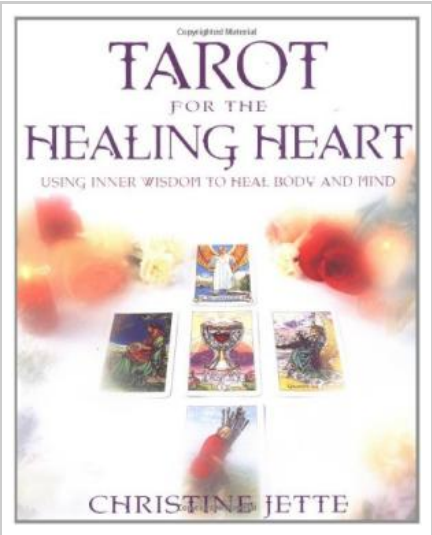


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Tarot for the Healing Heart: Using Inner Wisdom to Heal Body and Mind

By Christine Jette

Llewellyn Publications. Paperback. Book Condition: New. Paperback. 217 pages. Dimensions: 9.0in. x 7.4in. x 0.7in.Tarot for the Healing Heart has a simple premise: now is the time to begin healing and resolution. To heal is to make whole. Dis-ease (being out of ease) can manifest as physical or emotional pain, broken relationships, or spiritual unrest. The message of dis-ease is one of hope. The possibilities of the future exist now--not as fantasies, but through the exercise of free choice in the present. Through choice, the future grows as the fruits of our present healing actions. In Part One of Tarot for the Healing Heart, you will learn how to create a healing atmosphere, including creating sacred space, centering, and dream work. In Part Two, explore the meaning of illness and learn to understand your own personal patterns of dis-ease and healing, including letting go of fear. Health attracts health, and Part Three examines healing as a lifestyle. This section includes healing meditations and visualizations designed to awaken your inner healer as well as methods of pain reduction. Part Four explores how to use the entire tarot deck for the express purpose of healing. In-depth descriptions of each card include the...

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