



4-Card Tarot Self Exploration Technique

Based on Daniel Ofman's Mask Theory and applied to Tarot in Scott Grossberg's book The Masks of Tarot

Using the Major Arcana, make 2 piles.

1) Cards that attract you. 2) Cards that repel you.

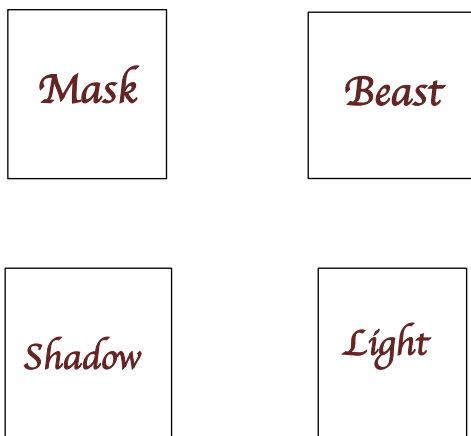
You may add a third pile if there are cards that are completely neutral.

From the attract pile, choose the card that you find most pleasing.

From the repel pile, find the card that repels you the most.

Choose the 'opposite' card for each from the Hero's Journey Cheat Sheet

Lay the 4 chosen cards out as follows:



The Frame to Make Meaning of the Spread

Mask is how you represent yourself to the world - Who you believe yourself to be.

Shadow is a deeper/unconscious level – The face hidden from the world, the wounded child that we hope we have left behind.

Beast represents the way you behave when stressed or your deepest hidden needs.

Light is you when you are at your best – How your mother sees you. What you need to make yourself whole.



HERO'S JOURNEY CHEAT SHEET

<u>Card</u>	<u>Opposite</u>
Priestess	Strength
Empress	Hanged Man
Emperor	Death
Hierophant	Temperance
Lovers	Devil
Chariot	Tower
Justice	Star
Hermit	Moon
Fool	Sun
Wheel of Fortune	World
Magician	Judgement

Importantly, The Fool could be opposite any of the bottom set of cards as indicated:

Why does the Fool step into the unknown?

Opposites of child-like wonder:

Fool → Magician to find a Guru

Fool → Wheel of fortune (change) To find something new

Fool → Sun to integrate the Shadow

Fool → Judgement to gain enlightenment

Fool → World to gain everything.