



The Tarot School

P.O. Box 751214 Forest Hills, NY 11375 (800) 804-2184 Tarot@TarotSchool.com

Tarot Magick Manifestation Exercise

Close your eyes.
Breathe and Relax.

You are seated in a chair in complete darkness. Any thoughts or images you may have are shadows in the darkness. You can see nothing.

A match is struck and a flame flashes somewhere in front of you. The flame expands, gutters and steadies, and it lights the wick of a candle. The candle flame rises clearly and sheds light in a broad circle around itself.

In the candlelight, you can see that there is a small table in front of you, spread with a white cloth. The candle itself is white and set in a grey stone candlestick.

Directly in front of you on the table is a single place setting. It consists of a golden plate, a pointed silver knife and a crystal goblet.

See all this clearly.

Now, cup your hands around the candle flame and feel its warmth.

Pick up the crystal goblet. Feel the facets of cut crystal and trace the design with your fingers.

Put down the goblet and pick up the silver knife. Feel its point and its blade, and the cool smoothness of its handle.

Now put down the knife and pick up the golden plate. You need both hands because its so heavy. The gold looks and feels buttery in the rich candlelight. There's a pentagram etched into its center. Put down the plate and trace the pentagram with your finger.

See and feel all these things clearly and intensely. Take a deep breath and open your eyes.

Where you able to see the scene and the objects clearly?

Could you feel the candle's warmth between your cupped hands? Did anyone have any difficulty with that?

When you picked up the goblet, which hand did you use?

For best results in a sensory meditation, it is helpful to notice details. This is not strictly a guided visualization, because it involves senses other than sight. That's why it's called a "Sensory Meditation."

Do you recall how heavy or light the goblet was?
Can you recall the design of the cut crystal?

Now, how about the knife?
Did you see the silver?
Did you clearly feel the point and the blade?
What shape was your knife?
Was it a dagger, a regular piece of silverware, or something different?
Was it plain? Ornate?

Finally, there's the golden plate. This is the most important part for our purposes.

By the way, our purpose is to give you the tools for manifesting through Tarot. Manifesting anything. We're only part of the way through the process, and you'll know how it works by the time we're done.

Back to the golden plate.
How heavy was it? Solid gold weighs a lot.
How did it feel in your hands? Gold has a very distinctive feel.
Were you able to see the pentagram clearly?
How deeply was it etched into the surface of the plate?

Close your eyes again now. Breathe and Relax.

At this time, think of something you would really like to have, to own, to possess. Or, something you very much want to be or experience. Clarify your desire. Make it as concrete as you can. Refine it so it isn't vague or fuzzy at the edges. Make your wish into an image and turn it around so you can see it from different angles. This will help to make it real. Take about a minute to do this.

Now you are seated again at the table. The candle, the goblet, the knife and the plate are once again before you. Take a minute to see them clearly and to touch each one in turn.

Pick up the knife with the hand you use to write with. In the other hand, hold the goblet. Now strike the goblet lightly but firmly with the knife blade and listen to the crystal sing as it vibrates.

Notice that the goblet has filled with liquid. What color is it? Smell it. The liquid has a distinct scent. Remember it. Sniff it again until the scent cannot be forgotten.

Is the scent pleasing to you? If it is, taste the liquid in the goblet. If the scent is unpleasant, put the goblet down and wait. The taste of the liquid is as memorable as its scent.

If the first taste is unpleasant, put down the goblet and wait.
If it tastes good, taste it again. Taste it until you cannot forget the taste.

If the scent or the taste of the liquid in the goblet was unpleasant in any way, it is a sign that your wish should not be pursued at this time, or in this form. During the rest of the exercise, observe and learn but don't do. If the scent and taste were pleasing, you may complete the exercise.

Now, put down the goblet. Notice that on the golden plate, on the center of the pentagram, a fruit has appeared. Pick it up.

Turn it over in your hand and feel its texture. Look at it from different angles. Smell its fragrance. Impress these sensations on your memory.

Put the fruit back on the plate. Now clearly visualize your wish or desire as you created it earlier.

Pick up the knife and slice the fruit once, in half. If the fruit is healthy, you will see that the image of your desire is the core of the fruit, repeated complete in each half. If there's anything wrong with the fruit, put it down. The exercise is over at this point. As before, this is an indication that the nature or the timing of your wish is inappropriate.

If all is well, put down the knife and slowly, with relish, eat the fruit complete. Enjoy the taste of every mouthful. Take a minute to do this.

Offer your thanks to the spirit who presides over the table. Do this carefully and formally, with feeling. The more aware you are of the power of the presiding spirit, the more power there will be in this exercise.

Take two deep breaths and open your eyes. Your wish has already begun to manifest.