

Arcana, Twenty-Two Games for One Player

Preparation. Acquire one major arcana card of your choice, from a tarot deck of your choice. Each of these trumps is a different game that you must learn from the card itself.

Study your chosen card. Begin by learning everything you can about it, its symbolism and attributions and correspondences. Study its art, until you can conjure the complete image in exacting detail in your mind's eye. You have now learned the rules of the game, and are ready to begin.

Procedure. Sit in a quiet place where nothing will disturb you. Relax, breathing deeply and evenly. Hold your chosen card between your hands, and focus your entire awareness on it for some time. Then, close your eyes and visualize the card in your mind. Be sure to re-create every detail and symbol as best you can, down to the exact shades of the colors, the exact curves and angles of the lines. Empty your mind of anything other than your card; if an outside thought invades, merely allow it to pass through and away from you.

Once the image is clear and concrete in your awareness, expand the card until it becomes a doorway, and step through the border of the card into the art. Once through the doorway, look around at the symbolic elements of the card. See how they are now solid and real. You may speak to the main figure or figures there. Ask them questions about the symbols and energies around them. You may also ask them for advice on topics related to the meaning of the card.

When you are finished exploring and conversing, imagine the border of the card before you, and step back through the doorway into normal consciousness. Inspect the card you are holding, and know that it is merely a piece of paper. Shrug your shoulders, and shuffle the card back into your tarot deck.

Write down a short summary of your experience, and what things you have learned from the exercise.

Jared Sinclair, 2019