

MEDICINE WOMAN TAROT



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Publishers
U.S. GAMES SYSTEMS, INC.
Stamford, CT 06902 USA
www.usgamesinc.com

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ISBN: 0-88079-419-4

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Printed in USA

U.S. GAMES SYSTEMS, INC.

Publishers

179 Ludlow St., Stamford, CT 06902 USA

THE MEDICINE WOMAN TAROT DECK

Introduction

The Medicine Woman Tarot honors Mother Earth and respects all beings, embodied and in spirit. It guides through the seasons and the powers which they provide to all who live in Earth's embrace. Seventy-eight positive images depict the feminine strength in both men and women.

The following instructions are intended as a quick reference guide to your tarot readings. An in-depth course of study in personal awakening is available through *The Medicine Woman Inner Guidebook* by Carol Bridges.

To use the Medicine Woman Tarot deck, you must become friends with it. The deck speaks not only to the intellect, but to the body, emotions and spirit. You must write about it, speak to it, cry over it, laugh with yourself. All of the characters depicted herein are roles you play, people in your life, archetypal forces, and medicine helpers, rolled into one. At the same time, they depict a path of life, the laws of manifestation, the biochemical interaction of cells, the evolution of humanity and your daily encounters. There are many levels through which these beings—the Medicine Woman Tarot—will be working with you.

The cards of the Medicine Woman Tarot comprise twenty-one Major Arcana and fifty-six Minor Arcana. The suits of the Minor Arcana are stones (pentacles), pipes (wands), arrows (swords), and bowls (cups). Each suit comprises ten numbered cards and exemplar (king), lodge (queen), totem (knight) and apprentice (page).

The cards zero through twenty-one (the Major Arcana) show the path a life follows from birth to fulfillment. Each card bears the traditional tarot title and an alternative title. The first eight cards tell you how to manifest a thing into being:

Plant the seed idea (card 0 Seed).

Take stock of resources, both earthly (1 Resources) and spiritual (2 Seeker).

Practice contentment by nurturing and appreciating what you have already been given (3 Bounty).

Take command of that which needs to be changed (4 Command).

Present your idea to the world (5 Peacemaker).

Maintain your inner/outer balance (6 Ecstasy).

Take note of your achievement (7 Warrior).

Cards 8 through 14 bring you into a deepening inner phase of life to explore more thoroughly the subtle spiritual forces that work through you: healing (card 8), inner guidance (9 Guide), karma (10 Harvest), balance (11), vision (12), the end of what is no longer needed for your spiritual advancement (13 Sunset), and the integration of your new-found truths (14 Blend).

Cards 15 through 21 raise you to a profound communication with spirit ancestors and the wisdom of ancient ways, providing you with high level help as you more clearly see and are able to tackle problems as big as the world. As you travel the spiraling wheel, you are led through the depths of the human dilemma to the peaks of cosmic consciousness where you become dancer on top of the world. Now you more skillfully choose your dance ground and those with whom to live passionately and fulfill your spiritually rich earthly life.

Like the nervous system which receives, integrates, and transmits knowledge, the consciousness goes through these same three stages to accomplish major life changes. You have been programmed by DNA in every cell to spiral onward until, as your awareness increases, you are more and more able to take over the job of programming yourself. In other words, you are meant to become a Goddess, a Creator of your own reality.

The beginning of this awareness of self-creation, I call the Medicine Path, and you who walk on it, a Medicine Woman. "Medicine" is used in the Native American sense to mean "healing." It is a force that corrects that which was out of balance. I use the words "Medicine Woman" rather than "Medicine Man" because the medicine of this deck is to assist in restoring balance within society and individuals, and it is the feminine aspect which we currently need. Whether you are male or female, this deck is meant to bring the feminine healing aspect of you into realization.



You are on a journey to **MAKE REAL**, to "real"-ize, the powers of life at your command. You are **RESPONSE-ABLE** to make changes in your world, society, and self. On the path, you enable your self to become ever more able to respond powerfully to every situation and to create with it the life you need.

A Medicine Woman gains her power on the path of life. Through her interactions with Creation, she chooses her destiny.



There is a voice-within-you that, in all situations, knows your correct choice and speaks it. Through this deck, you are guided to listen.

There is a body-knowledge telling you at all times what to eat, where to go, when to move. You will discover the dance.

The sexual energy, so compelling a force, draws to you exactly what you need to further your spiritual awakening.

The hands that now work for you also heal. As you align your desires with the Highest Good for All, you become a channel, a woman of good medicine.

The Medicine Woman Tarot is a guide to help you on this journey of responsibility. The cards will come to life in your meditations and become spirit friends to share your joys and sort through your sorrows. The exercises in the *Medicine Woman Inner Guidebook* will help you take what you learn into action. The visualizations will give your body/mind the images to lead you to your own greatness. How quickly, how thoroughly, how happily you travel the path depends upon you, for "time" is the only perception that prevents you from being there now.

Life is your power. The Creator is you, bringing life into the world through the patterns of your thinking, the images of your mind. Woman, Womb of Creation, these are your powers!

Getting Acquainted

To see the progressions, lay out the cards of each Minor Arcana suit, ace through Exemplar, and lay out all the Major Arcana cards, Seed through Dancer.

Arcana means mystery. Major Arcana cards signify important spiritual energies. Minor Arcana speak of the lesser everyday mysteries through which we must discover ourselves as we travel our spiritual path.

The Major Arcana signify forces beyond the self, something you do not have to "do," but which will instead seem to pick you up and carry you on. The Minor Arcana, however, tell you of everyday choices you must make in order to bring your life to its fulfillment. The more subtle meanings of each card and mystery are explained fully in *The Medicine Woman Inner Guidebook*. You may begin to tune into these subtleties by gazing at the cards in their numerical progression. Each suit leads you from the first courageous step toward the manifestation through your personal life of a gift that will live on beyond your days to bless generations to come.

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The deck reminds you of your ongoing relationship to Earth, mother of all you are, have, and will receive. Each suit exemplifies the energy of a direction, season, time of day, and its effect upon your life.

The drawings and references throughout the book and deck are oriented primarily toward women. This is not to exclude men from these lessons, but to heal a cultural situation where most everything is oriented toward men. It is hoped that any man using the deck and book will understand the need for this healing. The Medicine Woman Tarot attempts to be good medicine. Part of its purpose is to supply powerful images where there has been a lack of power. Consequently, a man is the main character in the suit of bowls, the energy of which is love and devotion. It is here that male power is currently denied by the technological culture.

In all other Minor Arcana drawings, a woman is the main character. It is my purpose to empower women in areas where their power has been denied. The archetypal characters of the Major Arcana are both male and female. Where a stronger yang (masculine) force is called for, I have used a male. But it must be understood that yang is a quality within each human being and does not belong only to those of one body structure.

I feel that the division of humans into two sexes is arbitrary. We exist in a spectrum of sexuality and body types. There are extremes at either end, but most of us stand somewhere in between. A Medicine Woman is any person who has recognized and actualized their female powers, acting with intuition, love, and creative force to make this world "home" for all generations to come.

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