



Inhabiting the Fool: A Group Tarot Ritual

By Antara

Aim: To take the ritual space of the group inside a Tarot card to seek better wisdom, greater understanding and knowledge of the mysteries of a particular card. I see this sort of ritual would be useful for both gaining the greater understanding both for development on a spiritual lesson and to improve

Each person should be encouraged to bring their own tarot decks with them to the meeting.

Incense/Essential Oils which resonate with the energies of the card – Orange, Grapefruit and Melissa (uplifting and care free).

Notes on the Key elements:

The Table – Prior to the start of the ritual set up the “Table” this would be a flat surface on which you encourage people to place their copy (copies if multiple decks) of the card we are inhabiting for the ritual. The idea would be to have lots of different images of that card so that people can see the differences and similarities and also gently start to invoke the energy of the card into the space.

The Teaching – A short piece prepared and presented by one of the members of the circle about the traditional meaning of the card and its history, perhaps consider some of the following depending on the interests of your group - energies, its associations with Qabalah, astrology, numerology and the elements. This is really designed to be another element in bringing the energy of the card into your space, it isn't supposed to be an in depth teaching on its own - the learning will largely come from elsewhere in the ritual.

If you are lucky enough to have a member of your group with Tarot experience I would ask them to prepare something for this section as this will be far more attuned to your group. However if there isn't anyone who feels able to do this then either use the introduction below or if you have a favourite books then use that.

*****Introducing the Fool*****

The Fool is the first card in the Major Arcana of the Tarot and is marked with the number 0. It represents the start of a spiritual journey or a great adventure and usually pictures a young man holding a handkerchief tied around a stick, often about to step off a cliff or into some danger of which he is blissfully unaware, with a small dog yapping a warning at his heels. The Fool travels lightly, not weighed down by unnecessary baggage, he is also self-sufficient carrying everything he needs in his small bundle.

The Fool is a card of two parts - both foolish and yet containing a wisdom which only appears foolish because it is not constrained by the usual "Rules". Because it has the energy of wisdom without any pre-conceived ideas or limitations it is card of boundless potential and can aid you in tapping into your own inner wisdom not limited by your fears, expectations and social conventions.

This card indicates a leap and can be read either (depending on the circumstances) as a warning to look before you leap or as an encouragement to take a leap of faith.

Use the energy of the card to give yourself a spur to starting a new project, or widening your horizons and experiencing new things.

The Tableaux – Several days before the ritual one of the attendees is chosen to research and meditate on the card on their own prior to the ritual. They would then present a short tableaux, using acting, art, poetry, costume and/or drama (whatever moves them) to actively invoke that card into themselves and the space inside the ritual circle. Once they are done the card is present and our ritual space is inside that card. But most importantly the Fool has been invoked into the attendee. This has been used very successfully in the past to allow people to interact with the Fool through the person in the role of the Tableaux, asking questions directly of the Fool energy and allowing the answers to come through the person in the role.

The Journey - This is a group meditative journey where everyone takes part in a guided journey into the space of the card and we seek the lesson or knowledge that the card has for each person.

The Sharing – At the end of the ritual I recommend share a meal and discussing everyone's experiences they had whilst journeying. Doing this over a meal helps people to ground and think critically rather than continuing to be carried away in the energy of the moment. In the past this has been the most important aspect of the working and vital for creating a shared community.

Ritual Outline

[This is an outline only since people will all have their own personal preferences as to casting circles etc. The idea here is that you plug the ritual into your existing format so no instructions are given as to casting a circle, grounding etc. these should be conducted as per your normal tradition.]

1. Place all the Fool cards on the Table. Each member of the group to add their cards to table. You may like to take a picture of your table full of Fools which could be used for future individual trance work etc. as a powerful visual memory of the ritual. As well as holding the cards the table should also be decorated with a couple of items which resonate with the Fool, feeding into the idea of building up as many associations and resonations with the card as possible to fix the energy of the card firmly in the ritual space and aiding the journey into the card.

2. Purification and Grounding – Before opening the circle and invoking the cards we should purify and then ground to release the cares of the mundane world and prepare to focus on the energies of the Tarot *[as per your normal practice]*.

3. Casting the Circle *[as you do in your own tradition]*.

4. Calling the Quarters/Elements *[If this is relevant for your practice]*.

5. Calling the Goddess and God *[If this is relevant for your practice]*.

6. Introduction and short teaching session as outlined above. This is partly so that everyone can share in learning a little more but largely to prepare people for the meditation and the sort of atmosphere they will find in the Fool.

7. The Tableaux. *[See above instructions on the Tableaux]*.

8. The Journey. *[Have someone read out the Guided Meditation on the Fool at the end of this]*

document].

9. Grounding to bring everyone back and close people down a bit.

10. **Dissipate the energies** raised, bid farewell to the quarters/elements, God and Goddess and withdraw the circle.

11. **Feasting and Sharing** until it is time to go home. This is the part where I encourage everyone to share their experiences, which is both validating and bonding for groups. It also helps to get another perspective on what you experienced during the ritual.

Guided Meditation – The Fool

Before we start this journey I would like to remind everyone that when we are on the guided meditation that you are ultimately in control. Nothing can harm you. But as we are travelling into the subconscious to ask for guidance it is best to stick to the path and don't bring anyone back with you. This is your journey alone.

Breathe in deeply and breathe out with a letting go.

Still your thoughts and close your mind.

Breathe in once more and let go.

Take your mind back to a place you feel is home, a place you feel safe, secure and happy. Imagine your surroundings, the feel of the chairs and table, the scent in the air.

Look around you.

On one side of the room there is a door. Breathe in and out as you consider the door its shape, colour and frame. The door is closed but unlocked.

Take one more breath and as you let go turn the door handle and open the door.

In front of you is a beautiful woodland scene. The clear sunlight lights up the leaves and streams down warming your face. There is a delicate scent of flowers on the air and the light chatter of birdsong. In front of you is a path leading off into the woods. It looks inviting and you walk over the smooth stone slabs that mark the way. With each path marker you are going deeper into relaxation and deeper into the Tarot Card.

One, two, three, four, five, six.

By the sixth stone you are feeling very relaxed and aware of the scene around you as you walk deeper and deeper into the home of The Fool.

The end of the path is only four more stones away.

Seven, eight, nine, ten.

At the end of the path you pause standing behind a gate. On the other side of the gate is a figure.

He is standing in a more open area with less trees and the sun is pouring down on his back. He is facing away from you and is dressed in bright colours, yellow, green, red, pink, orange and blue. At his heels a small grey and white dog is dancing around and in his hand is a staff with a large, bulging package tied on one end.

A breeze gently tugs at the end of his jacket and he begins to turn around. You catch his sparkling eyes and he smiles.

Now is time for you to spend a while in the energy of this place, ask for guidance as you will or merely experience standing in the Fool noting the sensations and thoughts which come to you.

[Pause for 5-15 minutes depending on the experience level of the group]

It is now time to begin the journey home and leave the Fool. The stone path is near and ready to be travelled as you put your foot on the first path marker.

Ten

With each path stone you will be rising up through the levels of consciousness.

Nine, Eight, Seven

As you continue you feel yourself becoming more rooted in your body.

Six, Five

Four

Slowly move your fingers and toes.

Three

When you wake you will feel positive, energised and refreshed. You will remember the knowledge and experience gained from this journey.

Two

You are feeling ready to emerge.

One.

Open your eyes.

Notes:

The Fool can represent the beginning of a spiritual journey.

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If you have any questions or simply want to share your experiences of the ritual then come and join in the conversation at the Witches Table:

<http://thewitchestable.weebly.com/index.html>

