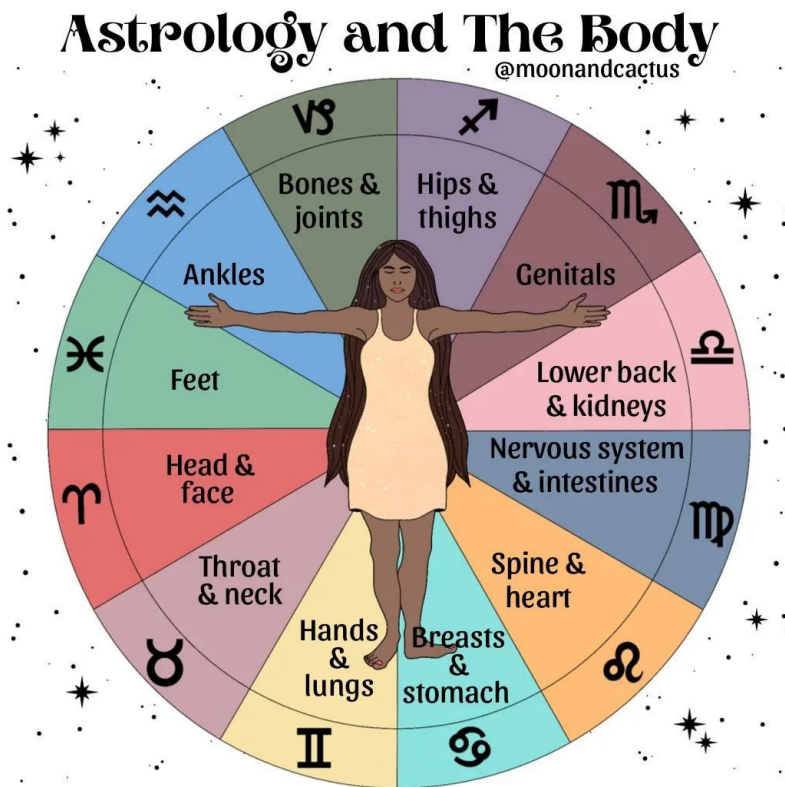




Body Reading with Tarot aka Somatic Tarot

As tarot readers, we are an embodiment of our cards. When we can use tarot to tap into our bodies we can become more aware of our inner selves and we can also use this information to help us create that mind/body connection. Reading for our bodies is also great way to break you out of reading ruts because we are interpreting the cards in a different way which can offer new information. We often forget to check in with our bodies which are highly affected by our surroundings and our body will offer us information which we sometimes ignore (like when we need rest for example).

In this discussion, we are going to look at different ways we can use tarot to read our bodies and how we can delve deeper into our tarot practices and use the cards in a new way.



Aries: Head, Brain, And Eyes (The Emperor)

Taurus: Throat, Neck, And Vocal Cords (The Hierophant)

Gemini: Arms, Lungs, Hands, And Nervous System (The Lovers)

Cancer: Chest, Breast, And Stomach (The Chariot)



SAGE WIND TAROT CIRCLE ... SEPT 2022

Leo: Heart, Spine, Spinal Column, And Upper Back (Strength)

Virgo: Digestive System, Intestines, And Spleen (The Hermit)

Libra: Kidneys, Skin, Lower Back, And Buttocks (Justice)

Scorpio: Reproductive System And Sexual Organs (Death)

Sagittarius: Hips, Thighs, And Liver (Temperance)

Capricorn: Joints And Skeletal System (The Devil)

Aquarius: Ankles And Circulatory System (The Star)

Pisces: Feet And Lymphatic System (The Moon)

The Three Intelligences of the Body:

- These are the three places we regularly access when making decisions
 - o Head - Swords
 - o Heart - Cups
 - o Gut – Wands

Body Parts and their Corresponding Cards

Fool – Respiratory organs

Magician – Cerebral & nervous systems

High Priestess – Lymphatic system

Empress – Uterus

Emperor – Head & face

Hierophant – Shoulders, arms and hands

Lovers – Lungs

Chariot – Stomach

Strength – Heart

Hermit – Back

Wheel of Fortune – Digestive system

Justice – Liver

Hanged Man – Skin

Death – Intestines

Temperance – Hips & thighs

Devil – Genitals

Tower – Skeletal system



SAGE WIND TAROT CIRCLE ... SEPT 2022

Star – Kidneys & bladder

Moon – Legs and feet

Sun – Circulatory system

Judgement – Throat, Thyroid

The World – Excretory System

Health Card Combinations

Accidents – The Chariot (R), Wheel of Fortune (R), Tower

Arthritis – The Devil (R), The World (R), 10 of Wands

Back Pain – 10 of Swords, 10 of Wands

Depression or Anxiety – The Star (R), 5 of Pentacles

Eyesight Problems – The Emperor, The Sun (R)

Feet Problems – The Hanged Man (R), The Moon (R), Page of Cups (R)

Heart Problems – Strength (R), The Sun (R), 3 of Swords

Intestinal Problems – The Hermit (R)

Kidney Infections – Justice (R)

Menstrual/Uterus issues – The High Priestess (R), The Moon (R), Queen of Cups (R)

Mental Breakdown – The Tower

Migraines – The Emperor (R), Ace of Swords (R), The Tower (lightning)

Recuperation or Hospitalization – 4 of Swords

Throat or Thyroid –

Ulcer or Stomach Problems – The Chariot (R)

Using the Chakras

- 1) Root: What keeps me grounded
- 2) Sacral: What make me feel alive?
- 3) Solar Plexus: What gives me power
- 4) Heart: How can I expand my heart?
- 5) Throat: How can I communicate better?
- 6) Third Eye: How can I see my truth?
- 7) Crown: How do I best connect to my highest good?



The Senses

Smell: I take better care of myself when I...

Taste: I nurture myself when I...

Sight: I can see myself in a new light by...

Touch: I can make the world a better place by...

Hearing: I express myself well when I...

6th Sense: I can hone my psychic and intuitive abilities by...

Cards Associated with Healing:

- The Empress
- Temperance
- 3 of Cups
- 4 of Swords
- 9 of Wands
- 4 of Pentacles
- Knight of Pentacles
- Queen of Pentacles
-

Warnings:

- Tarot does not replace the help of a medical professional
- Cards can be misinterpreted
- It's not ethical to predict death

References:

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<https://teachmetarot.com/part-1-minor-arcana/lesson-9-the-four-fives/health-card-combinations/>

<http://hoodoohillrootworksupply.blogspot.com/2013/07/tarot-and-corresponding-body-parts.html>

The Magic of Tarot – Sasha Graham

The Muses of Tarot – Ethony Dawn

READ

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physical healing.

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your cards while fo-
heal. Then cut your

1. HOLISTIX'S CARD

2.

What beliefs
are keeping
me from
healing fully?

3.

What habits am
I being asked to
release?

4.

How can
I empower
myself during
my healing?

5.

What
assistance or
aid will benefit
me at this time?

6.

What self care
do I need to
act on?

7.

What is my
next step
forward on
my healing
journey?