

TAROT & POLARITY THERAPY (HEALING)

By Miriam Jacobs

As uses for the Tarot continue to flourish and broaden it becomes apparent that the Tarot has lasted because of its foundation in the natural elements - air, fire, water and earth - and because of its archetypal references. Old decks have been the inspiration for newer decks with fabulous imagery and books with amazing insight. I believe too that the Tarot is being recognized as a powerful healing tool.

Similar substantial content is also found for Polarity Therapy, the basis of my work in the healing arts. Polarity is an energy medicine process that balances life energy in the body. It has always been a powerful tool for healing and transformation.

CHAKRAS	POLARITY ELEMENTS	TAROT SUITS	PLAYING CARDS	COLORS
Throat	Ether	Major Arcana		Blue
Heart	Air	Swords	Spades	Green
Solar Plexus	Fire	Wands	Clubs	Yellow
Sexual	Water	Cups	Hearts	Orange
Root	Earth	Pentacles	Diamonds	Red

Polarity Therapy’s founder, Dr. Randolph Stone’s (1890-1982) ability to see the essential energy principles that unified diverse approaches to healing was ingenious. It includes bodywork, cleansing and health building diets, simple exercises (now known as Yoga) and an energetic communications component. The same elements that are the core for the Tarot suits are also found in Polarity Therapy. I consider Polarity’s fifth element; ether, to relate to the Major Arcana.

Dr. Stone left the energetic communications component to be developed by his disciples. Throughout his writings, he mentions the mind and its important role to body and spirit. This verbal component has been developed to consist of focused conversation based on polarity energetics to encourage a positive attitude, to look at challenges in a new way, and to get to the core of those challenges.

Dr. Stones was quoted as saying “Right thinking is the highest form of Polarity”. The verbal component is an earlier version of the power of positive thinking or The secret.

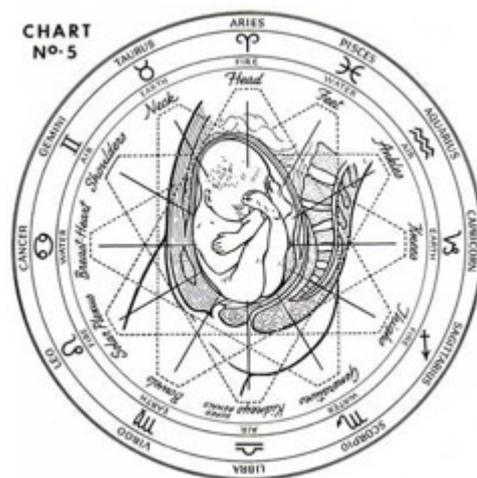
Polarity can be a broad container to build upon or combine with other healing tools. Although, it can very well stand on it's own. The Tarot has become one of my favorite additions to my healing container.

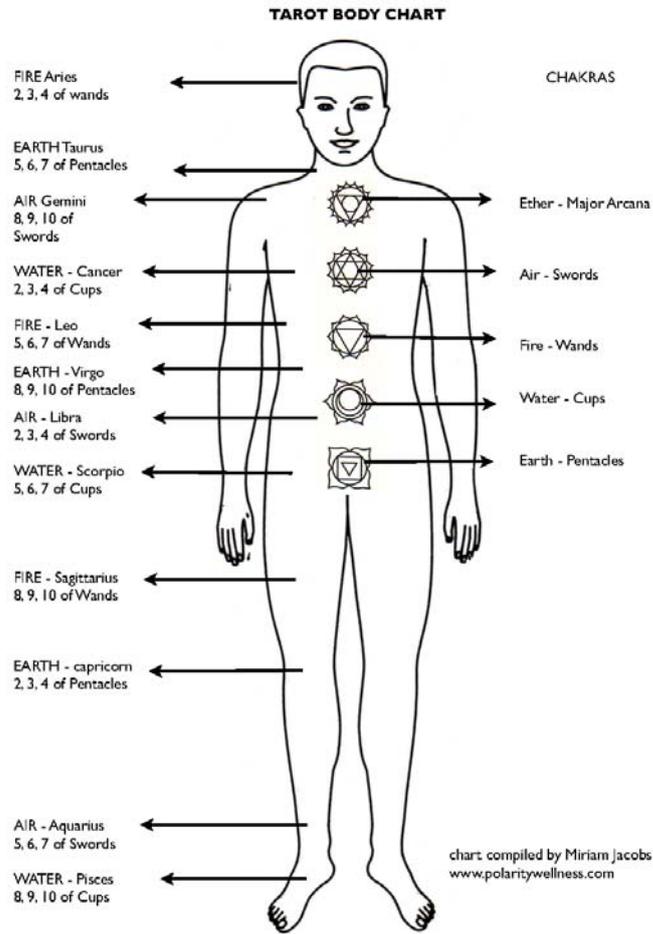
I started incorporating the Tarot in my healing sessions to encourage “right thinking”. A tool other than one's self is often helpful in grounding suggestions or advice. This goes beyond the Polarity paradigm, which teaches us to meet energy with presence and intention and to allow shifts to happen on its own. I personally tend to want to move energy a bit faster so when appropriate I incorporate the Tarot or just do a card reading. Either way, the session is healing because that is my intention. It helps move mental energy, which when moved can help move and balance physical energy more easily. I encourage card reading questions to be reframe to empowering my clients.

Examples might be:

- What can I learn from this situation?
- How can I best approach.....
- What are the implications of my choice(s)?
- What are and how can I overcome negative circumstances?
- Am I off course and what has to happen to reconnect?
- What can I learn from my given situation?

The most exciting part of using Tarot in my healing sessions is the discovery of the Minor Arcana (the number cards) connections with parts of the body. The connecting factor was Astrology which has references in body parts found in Polarity Therapy and in the Tarot. I made an amazing discovery which is best illustrated in the charts following.





Sample Story

When I first met Evangel, she had sadness about her and was usually quiet. However, I noticed when she spoke up she had something to say. I was curious about the dichotomy between her silence and her words.

Evangel is a modern dance choreographer and soloist. I saw her perform a piece that she collaborated with a visual artist. Although I enjoyed the dancing I saw the visual artist clearly trying to take over. It was not a true collaboration. Again she was quiet and was not speaking up.

When Evangel first began coming to me for regular readings, her query began as how best to set boundaries with her brother around their aging mother's care. There was also another question: what was the deeper lesson to be learned surrounding a personal health issue?

The Tarot card readings helped her release the charge surrounding these issues. Over time, the readings pointed out how Evangel was changing and healing. Her questions began to center more on her art making. With the insight that the readings gave her it became clear to Evangel the magnitude of the metaphor for change and healing present in this dance.

Evangel is now collaborating with another visual artist. The debut performance showed a lot of hard work and cohesive content. This time, it is evident that there is mutual support and admiration between the two artists. Both are speaking up and both are listening.

The sadness when we first met has been replaced with happiness. This has happened as she speaks up and honors the value of her life.

In conclusion, Energy Medicine experts claim that it doesn't matter what method a healer uses to heal. Most importantly, is that the healer connects to the client, stays present with the intention and has some kind of formal or informal training.

Books on Polarity Therapy

Polarity Therapy, The Complete Collected Works Volumes 1 & 2, Dr. Randolph Stone (CRCS Publications, 1986, original works 1954-57)

The Polarity Process, Franklyn Sills (Element Inc., 1989)



Miriam Jacobs can be found at <http://www.polaritywellness.com> and <http://polarity-tarot.blogspot.com> where her work integrating the Tarot and Polarity Healing may be discovered in more depth. She is based in Oakland, CA and Albany.