

# Spiritual Progress Through Tarot

## Tarot Symbolism Can Change Habit Patterns

Created By: Josh Yates  
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Acknowledgments: The life of Paul Foster Case from 1884 to 1954.  
The life of Ann Davies from 1912 to 1975.

\*\*\*\*\* 01 \*\*\*\*\*

Tarot symbolism can change habit patterns.

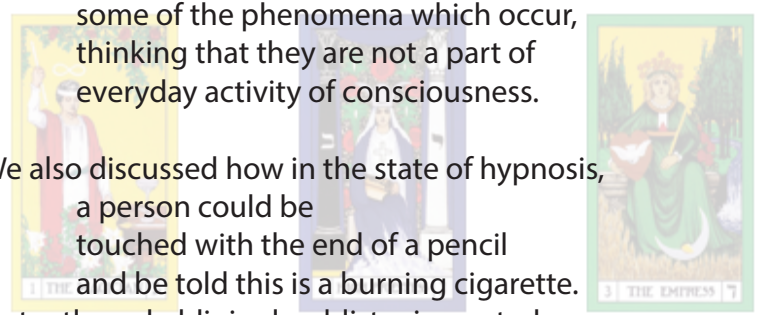
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Previously, we discussed Tarot as the link between self and subconscious states of mind.

The subconscious mind is not something that is separate from the conscious mind, but only just a certain phase of state of receptivity.

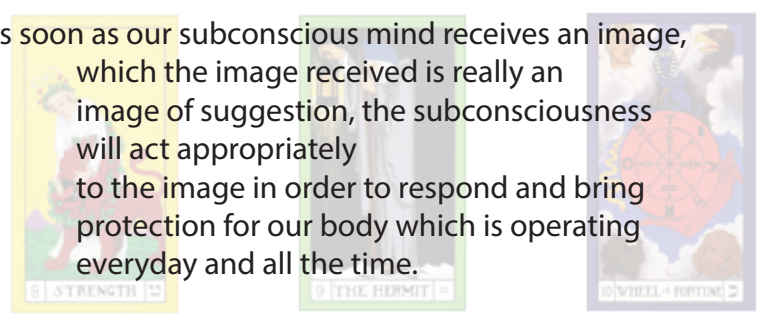
The subconsciousness is a state of suggestibility which is only part of the way consciousness operates.

The power residing in consciousness is so fantastic that we have a tendency to separate some of the phenomena which occur, thinking that they are not a part of everyday activity of consciousness.

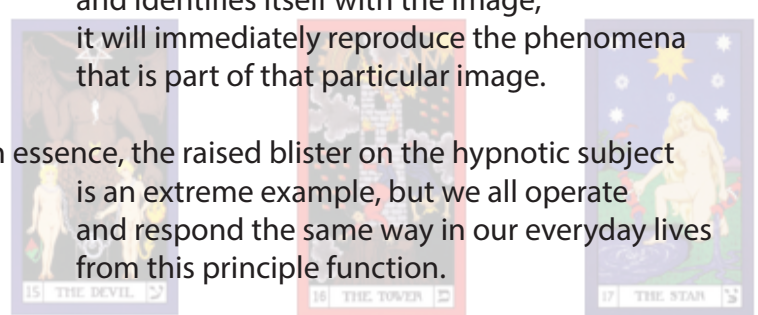


We also discussed how in the state of hypnosis, a person could be touched with the end of a pencil and be told this is a burning cigarette. Instantly and obligingly a blister is created.

As soon as our subconscious mind receives an image, which the image received is really an image of suggestion, the subconsciousness will act appropriately to the image in order to respond and bring protection for our body which is operating everyday and all the time.



When our consciousness focuses upon an image and identifies itself with the image, it will immediately reproduce the phenomena that is part of that particular image.



In essence, the raised blister on the hypnotic subject is an extreme example, but we all operate and respond the same way in our everyday lives from this principle function.

We have images of suggestions that are provided by ourselves or received from others, or combined, then added upon until the image becomes intense and strong.

We identify ourselves with these images.

This means pain is really self infliction because of the power of the image we have held within our subconsciousness, then will respond into unbalanced phases of expressions.

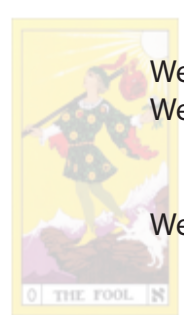
Inevitably, this is part of our growth. We are the suggestibility that permits ourselves to receive in terms of images which are the most potent factors in our consciousness.

We do have an area of control. We can choose the images we want to enter our subconsciousness.

The only thing we could really work on intensely for change are the images we identify ourselves with or believe are to be correct.

A lot of us do this in different phases of our lives and have called this change many names such as an identity crisis.

An identity crisis is a type of response to break out of the arrays of conditioning within our subconsciousness.



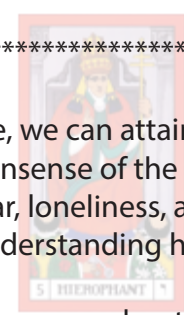
We begin to have realizations what does not work anymore. We begin to explore and different images that we accepted as good or bad.

We begin to attempt and overcome habit patterns because we realize that the suggestions we received have always been a type of hypnotic order or suggestibility which created habit patterns.

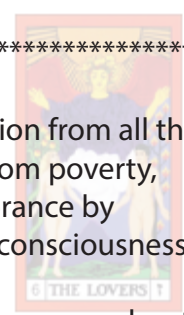
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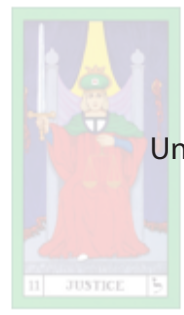
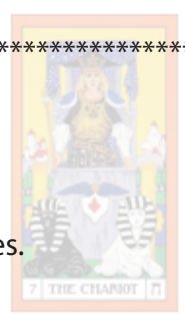
In essence, we can attain liberation from all the nonsense of the world from poverty, fear, loneliness, and ignorance by understanding how our consciousness operates.



We need to remember that not everyone has the inspiration or motivation to even remotely approach the discipline required to learn the phases of consciousness.

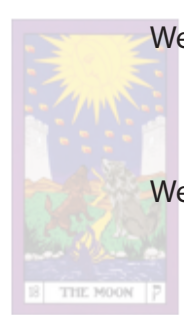


Until we achieve a state of evolution where we have the capacity to know what is being said about our consciousness, or the ability to start making our own consciousness more objective to ourselves, then we will not be ready to explore our own individual consciousness.



We see examples everyday when immature human beings who react with violent emotions and actions.

We see examples of others who are personally insulted by hearing statements that are projected out from another, in what we have labeled as a egotistical manner type of reaction.



At this stage of consciousness development, there is no ability for the individual to become objective enough for certain understandings of how consciousness fully operates.

This is fine and we all have this egotistical element.

Eventually, we need to arrive at the phase of consciousness growth or expanded awareness that brings together the ideas of egotistical habit patterns.



Once we understand what these habit patterns are, we need to know what to do about them.

Do we want to get rid of these egotistical habit patterns once identified, or keep them, or do we want to learn how to discriminate between them?

We need to know that egotistical habit patterns have always been essential in our conscious development and growth.

The "I Am" that is within us all, which says: I See, I Hear, I Feel, I Hope, I react to whatever.

This aspect of us we call "I Am" is the Cosmic Life, the Absolute, the One Infinite Creator, the Divine Spark.

This gives us the sense of that "I Am" as an aspect of Cosmic Life.

Therefore, the "I Am" definitely and inevitably would give us a special feeling of importance.

Depending on the evolutionary level of the individual, this sense of importance for our "I Am" within us will be expressed differently among us all.

\*\*\*\*\* 04 \*\*\*\*\*

For the people who are very young or immature as adults, on a soul level, this is a natural and progressive growth for them to be self-centered.

This means the "I Am" within their development is within the earlier stages.

The self centered aspect is strong and needs to be selfish.

We need to understand the workings of evolution and the workings of our conscious development if we are going to become masters of the forces instead of slaves of the forces, which are on the immature levels of expression.

We need to know the importance of not only to build a physical vehicle from incarnation, but to remain in it as long as possible so that we can collect as many impressions as possible.

In order for the "I Am" aspect within us all to evolve and mature, to continue and be able to survive within a specific environment, we all had to experience the paranoid and suspiciousness of environments.

We had to experience the suspiciousness of each other.

At one point in our evolutionary growth, many lifetimes ago, everything was the enemy.

Survival had meanings that stems from different climatic developments such as the ice age, or enemies converging together in order to raid our homes and families, or to steal our crops.

Those are examples that were from different eras of humanity, but examples are still available in our current era of humanity.

These habit patterns are developed by observing others as interferences with what will keep us alive.

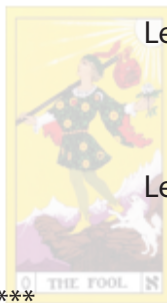
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This all stems from the Eternal Livingness of the "I Am" of Cosmic Life, which we all are, but only in the compression or the condensing down to limitation.

On the Qabalah Tree of Life, this point of compression is symbolized in Kether, The Crown, the First Sephorith.

The evolving ability to consciously know who and what we are, to develop the depth of "I Am" and then remain in the environment as an individualized "I Am" is the objectivity we all are aiming for consciously and unconsciously.

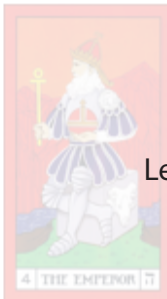
These developments during our earlier phases of evolution, which includes all of us and all growth of consciousness, we go through and experience particular developments through many incarnations.



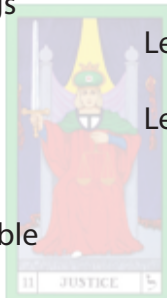
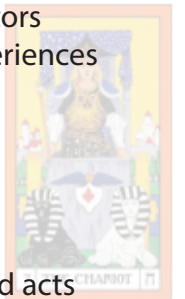
Let us remember that the creative expressions that are manifested may not appear beautiful to some others because we all are at different phases of conscious development.

Let us also remember that the expansion of awareness varies to many degrees for each of us within our incarnated life.

Let us continue to remember that eventually we all experience the growth of becoming the purest of Co-Creators as our soul gathers many impressions and experiences through many incarnations.



Let us obtain the awareness and hold the awareness that a lot of our brother and sister souls are not yet evolved to the degree of a strong sense of individuation, but instead operates and acts only in terms of what we call instinct.



Let us remember that they are us and we are them.

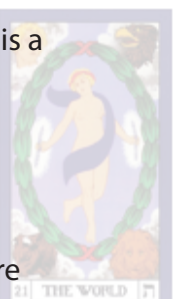
Let us know that the knowledge of the Divine Life on a level of subconscious memory has created through painful experiments within a certain sphere in terms of what we call instinct.



From the blade of grass to the human being, all is an eternal part of an eternal livingness.



We always have been and we always will be, but there is a difference between the all encompassing unaware of personal individualization and the unique selfhood of an all encompassing ecstasy or rapture.



The difference is that we can hold the ecstasy or rapture at the self conscious center in which we can experience a type of actual living from the creative center of the One Infinite Creator's mind.

\*\*\*\*\* 06 \*\*\*\*\*

The various creatures of the life power has evolved within this range of vibrations which we call the physical universe.

This process has been created through habit patterns.



The life force streams from the One Infinite Creator's mind, which pushes as a desire and then intention from the center of itself to manage the ability to gain control into a livingness of a part of substance that finally becomes what we call living matter.

What we call organic matter is just a much lower scale of consciousness through our interpretation, which we create a division of kingdoms within consciousness.

We have the Mineral Kingdom, Plant Kingdom, Animal Kingdom, Human Kingdom, and then the forthcoming Soul Kingdom which Humanity is striving for at this point in our evolution.

The Divine Will of the central selfhood of divinity pushes its own concentrating, solidifying, act of attention.

Just as the Divine Will, we must concentrate in order to reach attainment in any goal we set for ourselves.

We can achieve what is called meditation which is really a more advanced form of concentration.

With our power of concentration, we form habit patterns.

Without habit patterns, we could not have evolution at all.

As a collective, we have formed the habit pattern of the ability to drive our car without thinking consciously about certain car driving functionalities.

We can steer the car left and right. We can measure how fast to drive or quickly without much conscious thought and when to slow down.

Sometimes we do all of these actions of driving a car while talking to a passenger or listening to music because our attention is free to do those things.

This is an example of a habit pattern that we do not want to dismiss and we need to no longer concentrate to a degree because we have reached the attainment of driving a car after years of experience and willingness to learn car driving methods along with the acceptance of collective car driving laws.

When we were just a baby, we had to concentrate on every step to learn how to walk.

We had to concentrate and learn how to gain control of a certain pattern or group of substances to form the habit pattern of walking.

Next, the habit pattern of running was learned and formed.

Once we develop a habit pattern, there is a freedom.

Habit patterns give us the power of enjoyment or even the power to misuse it which brings repercussions, but that is still part of our growth.

We could not speak to each other if we had to stop and think about how to pronounce every word.

Without the habit pattern of speaking the language we learned as children, we would not communicate by the use of our voice with words.

No one becomes a pianist until they develop a habit pattern of practicing and learning with their power of concentration on which keys to press with their fingers, then the various motions of their intricacy produces music that is miraculous.

There are so many motions taking place from lifting the arm to moving fingers and all of this did not come from nothing.

At some point in our evolution from billions of years ago, maybe even billions of light years ago, we learned to develop the ability of conscious attention, to concentrate in order to develop a habit pattern.

Once we learn any ability from our power of concentration that develops the habit pattern, we do not lose it and we can move on to create new habit patterns.

The fact that we have a human body brought about through the image from the Divine, the power of the image is always holding and pouring the force of the desire and emotion into our body.

This gives us the abilities that we aim for, and each new ability we obtain then becomes habitual, and we can go on to the next thing.

The fact that the One Infinite Creator is our beingness, our individual selfhood is able to form itself a body without us having to learn anything to do.

This Divine Concentration creates the image and as our One Creator meditates on its own body, its own universe, its own vehicles, which are not just physical, but comes through other bodies which most of us cannot conceptualize, we can begin to realize that habit patterns are marvelous constructs of a basic law of basic powers we have received by the subconsciousness part of our creative mind.

However, we also begin to realize that the act of developing wonderful habit patterns and due to lack of awareness because of our immaturity, we have also taken into ourselves habit patterns that are not so beautiful.

We have deep seated within us the various habit patterns that stem from survival, which has been very important for us to utilize in our brain development and our mentality so that our vehicle can become available for our higher soul to express more complex states of awareness and power.

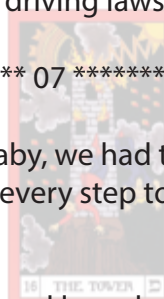
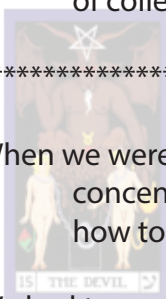
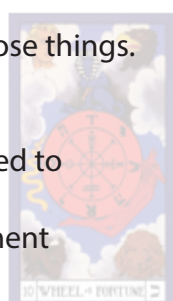
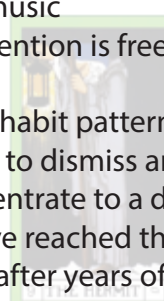
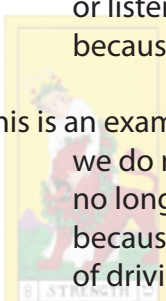
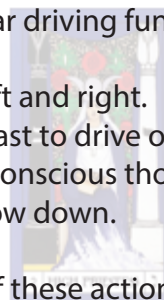
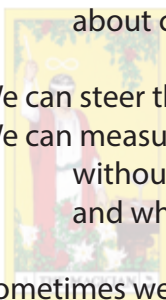
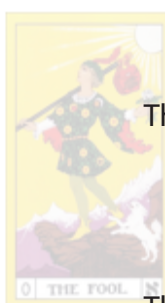
For example, the need to throw a spear during an era of survival appears very barbaric, but very much necessary during a phase of our consciousness growth and brain development.

\*\*\*\*\* 08 \*\*\*\*\*

We eventually reach a state of the highest part of a kingdom.

For us, this is the human kingdom.

The other kingdoms prior to the human kingdom, we have already experienced the growth.



From the 1st kingdom to the 5th kingdom of this world, they go:

From the mineral kingdom to the plant kingdom. From the plant kingdom to the animal kingdom. From the animal kingdom to the human kingdom.

For some of us, we have reached the highest part of the human kingdom and preparing to shift into the soul kingdom.

All souls eventually go through this process, but this is where we can have some problems because to get from one kingdom to the next, we are perfecting into the highest part of the kingdom so that we can go into the next kingdom of consciousness.

Every one of us has to become aware of how consciousness works.

As we are shifting, some of the most stubborn kinds of habit patterns begin to interfere with the process.

We all have to watch and see how to assimilate and absorb the suggestions of others which are those hypnotic states, those reactions to outside impacts that kept us in a type of receptive suggestibility.

During this shift from one kingdom to the next, and as we watch those who still react with hypnotic states, we immediately react to our own development from those hypnotic state habit patterns to the sympathetic idea or develop of a great degree of compassion.

During the shift from one kingdom to the next, if we have not yet developed the habit pattern from those we watch, then we stand guard against the idea.

We don't react in fear or barbarism, which we outgrew, but our egotism is important.

At one phase or era in our growth, reacting in fear and barbarism was essential and the height of our consciousness growth.

Now those aspects are outgrown and so we aim for the higher form of egotism which Tarot can guide us into this transition.

We must remember that a lot of habit patterns are not just from this incarnation, but have been brought over from many incarnations.

Some of the habit patterns are still with us from before we were human.

Some of the habit patterns we want to keep permanent.

There are millions of habit patterns executing right now within us so that we no longer have to consciously concentrate on how to run our body.

\*\*\*\*\* 09 \*\*\*\*\*

These miraculous habit patterns are our share of the knowledge of the Universal Life that is in and through our subconsciousness.

We have to be able to recognize what is a positive and a negative habit pattern for this phase or era of our consciousness growth.

We have to learn how to differentiate.

We also need to identify these habit patterns which could be a charge that is starting the development of another habit pattern from suggestion.

A negative charged habit pattern can create a type of coiled power that will spring forward a positive habit pattern that results in a new phase of consciousness growth.

For example, the addiction of alcohol and how we examine ourselves to the imaginative point of creating rationalizations such as, "we may drink excessively because of the many types of our insecurities."

This is actually our creative imagination, working in part of our whole creative development which is the whole creative part of our personality.

With the focus on the awareness of a negative charged habit pattern which we have identified within ourselves, there was an emotional charge that was brought forth to make an imprint into a further feeding of a habit pattern or the development of a new habit pattern.

When we judge habit patterns as good or bad within the constructs of duality, this was a survival phase of development along with the acquired suggestions and beliefs that impacted our subconsciousness.

Once we reach the capacity to have the perspective and insight based on consciousness growth to know with discernment that good or bad is only positive or negative charged habit patterns that we react and execute.

Positive and Negative are Projective and Receptive states.

Tarot can help us handle these types of awareness that involve habit patterns in a way that most likely would be more effective than us who decided to continue or quit a certain habit of a particular area.

This means that habit patterns are like rivers.

The waters will go whatever direction of flow that we create.

In order for us to remove or allow the evolution of a habit pattern that appears to no longer serve us in our consciousness growth, we need a new habit pattern.

We need a new channel for the water that has created a powerful river to flow in a different direction.

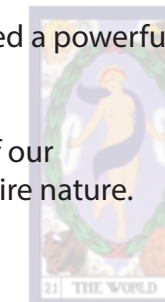
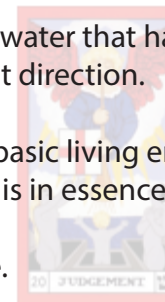
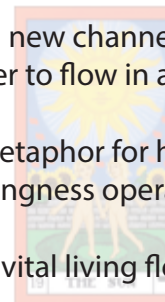
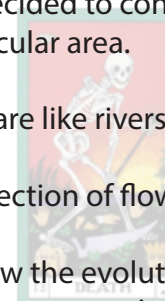
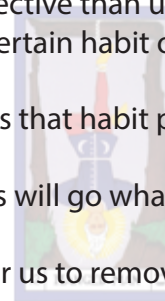
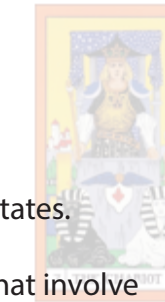
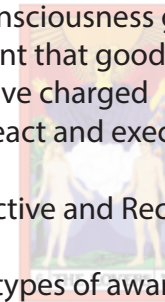
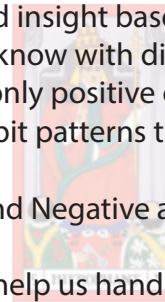
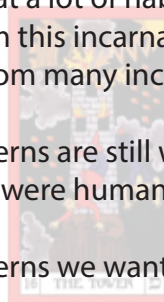
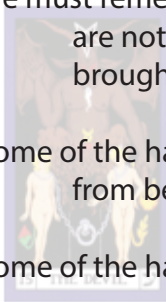
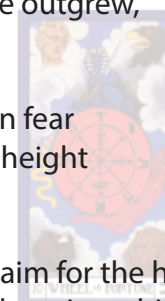
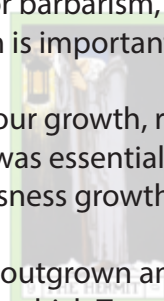
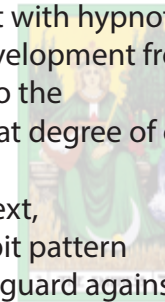
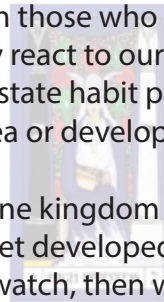
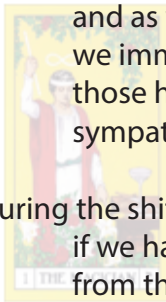
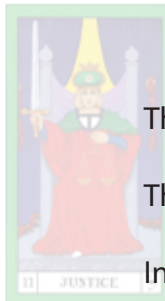
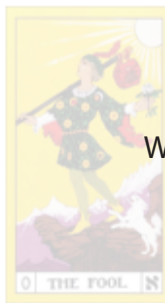
This is a metaphor for how the basic living energy of our beingness operates and is in essence the desire nature.

This is the vital living flow of life.

When we create a new channel for the energy flow, it begins very thin so that we do not get flooded.

When we keep working on the new channel, the groove will become deeper and deeper to eventually the thin channel becomes a very strong flow of energy.

This is how we develop any kind of habit pattern, both good or bad doesn't matter because they use the same force and same methods.



Tarot can allow us to work on the real essence of the problem because we do not want to get rid of all our habit patterns.

We can not get rid of them anyway even if we wanted to because of the achieved stage of evolution we have reached of our entire being.

Our goal is to discover what habit patterns are interfering with our ability to live fully, to rule our environment, to make proper and happy relationships, to experience divinity, to know the meaning of ourselves and life, to know what our relationship is to the One Infinite Creator.

One of the habit patterns that interferes with our ability to live fully is that we accept or acknowledge we are different and separated.

This blocks off the energy flow that helps us experience Unity we have with each other, with all of Humanity, with all of Life.

This habit pattern will need to change, but how can we become to a state of knowingness of non separation, of an awareness of unity?

\*\*\*\*\* 10 \*\*\*\*\*

A part of us has to change our sense of identity.

Our personality is a portion of our identity that will have intellectual emotional responses in and through our body, but only as long as we identify with those reactions.

Because those reactions are going to be in terms of all the habit patterns that have been formed in this incarnations as well as previous incarnations.

We have to use our power of concentration to build new habit patterns.

This power is the basic living force of the universe.

When we choose to make a new channel for energy flow in order to realign our self identification with what we really are, which is our eternal and immortal individualized center of expression for the One Divine Life, then we have begun to change our awareness of separation to unity.

After this new channel of energy toward the awareness of unity has some depth, we are still far from a type of attainment.

We must know that the Lord of Life has created infinite amount of habit patterns with an extraordinary amount of universal energy, and has concentrated in extraordinary ways to bring about the ability for very special complex images.

We must know that our images are functions of energy for the body and soul to have inter-relationships that exist in the whole universal life.

\*\*\*\*\* 11 \*\*\*\*\*

Tarot will guide the way that the subconsciousness will respond quickly, intensely, and positively without the negativeness of a hypnotic state.

We must remember the extreme example of hypnotism which was the blister raised by a pencil.

This happened because of the extra concentration that took place by the hypnotic subject who gave up their self consciousness and attention in the direction of the one performing the hypnosis.

What about the hypnotic cases where one goes in trance in order to stop drinking alcohol?

Is this a positive and effective way to stop drinking alcohol?

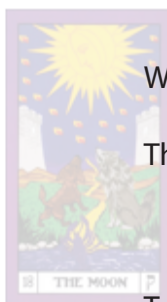
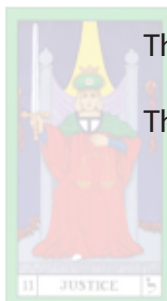
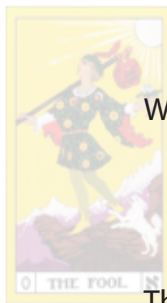
No. Because the deep groove already established for the habit patterns of drinking alcohol will cause secondary habit patterns which could be worse.

The groove is deep and to not have the alcoholic habit pattern will cause some other phase of expression for the concentration of certain energy tensions.

The secondary habit patterns can be better, but the Inner Self tries to prevent floods of excess for such intense energy which can be damaging to the psyche and destroy the body quickly.

We must also remember that the hypnotic method can be damaging because of a block of energy flow could be created which is like a backwash that makes a type of still, stagnant pool instead of active flow.

This can create a complete emotional emptiness.



Therefore, the hypnotic method has been shown that it is not the best way to change habit patterns because all that happens is the switch of energy flow from something of a gathered force to another something that mostly likely would not be progressive, but instead regressive to another extreme.

This may appear as a type of failure, but for us who can have the understanding that all experiences are learning experiences.

This means failure does not exist.

The body may fail, but we learn and reincarnate which means we all are destined for success and we have the entire, eternal, and infinite amount of mercy provided by our One Infinite Creator's Divine Will which we all travel together.

Tarot can achieve the change of habit patterns for us, but not by itself.

We have to do the work.

The principle of Tarot involves the one thing that our subconsciousness responds to which is the suggestible receptivity.

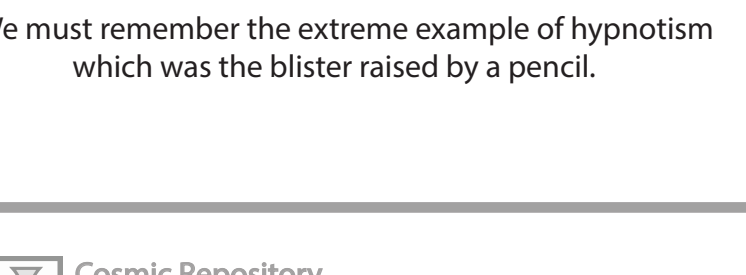
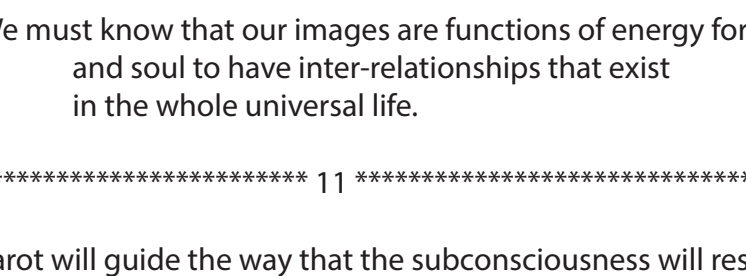
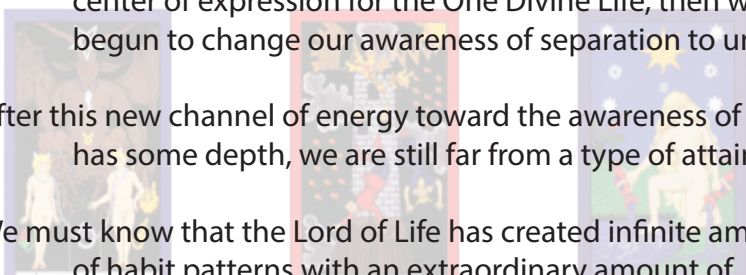
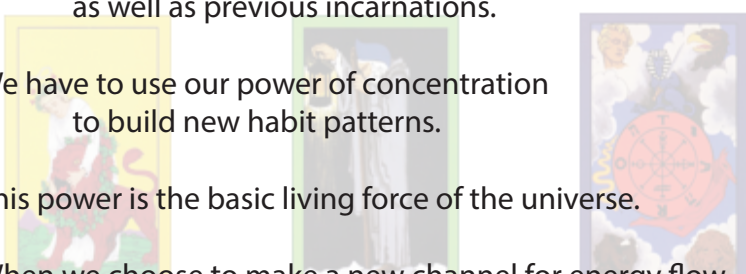
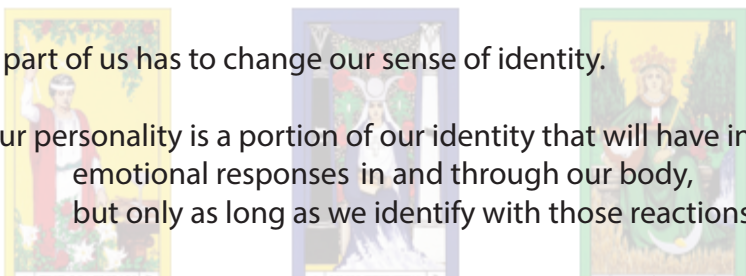
Tarot presents an image, but not just one image.

Each Tarot Key is a composite group of symbols within an image that impacts our subconsciousness.

These images deal with the certain states of our consciousness that has to do with our evolution.

The evolution from the very beginning.

The whole principle of evolution of consciousness.



Tarot will present images to us and if we are receptive as suggestible, which we all are, unless we have a guard up with counter habit patterns, then that will stop the flow.

But by working with Tarot, we are presenting images to our subconsciousness that have a positive focus and we help our subconsciousness in receiving these positive images so that we strain away all the energy that made up old habit patterns into a new image which does two things.

Tarot will change the identification of our selfhood from the personality level to the true higher self level of who we really are.

Tarot will also bring a weakening of our habit patterns that are not in harmony with a positive line of evolution of principles toward the attainment of higher goals.

Tarot can achieve miracles for us, but not by itself.

Tarot depends on us.

We must have a want to put our attention onto the images of Tarot, which will evolve our desires to something far beyond what we could possibly imagine.

If we work Tarot and provide the concentration required, then we have the ability to make our earth experience a real heavenly life.

Tarot will not take away from our understanding.

Tarot will not take away our perceptions of what is and is not, but will enhance our perceptions.

Tarot will give us the ability and capacity to permeate lower habit patterns with our force and knowledge, which therefore makes us another server of light passing through various places we walk and people we meet, and the very air we share with each other.

