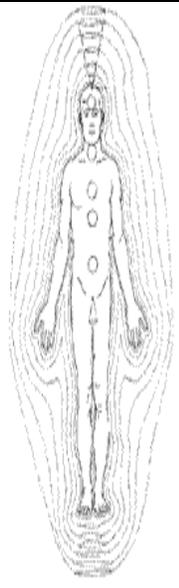


Tarot Chakra Balancing¹

The Chakra System

The Chakra's are seven vortexes of energy that exist within living bodies. Although this term comes from the East - India - it was actually known by Alchemists and magical practitioners in the West as well, who recognized the seven powers in the seven (then known) planets and their correlation to the human body.

Our contact with Indian culture has brought this metaphysical knowledge back to the West, along with the Hindu practices of meditating with these internal power centers, which are also called "The Wheels of Life". Each chakra has a *mandala* associated with it, which can be used in meditation to clear or unblock the flow of energy at that chakra.



| Chakras/ Categories | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th |
|------------------------|---|------------------------------|--|--|-----------------|-----------------------|------------------------------|
| Hindu Name | Muladhara | Swadhisthana | Manipura | Anahata | Visuddha | Ajna | Sahasrara |
| Location | Base of spine | Genitals | Solar Plexus | Heart | Throat | Forehead, "Third Eye" | Crown |
| Planet | Saturn (also Earth) | Mars | Sun | Venus | Mercury | Moon | Jupiter |
| Element | Earth Feeling (physical, structural) | Water Feeling (emotional) | Fire Feeling (energy level, metabolism) | Air Breath (life force, connection) | Ether Sound | Light Sight | Consciousness (all elements) |
| Function | Grounding | Emotions, Sex | Ego, identity | Relationship, ability to love | Communication | Psychic ability | Spirit, Self knowledge |
| Gland | Adrenal | Testes, ovaries | Endocrine | Thymus | Thyroid | Pineal | Pituitary |
| Organ | Eliminatory organs | Reproductive organs | Pancreas | Heart | Ear | Brain, Eyes | Hypothalamus, Brain |
| Colors | Red | Orange | Yellow | Green | Blue | Indigo | Violet |
| Musical Notes | C | D | E | F | G | A | B |

Table 1: Attributions associated with the seven chakras

The Tarot

The Tarot is an ever evolving melting pot of human metaphysical knowledge, drawing on cultures from all over the world. It's origins probably go back to ancient China and India, traveled to the Middle East (influenced by ancient Egyptian and Arabic cultures), and was brought into Western culture during the Crusades. In Medieval Italy and France the "playing cards of the East" merged with the occult philosophies of the West – which itself was a melting pot of ancient indigenous Pagan cultures such as Greek and Roman mysticism, Celtic Druidism, Norse Asatru, and then influenced by Jewish and Christian mysticism. All these different streams of culture, religion, art, philosophy, and mysticism have poured into the crucible of Tarot, and we can extract the information we need with any number of card layouts or patterns.

¹ Inspired by work with Adept Steve Lee

Tarot Chakra Balancing

I was taught to “balance my chakras” every day. There are a multitude of ways to accomplish this - meditation, visualization, music, ritual, and even using a pendulum to rotate above the various chakras.

We are in a constant state of change or flux, and our energy patterns are shifting all the time as our bodies respond to the changes both around and within ourselves. Most of us don't have the time to think about this during our daily routine, but we can make time at least once a day, perhaps early in the morning or before going to bed, to balance our energetic levels using the Chakra system as a map.

For my daily Tarot Chakra balancing exercise, I shuffle the cards, cut the deck three times, and put them together again, with my left (intuitive) hand, focusing on a mental hologram of my body, with seven whirling centers. Then I place seven cards face down in a line. The cards can be picked from the top of the deck, or from anywhere within the deck – the trick is to let our intuition be our guide.

Read from the first card (base chakra) to the 7th card (crown chakra). Turn the cards over one at a time, in the same direction. If the cards are upright – the energy is flowing; if they are upside down, the energy is blocked. The Tarot tells me what kind of energy I'm running at that chakra, and whether it is flowing freely, or is blocked. I need to either “change the program” or “reverse the energy” depending on the card. I can do this by replacing the card with one I consciously want to put in that area, or turning the card right side up. In my practice, I use the Tarot cards as my mandala. The pattern they create shows me the work that needs to be done, and when I “reprogram” it by changing or righting the cards, I can then use it in meditation or visualization as a pattern or mandala to change, heal or strengthen the energy of that particular Chakra.

1st Chakra: This card will tell you what kind of energy you are running at your base, root or foundation. Issues include your basic physical health and level of comfort; your feelings of financial security and personal safety, your connection with nature and the earth, your ability to eliminate what bogs you down, your mobility, basic survival fears, how you handle basic stress, your “flight of flight” mechanism.

2nd Chakra: This card will tell you what kind of energy you are running at your sexual/reproductive chakra. Issues include basic emotions, passions, obsessions, pleasures and joys, sexual boundaries, mood swings, emotional dependencies, emotional fears, etc.

3rd Chakra: This card will tell you what kind of energy you are running at your solar plexus chakra. This is the center of your will or drive. Issues include your ability to fulfill your needs, control your environment, manifest your desires, dominate a situation, etc. It also indicates the level of energy you have – a high or low metabolism.

4th Chakra: This card will tell you what kind of energy you are running at your heart chakra. Issues include your ability to give and accept unconditional love. To accept others and feel accepted by the universe. Your feelings of connection with the universe. This tells how you deal with love, grief, charity, rejection, etc.

5th Chakra: This card will tell you what kind of energy you are running at your throat chakra. Issues include your ability to communicate with others, and also listen to others. This shows how you deal with your own creativity, self expression, whether you share it with the world, or keep it hidden.

6th Chakra: This card will tell you what kind of energy you are running at your “Third Eye” chakra. Issues include psychic ability, dreams, inner wisdom, whether you pay attention to your intuition or ignore it.

7th Chakra: This card will tell you what kind of energy you are running at your crown chakra. Issues include spirituality, connection with higher realms, whether you are on the correct path for you, openness to profound ideas such as reincarnation, karma, etc.

Once you have turned the cards over and identified the areas you need to acknowledge, reverse, change, or work on, you can use the Tarot as a mandala to support your process through meditation, visualization, guided journey.

| | 1 st | 2 nd | 3 rd | 4 th | 5 th | 6 th | 7 th |
|------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------------|-----------------|
| Location | Base of spine | Genitals | Solar Plexus | Heart | Throat | Forehead, “Third Eye” | Crown |
| Tarot Card | #4 The Emperor | #6 The Lovers | #19 The Sun | #3 Empress | #1 Magician | #2 High Priestess | #17 Star |

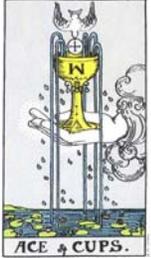
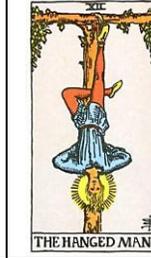
Table 2: Tarot cards I associate with the seven chakras

Meditation: You can use the Tarot card as a picture to concentrate on like a mandala, and let your mind focus on the chakra you are working on. Let the energy of the card enter that chakra and feel it whirling naturally, in the right direction for you (it could be either clockwise or counterclockwise. Some say the direction switches as different times of the day). Let yourself feel at ease with your own unique process, and honor what is happening within you.

Visualization: In this process, you actually enter into the card, as if it were a portal into a new vista. Here you can discover your own internal world through the portal of the Tarot. Guides and symbols will appear to you when needed.

Guided Journey: This is a little more formal. In this process you prepare a script, which you might record and play back for yourself, leading you in a guided meditation to bring healing to a certain chakra. These are also available, and can be found on the internet. (*Chakra Balancing*, a kit by Anodea Judith contains workbook, chakra mandala cards and audio CDs).

Example Reading

| | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| Ace of Cups Upright | 9 Pentacles Upright | Death Upright | Justice Upright | 2 Cups Upright | Hanged Man Upright | The Fool Upright |

This young person, Rebecca, had all upright cards, so the first thing I noticed was that there were no blockages or reversed energies. I also noted that there were four “trumps” in the spread, which means that this is a very intense time in her life where she is having to deal with major issues, rather than minor or mundane issues. Let’s break it down now, chakra by chakra.

In the 1st chakra, her “foundation” or “root”, she had the Ace of Cups. This is the realm of water, emotions, love, and in fact, is an emblem of the Holy Grail. Her foundation is her belief in the reality of the Holy Grail, and her quest for it. She has no fears of where her journey will take her as she follows the grail. She trusts the universe to look after her.

In the 2nd chakra, she has the 9 of Pentacles – Lady Bountiful. She is very comfortable with her sexuality, and in fact, is a very nurturing person. She loves her garden with an almost erotic delight, loving the beauty of the flowers, the ripeness of the fruit. She is an earthy and sensuous woman.

In the 3rd chakra, we see Death. A very odd card for the solar plexus. It is darkness, where there should be sunlight. Yet the skeletal knight holds a white rose banner – the symbol of spiritual purity. This woman can be formidable, even dominating. She is not afraid to use fear as a tactic. But the things she fights for come from pure spirit. She wants to transform the world, make it a better place. She needs to pay attention to her tactics, for she can be overwhelming. Here is a card I would work on to mitigate its fierce energy.

In the 4th chakra, we see Justice. I’m not surprised, with the Knight of Death to enforce Justice. This lady loves justice above all things, it is her holy grail.

In the 5th chakra, we see the 2 of Cups – two individuals making a heartfelt pledge to each other under the guidance of an “alchemical lion”. This is in the arena of the throat and communication, so I see this as her ability to communicate and work with others, loyalty to a common cause, and her great joy in the camaraderie of the work environment

In the 6th chakra, we see the Hanged Man. This is modeled after the Norse God, Odin, who sacrificed his right eye and hung from Yggdrasil, the Norse Tree of knowledge in

order to obtain the wisdom of the *futhark*, or runes, which are the Norse magician's version of the Tarot. In Judeo-Christian tradition, it is also the Tree of Knowledge. The Hanged Man is suspended from the Tree of Life which is the connecting pole between the worlds. Here, I see that she is intuitive, if not outright psychic, and is ready to sacrifice everything for the sake of knowledge and wisdom.

In the 7th Chakra, we see the Fool. This seems to be the opposite of all the cards read to this point. This is a card of frivolity, total trust, a careless and carefree nature. Yet this card is in the place of spirit, connection with the universe. With all the concentration on justice and work with social change, I see a spiritual adventurer who continues on in her basic search for the Holy Grail, trusting the universe to support her. This was a very complex and powerful reading.

I found out after the reading that my client was a graduate student in political science, very interested in getting involved in government. She is about to graduate and start looking for a job in Washington D.C., and is very excited, especially during this progressive period of President Obama. Although she had never had a Tarot reading before ("it was just a lark . . .") she was impressed and took it to heart, taking notes to remember the reading.

Biography

Susa M. Black, BA (Integrated Health Studies, New College of California)
Also studied with: the Tarot School (correspondence course based in New York), Dori Gombold (BOTA), Thalassa (Oakland), Anastasia (founder of Tarot-to-Go in San Francisco), and attended workshops with Mary Greer, James Wanless and many others.

Chakra Workshop Series with Anodea Judith and Selena Vegas (in the 1980's)
(<http://www.sacredcenters.com/>)

Tarot School (<http://www.tarotschool.com/>) (current student)