



## Review: Polarity Wellness Tarot by Miriam Jacobs User's Guide by Miriam Jacobs with Stephanie Swafford

Although I can find ways to work magic with her cards, I also found myself wishing that Miriam's guidebook would include more in-depth explanations of how to do Polarity work. However, she does offer her website address for more information on Polarity Therapy Bodywork:

<http://polaritywellness.com/>

Miriam Jacob's cards are mostly traditional in their symbolic associations but they also offer something completely unique, somatic associations in relation to Polarity therapy. For tarot enthusiasts who enjoy learning about the body as well as the inner self, this new deck is a valuable tool to help you gain insight into your physical nature and gain access to methods for taking better care of yourself

Weaving a magical tapestry with threads of mind and body connections, Miriam's fresh approach offers us an opportunity to learn about how the tarot can relate to our bodies. This is done primarily through a drawing of a human body that appears in the lower right hand corner on each card. It is color coded to show you your most significant chakra and where on your own body you need to be focusing your attention.

In her guidebook, Miriam offers brief descriptions of meanings of each card. These include a discussion of the card's key qualities, associated element, astrological connection, concise musings, anatomical correspondences, and a "practice". Each short practice offers a suggestion to do something to connect you with your healing energy. For example, when writing about The Star card she suggests: "Close your eyes. Lift your head up high. Allow the glow of yourself to flow through you."



*Review by:  
Kooch Daniels©*