

A ritual connection with your Tarot cards.

My two main spiritual paths have been Druidry and Stav (the rune-wisdom of the Hafskjold family).

Both of these paths place a great emphasis on ritual, and the importance of creating a personal connection with our spiritual path.

So, I thought I would create a Tarot ritual for you, though do adapt it to fit your worldview.

Why ritual?

Ritual is a chance to shift our perception from the mundane, physical world. To pause and connect spirit to spirit.

Ritual is an experience, it is personal. It is not repeating another's words.

Ritual is finding your centre of reality, and experiencing the spiritual flow that is the world around us.

Ritual is about being, and experiencing, and allowing understanding.

Forming the ritual

Many Northern European rituals focus on the four directions and their associations with the four elements – which fits perfectly with the four suits of Tarot.

I will be working with the elements following my understanding of manifesting, as shown by Rachel Pollock.

I focus on the axis-mundi; the magical connection between earth and sky- which fits perfectly with the Magician.

As I sat with the Magician I knew I wanted a divine feminine energy to balance his divine masculinity- so I chose his matched pair, Strength.

Gathering what you need

You will need your deck of cards, a notebook, and ideally access to natural spaces.

If you are unable to access natural spaces (or prefer to work indoors) I will include indoor alternatives.

You may choose to incorporate ritual items, crystals, runes (or other magical symbols). Use the additional items that are meaningful for you, or keep it only focused on the cards if you prefer. I will be making suggestions of what you could use- they are only suggestions.

Basic format of each ritual (repeated 6 times)

Consider & prepare

The most important part of any magical act is before.

Taking the time to consider why you are doing this, perhaps to journal or use the cards to reflect your emotions, hopes, and blocks.

To mindfully prepare when, where, and consciously gather the tools and objects that will be a part of your ritual.

Ensuring your needs are met

Its OK to choose to wait until you have the time to carry out the ritual well.

Before you commit to opening sacred space make sure you feel safe, are dressed for the weather (if outside), and have all that you need.

Tune in. Is this the right time and place for you?

Altar

An altar is a centre of focus, using physical objects to create a clear focus.

It is helpful to have a few key items that you use in your rituals, then keep with your Tarot set/on your personal altar/in your reading space.

You might choose one key item for each ritual- creating a set of 6 magical items to represent your spirit to spirit connection with Tarot.

These items could be;

- Crystals to represent each ritual.
- A rock, acorn, pebble, shell, or natural object collected at each ritual.
- A piece of ribbon, silk flower, beautiful picture- that connects you with each ritual.
- A “magical” item (e.g. Wand, chalice, athame, plate, staff, bowl)
- You could write a poem, or draw a picture- creating your magical item for each ritual.

You might prefer to focus on totally practical magical items- a cloth, notebook, pen, card bag.

Opening sacred space

There is NO “right” way to do this. If you already have a way of doing this- that is fine.

You may simply whisper a prayer to your God, or your guides to step close.

It is helpful to ask the spirits of place if they are happy with you being there.

Many people like to work with the four directions, as an example;

I invite the spirits of the East, soft wind whispers of song, birds in flight, Breath of life itself, be welcome.

I invite the spirits of the South, sacred fire burning bright. Pride of stag, fire of fox, sun arising again, be welcome.

I invite the spirits of the West, water flowing, salmon jumping, seal playing, ocean raging, rain falling, be welcome.

I invite the spirits of the North. The rocks, the soil, the badger, the owl. Deep grounding earth energy, be welcome.

Its not about memorising and repeating, rather creating your own lines that are meaningful to you.

When I open sacred space I say something like;

“And I ask the sky Father that he may inspire us, allow us to journey, and perhaps understand just a little more.

And I ask the earth Mother. Allow us to journey deep to forgotten places.

I invite in the Gods, and guides- all those who are here to guide and inspire, I say you are most welcome.

And spirits of place, I thank you for allowing me to work here a while.

And the ancestors. Of kith and kin, culture and heritage. Stand around me whilst I work. Let me hear your song so I may better understand my own.”

So have a play, try out words. See what suits you. They can be spoken only in your heart if that better suits you.

Action

So now you are ready- and this is where (hopefully) you have stepped away from the mundane reality and are ready to connect spirit-to spirit, and experience.

I would advice this includes meditating with the appropriate card for each ritual, and it can include any personal spiritual practices you may have.

Closing sacred space

This is usually an unwinding of whatever you did to open!

Thanking the spirits of each direction.

Or in my case

“I thank the sky father for allowing me to journey, and understand just a little bit more.

I thank the earth mother for allowing me to journey deep to forgotten places...etc”

What is important is that you take the time to ground, to reconnect with the mundane world, and to selfcare -perhaps with a drink, journalling, or a gentle act of self nurturing.

Gratitude and Integration

I have often found that the clearest understanding doesn't come during the ritual, but afterwards. Perhaps through journalling, dreams, or just when walking in nature.

As if I am integrating into my mundane life something which happened at another level of consciousness.

And remember to show gratitude. This might be in private prayer, through leaving an offering (feeding the birds, planting a tree, clearing some rubbish, offering time or money to a good cause, helping someone in need, a random act of kindness....).I often find gratitude in action is a very powerful way of completing this work.

Focus of the four elements

Now you could blend all four into one ritual, take a day to run through all four, or set a side a different day for each ritual.

I believe in the value of “slow ritual”. I would take these one at a time, and blend them into my life as life allows.

Wands, Fire.

Where

Anywhere you have a clear view of the sun, sun rise, or midday

A sheltered space that catches the sun.

A fire pit, bonfire, or somewhere safe to light a fire.

A candle.

Items

A candle, lantern, fire, flame or stove.

Amber, Citrine, Pyrite, any gold, yellow or orange crystal.

A magic wand, bud, or shoot of a tree.

Sunflowers

Colours

Red, yellow, orange, gold

Archetypes/symbols ✨

Frey, Loki, Prometheus, Brigid, Helios, Balder, any Sun deity.

Phoenix, initiation, rebirth.

Solar plexus, divine inner fire.

Action

Sunbathe, or allow yourself to relax in the warmth (like a cat on a sunny window ledge)

Gaze at a flame, or fire, and become absorbed by the image and energy.

Notice how the landscape is illuminated by the sun.

Watch a sunrise (or sunset) and experience how the sun changes to landscape.

Gaze at the Ace of wands, meditate on the image (ideally whilst combining with any of the above).

Cups/Water

Where

Anywhere with water. A river, lake, ocean, pool, or pond.

You may want to sit right next to the water, get in the water, or be somewhere that you can appreciate the power of water in your landscape.

Rain, snow, bath and shower also work.

A bath, a shower, a cup of water.

Items

Water (in a cup, bowl etc).

Mirror, seashell, cup, bowl, chalice.

Amazonite, aquamarine, moonstone, light blue crystals.

Ale, wine, mead, herbal teas.

Colours

Blue, green, grey, silver.

Archetypes/symbols †

Njord, Poseidon, Neptune, Sedina, Virgin Mary (Stell Maris).

The Holy grail, the womb, waters of the womb.

The soul, dreams, Morpheus.

Action

To watch water (from rain on the window, to a bowl of water, to the stillest pool, to the waves crashing)

Drink water mindfully.

Swim, paddle, shower, bathe.

Meditate/visualise being in water.

Gaze at the Ace of cups, meditate on the image (ideally whilst combining with any of the above)

Swords/Air

Where

Any where high, or windy, or where the wind has shaped the landscape.

The top of a tree, tree house, hill, mountain, or high window.

Anywhere with a view.

A stormy day or place.

Feed the birds and watch them play.

Items

Amethyst, tigers eye, yellow jasper, howlite.

Feather, incense, leaves.

Flags, kites, swords/ritual knife.

Bells, sound bowls, musical instruments, sacred sound.

Colours

Blue white, yellow, grey

Archetypes/symbols †

Zeus, Odin, Jupiter, Hermes, Mercury,

Sky Father deities, high places, mountains, tall sacred buildings.

Temple bells.

Action

Climb somewhere high and experience the view, the change in perspective (hill, cliff, mountain, or building)

Fly a kite, place flags in a tree to flutter in the breeze, experience the power of the wind.

Visualise/meditate flying above the landscape- or handglide/go in a hot air balloon etc if you feel drawn to.

Sing, chant, focus on the power of breath.

Gaze at the Ace of swords, meditate on the image (ideally whilst combining with any of the above)

Pentacles/earth

Where

Garden, vegetable patch, farmers market, cave, stone circle, woodland.

Items

Preseli bluestone, green opal, green agates.

Bread, cake, salt, local produce.

Plate, pentacle, coin, stone, rock, flowers, fruit.

Colours

Brown, black, green, red

Archetypes/symbols ✧

Demeter, Jord, Gia, Frigg, Rhea- any earth or mother deity.

Womb, tomb, house, shelter.

Garden- "paradise", garden of Eden.

Action

To be still in a natural place, to lie on the earth.

To prepare and eat locally sourced food.

To be mindful of your body, the plants around you.

To be in a beautiful natural place, to garden.

Gaze at the Ace of pentacles, meditate on the image (ideally whilst combining with any of the above)

For the following two rituals I have left more space for you.

My advice is to do the first four rituals, then add detail to my broad outlines based on what has worked well for you.

Magician (divine masculine)

As above, so below.

As below, so above.

The magician stands, and waits inspiration.

He understands the balance between the four elements, above (lilies) and below (roses).

He understands the potential of stillness.

Some thoughts;

- Work this ritual with timing- of the day, moon phase, season, or astrological.
- Linking the microcosm with the macrocosm (and the magicians altar) create a vision board, mandala, sacred poem, symbol or verse to represent you and your connection with Tarot.(I created a runic symbol at the start of my journey which I had created into a necklace).
- Take time out and be still (walking in nature, resting looking out of the window, meditating.) Devote time to allow yourself to be still.
- Explore the concept of “hollow bone” to release fear, expectation, story (at least during spiritual work) to be able to experience your spiritual connection more completely.
- Work through a detailed Tarot spread, journalling, meditating, perhaps taking a full day to unfold. Exploring questions like: Who am I? How can I serve through tarot?

Strength (divine feminine)

As within, so without.

As without, so within.

Strength realises that how we treat ourselves is how we will be treated.

She realises that accepting your-self (right now, as you are) allows you to be fully present in this moment, and that there is no greater magic.

Some thoughts;

- Allow a day of kindness and reflection. Whether at home or in nature- pull cards, draw, write, reflect, and allow a day of gentle self focus to unfold.
- Create a scrap book, photo album, collage celebrating you and your life.
- Plan a wonderful day doing things you love. Without guilt.
- Create a self care routine that you can add to your life-big changes start with positive habits.
- Spend time in contemplation- rich in sensory pleasure. Be comfortable, enjoy delicious food, enjoy your spiritual time.

My magical tools may change over time, but at this point here they are. The pendent in the middle combines both the divine masculine and divine feminine in one runic symbol to represent me.

(Oh water- suit of my wounds- you even get a pair of opal earrings!)

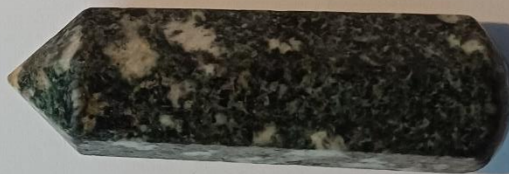
Fire.



air



Water



Earth

I have followed a similar process with the runes, and still do- deeply connecting with one rune a month. I have found this process to be life changing.