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## **A STUDY OF TAROT CARDS AND PSYCHIC HEALING PRACTICE ON MENTAL, EMOTIONAL AND BEHAVIOURAL CONDITIONS OF THE CLIENTS IN IMPHAL VALLEY WITH SPECIAL REFERENCE TO DRUGS AND ALCOHOL CONSUMPTION AND ITS FAMILIES**

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### **Abstract**

**Methodology:** A case study was done on 15 numbers of clients using simple random sampling technique in Imphal valley who came with mental , emotional and behavioural issues regarding drug and alcohol abuse.

**Objectives:** The study was done i) To study the connection between tarot cards and behaviours of drugs/alcohol abusers

ii) To study the connection of tarot cards and family members of drug/alcohol abusers

iii) To analyze the impact of tarot cards ritual, guidance to the drug/alcohol abusers and families

iv) To study the behaviour analysis of drug /alcohol abusers as predicted by tarot reading

**Result:** It was found that Tarot cards help in reducing mental, emotional and behavioural problems by providing guidance, positive thoughts and strong intuitions. It was further found that the counseling practices, rituals and recommended healings could provide a good feedback in terms of mental health, emotional health and good behavioural change to the clients.

**Keywords:** Tarot Cards, Mental Health, Counseling, Clients, Drug and alcohol abusers

### **Introduction**

Tarot cards are a deck of 78 cards used for telling and self-discovery. They are also used for cartomancy, a practice that involves interpreting cards to gain insight into past, present or future. A traditional tarot deck contains 78 cards. These 78 cards are divided into main categories- the Major Arcana and the Minor Arcana. Each card holds a specific meaning and symbolism, contributing to the overall narrative of a tarot reading.

The Major Arcana: 22 cards

The major arcana consists of 22 cards, each representing significant life events, spiritual lessons or powerful energies. These cards are often considered the most influences or themes in a person's life. The major arcane consists of 22 cards, each representing significant life events, spiritual lessons or powerful energies. The major arcana are numbered from 0 to 21, starting with the Fool and the World.

The Fool(0): Symbolizes new beginnings, spontaneity and taking a leap of faith.

The Magician(1): represents manifestation, resourcefulness and using one's Skills to achieve goals.

The High Priestess(2): Signifies intuition, mystery and inner knowledge

The Empress(3): Embodies nurturing, abundance and creativity.

The Emperor(4): Represents authority, structure and leadership.

The Heirophant(5): Represents tradition, conformity, morality, ethics.

The Lovers(6): Symbolizes love, relationship and choices.

The Chariot(7): Symbolizes inner strength, bravery, compassion, focus, direction, control, will power.

The Wheel of Fortune(10): Signifies change, cycle and destiny.

Justice (11): Represents cause and effect, clarity, truth.

The Hanged Man (12): Represents sacrifice, release, martyrdom

Death(13): Represents transformation, endings and new beginnings.

Temperance(14): Represents middle path, patience, finding meaning.

The Devil(15): Symbolizes addiction, materialism, playfulness.

The Tower(16): Signifies sudden upheaval, chaos and revelation.



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- The Star(17): Represents hope, faith, rejuvenation.
- The Moon(18): Represents unconsciousness, illusion, intuition.
- The Sun(19): Represents success, celebration, positivity.
- Judgement(20): Represents reflection, reckoning, awakening.
- The World(21): Symbolizes completion, wholeness and fulfillment.

The Minor Arcana: 56 Cards

The minor arcana consists of 56 cards, divided into four suits: Wands, cups, swords and pentacles. Each suit represents different aspects of life and is similar to a deck of playing cards with numbers from Ace to 10 and four court cards( Page, Knight, Queen and King)

*The Four Suits:*

Wands

Element- Fire

Represents- Action, ambition, creativity and passion

Keywords- Feelings, compassion, emotional fulfillment

The cards along with their significance

- The Ace of Wands- new beginnings, creativity
- The Two of Wands- courage, daring and taking on a new path
- The Three of Wands- enterprise, trade, commerce and looking forward to something with optimism
- The Four of Wands- joy, celebration, harmony and stability
- The Five of Wands- conflict, competition and rivalry
- The Six of Wands- success, triumph and recognition
- The Seven of Wands- standing up for your ideas, values and career
- The Eight of Wands- rapid movement, speed and change
- The Nine of Wands- perseverance and inner strength
- The Ten of Wands- feeling burdened by too many responsibilities
- Page of Wands- new ideas, inspiration and limitless potential
- Knight of Wands- Energy, confidence and taking action
- Queen of Wands- confidence, creativity and enthusiasm
- King of Wands- visionary leader, confidence and creativity

[Biddy Tarot]

Pentacles

Element- Earth

Represents- financial and physical aspects

Keywords- effort, patience, ambition, stability

The cards along with their significance

- The Ace of Pentacles- new opportunities, wealth and prosperity
- The Two of pentacles- balance, flexibility and adaptability
- The Three of Pentacles- teamwork, collaboration and Shared vision
- The Four of Pentacles- a loss of wealth, greed or fear of loss
- The Five of Pentacles- loss, disconnection or a lack of spiritual fulfillment
- The Six of Pentacles- the exchange of material resources including money and generosity
- The Seven of Pentacles- patience, perseverance and the rewards of long term commitment
- The Eight of Pentacles- dedication to a task and the potential rewards for that dedication
- The Nine of Pentacles- financial independence, self sufficiency and material success



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- The 10 of Pentacles- financial security, legacy and abundance
- Page of Pentacles- new beginnings, creativity and financial abundance
- Knight of Pentacles- a person who is dedicated, responsible and methodical
- Queen of Pentacles- a responsible, down to earth person who balances practicality with enjoying life
- King of Pentacles- financial security, wealth and practical leadership

### Swords

Element: Air

Represents: thought, communication and speech

Keywords: intellect, action, logic

The cards along with their significance

- The Ace of Swords- mental clarity, intellect and success
- The Two of Swords- indecision, stalemate or difficult choice
- The Three of Swords- heartbreak, emotional pain, sorrow and grief
- The Four of Swords- fresh, relaxation and recuperation
- The Five of Swords- conflict, loss and the need for communication
- The Six of Swords- transition, healing, moving away from difficulty
- The Seven of Swords- deception, dishonest and trickery
- The Eight of Swords- feeling trapped, restricted and hopeless
- The Nine of Swords- anxiety, fear and despair
- The Ten of Swords- defeat, despair and end of a cycle
- Page of Swords- curious, energetic and sharp mind
- Knight of Wands- action, determination, overcoming obstacles
- Queen of Swords- intellect, wisdom, clear judgement
- King of Swords- authority, intellectual power, ability to think critically

### Cups

Element: Water

Represents: emotions, relationship and intuition

Keywords: feelings, spirituality, compassion

The cards along with their significance

- The Ace of Cups- new beginnings, love and emotional connections
- The Two of Cups- connection, harmony and partnership
- The Three of Cups- coming together with friends and community to celebrate and support each other
- The Four of Cups- you need to reevaluate your perspective and state of mind
- The Five of Cups- sadness, loss, disappointed over past events
- The Six of Cups- nostalgia, reconnecting with the past embracing childhood innocence
- The Seven of Cups- you are presented with multiple choices but you should be careful about which one to choose
- The Eight of Cups- a turning away from what is unfulfilling and moving towards something new and more meaningful
- The Nine of Cups- the fulfillment of dreams and aspiration
- The Ten of Cups- happiness, contentment and emotional fulfillment
- Page of Cups- a young person, innocence and creativity
- Knight of Cups- a Strong connection to emotions, romantic idealism, creativity and intelligence to follow one's heart desires
- Queen of Cups- compassion, emotional depth and intuitive guidance



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2 2 7 7 - 7 8 8 1



- King of Cups- compassion, wisdom and kindness

Most of the people of today's era have stated to enter the world of astrology and cosmics to reduce stress, anxiety and for getting guidance to get the admiration or goals. Tarot is a subset of astrology and cosmics. With the advancements of science and technologies, one of the most common demerits arises in connection with drug and alcohol addiction including narcotics. This study wants to discover more about the said problem in connection with tarot cards.

### Significance of the Study

The study is of great importance to those who are mentally down and frustrated regarding their life problems. This study gives the way how tarot card reading and counseling practice accordingly help people to get motivated by giving guidance and inspiration. The spiritual advice given by the tarot card reading really helps to increase one's intuition level and motivation. It also gives a second chance to have aspiration to those who have been mentally down and started to have thoughts like committing suicide, giving up their long efforts on something important with mental frustration. The study again can help people to reduce their mental issues regarding life problems by giving them positive advices with the provision of the guidance of how he or she can change their lives according to the steps guided and advice given by the reader. The findings from the previous scientists have given limited information about the tarot cards in connection with specially drug and alcohol abusers including their family. Hence the study is justified with such valuable reasons to approach towards the research gap for further knowledge.

### Review of Literature

Ivtzan (2007) revealed that the cards, according to paranormal explanation, provide a reflection of the client's inner process.

Sarah Low May Poh (2021) found that with the use of tarot card, one may ascertain what stands in the path of achievement adding that tarot cards are beneficial for mental health since they give insight into one's thoughts and emotions.

Prime PR Wire (2023) concluded that the relationship between tarot cards and mental health is intricate, offering both benefits and risks.

Gave O' Brien (2024) concluded that tarot cards can still have beneficial impacts on a person's mental health and inner psychological process.

### Objectives:

1. To study the connection between tarot cards and behaviours of drugs/alcohol abusers
2. To study the connection of tarot cards and family members of drug/alcohol abusers
3. To analyze the impact of tarot cards ritual, guidance to the drug/alcohol abusers and families
4. To study the behaviour analysis of drug /alcohol abusers as predicted by tarot reading

### Operational Definitions of the Keywords Used

1. Tarot Cards- the 78 Rider Waite cards used in occult science
2. Mental Health- The condition of one's mental state
3. Counseling- the talk therapy done by the reader to the clients to give guidance in a positive way
4. Clients- people who came for tarot reading.
5. Drugs and alcohol abusers- people who consume drug or alcohol in a wrong and not recommended manner.

### Methodology

A case study was done on selected 15 numbers of clients who have come up with so much of tensions facing drug/alcohol abuse by self or family members using random sampling technique. Their mental conditions before starting the reading and after the reading were compared. Predictions were recorded. Feedbacks were checked after they have followed the guidance.



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**Data**

<b>Date of Birth of the</b>	<b>Cards Pulled Out/ Case</b>	<b>Client's Mental Condition Before the Reading</b>	<b>Reading</b>	<b>Mental status and result of the clients after reading</b>
20 <sup>th</sup> February 1993	The Devil card, 7 of pentacles and The Star Card/ Alcoholism.	The wife came with so much of negative thoughts of even committing suicide.	The Partner is addicted to alcohol. Guidance was given to rehabilitate. A Saturn ritual was provided.	Created a hope to the wife to survive. She followed the guidance .
24 <sup>th</sup> January 1992	The fool, the star, page of swords/ family issues and alcoholism	Both the couple came for a healing. The wife wants her husband to change.	The client is foolish, careless and not taking any responsibility. So his partner is fed up with this nature only. o advice was given just to change his nature drinking habits that could easily save the relationship.	The clients were so much happy and the husband decided to change himself. Lastly both reacted smile in place of moody face.
12 <sup>th</sup> March 2002	Heirophant, 5 of swords, 2 of swords/ stealing nature from family itself/ heroin user	Mother and son came. The mother cried so hard begging for her son to be freed from drugs	Emotionless relationship with lots of arguments and lack of communication. It was predicted a very abusive and forceful. Rituals and psychic healings provided. Advised to rehabilitate for at least a year.	The person was motivated and strengthen to give time and space to the son by following guidance

13 <sup>th</sup> June 1993	Devil Card, 5 of pentacles, 8 of swords, wheel of fortune/ relationship cheating case in alcoholism	The client was so mentally down that she was not expressing anything. Her companion expressed the details.	Everything will be in your favour if you are right. Saturn ritual was provided. Advised her to take a break by staying at her	the client got smile and starting talking more about her relationship. Contacted after 2 months and said that change happened.
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			parents for some days.	
25 <sup>th</sup> March 1988	Death card, 9 of pentacles, 2 of swords/ mother-son relationship issue/ beginner heroin user	The mother was so mentally down that she even thought of leaving home and living alone homeless.	A positive change will happen after maintaining standard and creating lifestyle not serving him better. Advice- Be logical, no immediate actions. Rahu Rituals Provided with gemstone.	She decided to follow happily the advice and not to leave her home. She was emotionally strengthen to live in her house. The son got better. Both of them visit very often.
8 <sup>th</sup> April 1991	10 of swords, Queen of pentacles, judgement and knight of cups/Consuming alcohol after a break up	The guy came with hand injury caused by himself because of uncontrollable mental distractions and heart break.	Ending of pain is happening. After this a new chapter is going to start. She will come back to him when he gives her space.	The guy got happy and decided to wait for her after giving her space. He quits drinking.
12 <sup>th</sup> March 2002	Devil Card, 6 of swords, 2 of swords/ heroin addict.	The guy was so angry. He was so arrogant and stubborn. A high headedness was observed from him. The mother forced him to come for the session.	There is lack of communication, abusiveness and forcefulness from his side. Advice-nothing can change him except long term treatment and habbit change, totally addicted	.The mother rehabilitate the son for 2 years. Now the son is free from addiction and becomes a spiritual person who loves to connect with astrology.
25 <sup>th</sup> March 1988	Death card, 9 of pentacles,2 of swords, page of wands/ relationship issue from alcoholism	The wife was so depressed that she felt hopeless of surviving. The husband was just silent.	3 <sup>rd</sup> party intervention was predicted. Ritual was suggested to get rid of it. Advised not to hold money by the guy. Predicted a very stable relationship after that.	The guy stopped mingling with 3 <sup>rd</sup> party much, has stopped holding money. Has changed his past behaviour
14 <sup>th</sup> April 1998	3of swords, 6 of swords, 7 of cups/ husband and wife problem from alcoholism	The wife was so much depressed and even having suicidal thoughts.	Feeling stuck in the relationship, lots of conflicts have been created. Advice-stay to your	She felt motivated and inspiration. She could change the behavior of her husband by



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		The Husband always tends to be with his alcoholic friends not taking any responsibility as a husband and father.	parental home sometimes to give him space and understand your value in your absence. Can handle easily as he is not totally addicted. Ritual suggested	following tarot guidance.
3 <sup>rd</sup> July 1992	Devil Card Hierophant, strength card/ heroin addict	The client was so mentally down and upset because her husband was so addicted to heroin.	Only rehabilitation for long period not less than 2 years was recommended. Rahu rituals provided.	The wife was so happy and became emotionally and mentally stronger. She followed the guidance and changed her husband's behaviour.
21 <sup>st</sup> November 2011	Devil Card, 6 of swords, 6 of wands/ heroin addict	only the mother came with emotional imbalance and tears in eyes, found the son to steal from others too.	Everything will be fine after only proper medical and holistic treatment was recommended(long term).	The mother was free from stress n got a smile. She folled the guidance. She visits frequently for consultation.
3 <sup>rd</sup> November 1996	Heirophant, Emperor, king of swords/ heroin addict	Found the wife depressed, spoke less.	Predicted that the husband had decided not to change himself and still wanted to continue drug consumption. By any means, rehabilitate him Asap. Black magic predicted, ritual done.	The client showed relaxed. She strictly followed guidance.

11 <sup>th</sup> July 2000	The magician, king of wands, page of pentacles/ relationship issues from alcoholism	The client was so depressed, he was in a dilemma.	The partner was having no emotions, staying so stubborn. Everything will be fine after 2 weeks. It is all because of	The client showed relaxed and decided to wait for the time. She followed the guidance.
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			planetary positions. His drug dependence was only for some certain period. Advice- Make him busy A much as you can.	
10 <sup>th</sup> November 1994	10 of swords/ The star card, Emperor/ alcohol consumption	The wife was mentally stressed. He was unable to speak out.	The addiction period was temporary and it was ending soon.	Could control the wife's emotions. Three months after a ritual, he was recovering day by day.
26 <sup>th</sup> May 2014	4 of cups, 6 of pentacles and 9 of pentacles/ heroin beginner	The client was so tensed that he could not study properly for the examination with the drug effect. The mother was so aggressive to his nature.	Extreme self-enjoyment from parents free money. Stop giving money. A short term like 3 months rehabilitation treatment would work. Ritual provided.	The clients became tension free immediately and got a smile. They followed the guidance and could change themselves.

## Discussion

From the above data, a huge difference in the mental condition of clients in both the drug and alcohol abusers and their family members could be observed before and after tarot card reading. This will indirectly influence to change their behaviours. The study found that tarot card reading could impact the emotions and mentality, it could lead to change the behaviours of drug and alcohol abusers. It was found that most of the family members got affected mentally, emotionally which lead to behavioural change indirectly, but after connected with readings, they could be helped to be emotionally stable, strong that leads to positive behaviour of them. Tarot cards could act as a tool to enhance one's inner self and guide them to be better in terms of mental and behavioural wellbeing. The tarot reading gave practical guidance along with some astrological rituals and healing. This could calm the mental, emotional and behavioural condition of clients. Following the guidance resulted in positivity only. The behavioural prediction of all the clients were found to be true as per the feedback of all the clients taken at the end of each session.

## Conclusion

As tarot card acts as a tool to guide people to make a better mental and emotional health, it can be concluded that tarot is a good tool for positive behavioural change.

## Suggestions

- Every tarot reader should take care of words in giving advice and explaining since the words are so powerful in changing the client's thinking.



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- Readers should be truthful in giving message.
- We should not always believe the client's story, sometimes they use to lie and narrate made up stories to get attention.
- We should always aim to guide them in a positive way.
- We should always meditate for some minutes before starting any reading in order to create a strong intuition.
- Every tarot card reader is suggested to charge the cards after every reading.

### Research Questions

1. Does tarot card help in reducing mental, emotional issues of the clients( both drug/ alcohol users and family members)?
2. Can tarot card help in modeling behaviour of drug/alcohol abusers?
3. Can tarot remedies, healing and guidance provide solution in behavioural issues?
4. Are the behavioural predictions made by tarot reading true to maximum extent?

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