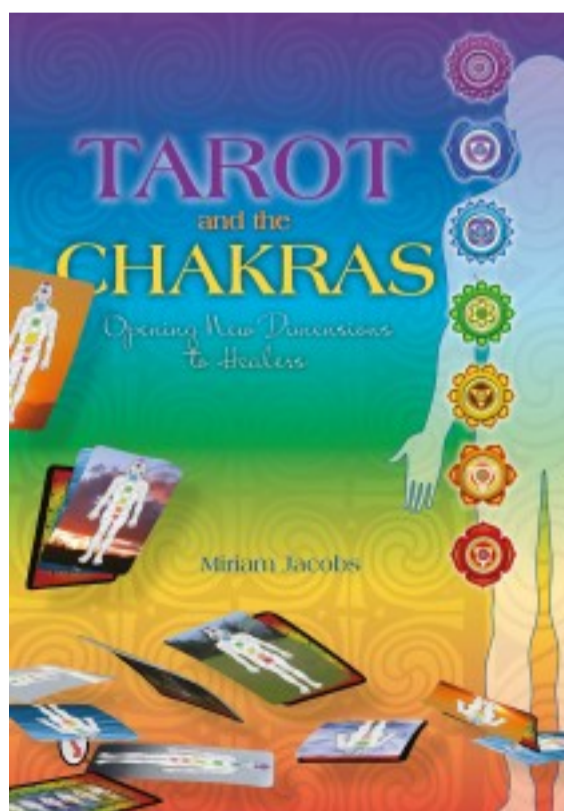
AUG 15 2014 **Tarot and the Chakras: Opening New Dimensions to Healers by Miriam Jacobs**

by [Mary Nale \(http://www.attunemagazine.com/author/superuser/\)](http://www.attunemagazine.com/author/superuser/) • [Blog \(http://www.attunemagazine.com/category/blog/\)](http://www.attunemagazine.com/category/blog/) • [Reviews \(http://www.attunemagazine.com/category/reviews/\)](http://www.attunemagazine.com/category/reviews/)

Well Put Together, Informative and Valuable Resource for Healers.

Review by Mary Nale

This book is provided by [Schiffer Books \(http://www.schifferbooks.com/\)](http://www.schifferbooks.com/)



(<http://amzn.to/1sr1cws>)

I was intrigued when this book hit the “New Releases” page on Amazon and it has been a pleasure to review. Tarot and the Chakras is well put together, informative and a valuable resource for healers. I think you will find it easy to follow and a joy to work with.

After the introduction, Chapter 1 deals with The Chakras and the Tarot and it's here that we start getting an idea of just how connected the two really are.

Chakras and the Tarot (<http://amzn.to/1sr1cws>) is a total of 13 Chapters, a Glossary, Endnotes and a Bibliography. There are 208 pages. Many of the illustrations are in full color-this is a major bonus in my opinion.

This book is full of tables, charts and illustrations that organize all of the information presented by Miriam Jacobs. Three Tarot Spreads are used with one fully illustrated. My suggestion is to read the book through, become familiar with the layout and then start laying down your cards for a reading. The information you gain with the Tarot Cards using the general meaning and adding information provided in this book will lead you to an understanding of how we can use Tarot in our Healing Practices. Balanced Chakra Energies are a wonderful way to compliment any healing technique.

In this book you will use the advice of the card as well as stories to help you remember the card attributes. Meditations, exercises, bodywork techniques, home remedies, dietary recommendations, and the use of crystals are all included in this comprehensive guide to working with the “Whole”. I especially enjoyed the meditations and exercises.

I’ve long had an interest in learning more about Polarity Therapy and I look forward to working with this book. I’m considering ordering Miriam Jacob’s deck.

Glossary of Wisdom Systems

Chapter 1

Chapter 2 Energy, Elements, Astrology Etc.

Chapter 3 Chakra Meditations

Chapter 4 Using Chakra Work with Tarot

Chapter 5 Short Lists of Elements, Chakras and Tarot Cards

Chapter 6 The Three Upper Chakras and the Major Arcana Cards

Chapter 7 The Air Chakra/Suit

Chapter 8 The Fire Chakra/Suit

Chapter 9 The Water Chakra/Suit

Chapter 10 The Earth Chakra/Suit

Chapter 11 Using Crystals and Gemstones with the Tarot

Chapter 12 Tarot and Bodywork, Practice and Foods

Chapter 13 Home Remedies for Chakra Balancing

For information about Miriam’s Polarity Wellness Tarot Cards:

[Polarity Wellness Tarot Cards](http://amzn.to/1sr1cws) (<http://amzn.to/1sr1cws>)

by Miriam Jacobs (Author), Stephanie Swafford (Author)

The Polarity Wellness Website:

<http://polaritywellness.com/> (<http://polaritywellness.com/>)

About Miriam Jacobs:

After a successful career as a visual artist Miriam Jacobs found herself drawn to the healing arts and began her formal studies in 1989. She trained at the Polarity Wellness Network in New York City and was certified by APTA. She received certification in Swedish Esalen massage from the McKinnon Institute in 1996.

Miriam has been also been reading Tarot for over 25 years. She is creating a deck of somatic Tarot cards; Polarity Wellness Tarot, that integrates classic tarot to esoteric body anatomy found in Polarity. Miriam has also trained other practitioners in Polarity.

Her bodywork practice is in the SF Bay area. She sometimes includes the Tarot in her sessions and is available for Tarot readings in person or over the phone.

Miriam has also studied: cranial sacral therapy, chi nei tsang, therapeutic touch, reflexology, ayurveda, and herbology, and integrates all these modalities into her practice.

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