



Tarot Shadow Work: Using the Dark Symbols to Heal

Christine Jette

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"In *Tarot Shadow Work*, Christine Jette bravely takes the practice of tarot readings to new depths and places many people fear to go. She shows us how we can use the cards to trigger awareness in ourselves of troubling aspects of our lives and histories, and then go beyond discovery to use the cards as tools for healing. This is part of the work that needs to be done with tarot in this new century."

—Rachel Pollack, author of *78 Degrees of Wisdom* and the forthcoming *Shining Tribe Tarot*

Deep within our psyches, the unconscious holds our forbidden feelings, secret wishes, and creative urges. Over time, these "dark forces" take on a life of their own and form the shadow—a powerful force of unresolved inner conflicts and unexpressed emotions that defies our efforts to control it. The shadow takes its shape from a menagerie of archetypes, each recognizable throughout time and around the world—troubling characters who thrive within our persona. The shadow is saboteur, martyr, victim, addict, sadist, masochist, or tyrant; all the dark figures that prey on the lighter qualities of the human personality.

The shadow also represents those latent talents and positive traits that were banished from us at some time along our life path: artistic, musical, athletic, or creative talents. An undeveloped ability, a dream that has gone unexpressed, a fantasy of what might have been—these too make up the personal shadow, the lost parts of ourselves.

Tarot Shadow Work shows you how to free yourself from the shackles of the shadow's power. Through tarot work, journaling, meditation, creative visualization, and dream work, you will bring the shadow into the light. This book is ideal for those who are in recovery from a serious addiction or illness, as well as any person seeking a deeper understanding of his or her true self.

By exploring the dark and uncharted territory of the unconscious mind, you will work towards understanding and integrating the shadow. No prior knowledge of the tarot is required. You will learn to use the cards as a tool to help you break free from negative patterns and self-destructive behavior.

Once we realize that we are made of both light and darkness, life will start to make sense. When we accept our dual natures, we stop sabotaging our own efforts and learn to be compassionate with others and with ourselves.



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