



# Using Tarot-Magic for your dreams

To use Tarot-Magic for Dreamwork, in order not to disturb my sleeping time too much, I prefer playing with quiet/calm/feminine yet strong cards. For example, I would prefer using the Star instead of the Chariot, which is an action and movement card, the hermit instead of the Magician because it has mental movement also, etc. But you can try different cards and see how they speak to you in a personal way, it depends much on your personality, energy, perception and the answer or goal you are seeking.

**The High priestess:** representing hidden knowledge, hidden wisdom, intuition, etc.

It can be used to:

- Uncover the hidden wisdom of your soul
- Enhance your intuition
- Study in Cosmic universities at night
- Learn about magical symbols
- Learn about Cosmic laws

**The Hermit:** going inside, learning about the archetypes, initiation and seeking inner light, etc.

Can be used to:

- Go back into the dream realm by getting better sleeping nights
- Finding back the inner guidance after being too much in the outer world
- Through dreams, develop an inner hidden gift/power
- Working on a project, finding inspirations and ideas through dreams, before starting it.


**The moon card:** the moon related to the unconscious, the world of dreams, illusions, imagination, discovering what is behind the veil.

It can be used to:

- enhance the dreams,
- Find an answer from prophetic dreams
- Connect with spirit allies or deceased people
- To visit the Akashic records
- To go the underworld

**The Star card:** representing guidance, protection, the origin of the soul

It can be used to:

- Be protected during the dreams
  - To get guidance from your soul,
  - Get answers about your life mission
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- Travel into higher realms

**The Suit of cups:** representing water, dreams, emotions, desires, love, relationships

It can be used, in general, to:

- Express repressed emotions
- Bring love to your life
- Bring joy and beauty to your life

*How to use these cards:* by putting the card next to your pillow,

1. Define your intention/goal
2. Choose the appropriate card and choose the aspects you want to call in
3. Make in "invocation" or Affirmation to activate the magic of the card/energy.
4. Let go and trust the process

Here are some simple invocations :

"I call upon the shining star, may she protect me tonight, so that I can have resourcing journeys, to my soul origin. As above as bellow, it is done"

"I call upon the power of the moon, that can guide me through darkness, to get through the pillars and meet with my guides, I call upon my Spirit Allies, with compassion and strength, they surround me, and guide me through the seven skies, ...."

## Dream Spreads

### *Protection spread*

Use this spread in order to be protected and well supported during your night journey:

If you use the Tarot deck, place the cards in these positions:

With this spread, we used the form of the cross in order to call in the 4 directions to be supported and protected, this spread can be used when you need to be supported on the emotional level, to nurture your inner child and feel the secure cocoon in this existence:

Sun  
Empress   Fool   Emperor  
Moon

With this spread, you will call in the divine protection, the archangels, to help you:





- In your awakening process,
- to seek your inner powers,
- to become an Active dreamer,
- to refuse anything that do not correspond you anymore, to cut negative cords.

Star

Temperance    Magician    Judgement

Moon

If you are not using Tarot, you might want to use an oracle deck to place the energies around you during your sleeping time, these oracles, can help you call in an archangel, a Goddess, or a God, etc.

### *Enhance your dreams spreads*

With this spread, made in form of a line/ray descending from the sky, you are placing your intention: I want to travel through the dream world to learn about myself and the world that surrounds me. The Star will lead the way.

Star card

The world

Moon card

With this spread made in the form of an arrow, you are giving a push to your dreams in order to have an answer regarding a question or a problem:

Priestess

Fool    Magician    Chariot

Strength

### *Dream Manifestation spreads*

With this spread you will place your intention or goal bellow the magician card, you can write it down on a paper, or chose a representation of what you want in tarot, for example, I will choose the 9 of coins is I want to find the right car for me, I would choose the 2 of cups if I want to stimulate my personal relationship, I will then place the card bellow the Magician. This spread's intention is that all happens in the best way, according to the Cosmic flow and by respecting the life force that animates all that exists.





Star Sun Moon

Emperor Empress

Magician

### *Interpretation spreads*

In addition to the spread you will find in the Dream-Journal, here are some spreads that will help you interpret your dreams:

You can use this general spread to interpret a dream, however, sometimes it is really interesting to Focus on one aspect of the dream, for example you can ask your deck about the meaning of:

- The colors in the dream,
- The symbols: you can pick a card or more per symbol
- The persons or archetypes you met in the dream and give them a space, with your cards, to talk

#### **The trigger spread:**

- What triggered the dream in the awoken world?
- What triggers me in this dream?
- What is the dream-message I am avoiding?

#### **General spread:**


- Why am I having this dream now?
- What is the apparent message of the dream?
- What is the hidden message of the dream?
- What lesson is this dream bringing to me?
- How can I apply this lesson in my life?

#### **Bonus questions:**

- What is the environment of the dream?
- What are the emotions expressed in the dream? why?
- What are the mind/mental ideas expressed in the dream?
- What are the spiritual messages of this dream?

But please adapt your spread to mirror your own believes, questions and aspirations 😊

#### **To go further:**

- Liminal Spread: check it out in the workshop with Carmen Sorrenti
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- Discover the decks that you can use in our videos in your personal section

