

TANTRIC UNION

Experiences of Shakti & Realizations of Shiva

Guidebook for the Tantric Card Set

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for the
ANANDA Bliss Academy
with artworks from
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**MAY HUMANITY
BE A BLISSFUL ONE.**

**MAY SHAKTI AND SHIVA
UNITE.**

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Transmitted through Higher Spirits.

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CONTENT

TANTRA - SHAKTI & SHIVA.....	5
WORKING WITH THE CARDS.....	9
Card-Laying Methods.....	10
Additional Possibilities.....	12
THE EIGHT SHAKTIS	14
THE MOTHER	17
Mother at Midnight.....	18
Mother at Twilight.....	21
Mother at Sunrise.....	22
Mother in the Morning.....	23
Mother at Noon.....	24
Mother in the Afternoon.....	25
Mother at Sunset.....	26
Mother in the Evening.....	27
THE DANCER	28
Dancer at Midnight.....	29
Dancer at Twilight.....	30
Dancer at Sunrise.....	31
Dancer in the Morning.....	32
Dancer at Noon.....	33
Dancer in the Afternoon.....	34
Dancer at Sunset.....	35
Dancer in the Evening.....	36

THE MAGICIAN..... 37

Magician at Midnight..... 38
Magician at Twilight 39
Magician at Sunrise..... 40
Magician in the Morning..... 42
Magician at Noon..... 43
Magician in the Afternoon..... 44
Magician at Sunset..... 45
Magician in the Evening 46

THE HEALER 47

Healer at Midnight..... 48
Healer at Twilight 49
Healer at Sunrise..... 50
Healer in the Morning 51
Healer at Noon..... 52
Healer in the Afternoon..... 53
Healer at Sunset..... 54
Healer in the Evening 55

THE PRIESTESS 56

Priestess at Midnight..... 57
Priestess at Twilight..... 58
Priestess at Sunrise 59
Priestess in the Morning..... 60
Priestess at Noon..... 61
Priestess in the Afternoon..... 62
Priestess at Sunset..... 63
Priestess in the Evening..... 64

THE QUEEN 65

Queen at Midnight..... 67

Queen at Twilight	68
Queen at Sunrise	69
Queen in the Morning	70
Queen at Noon.....	71
Queen in the Afternoon.....	72
Queen at Sunset.....	73
Queen in the Evening	74
THE FOOL	75
Fool at Midnight.....	76
Fool at Twilight.....	77
Fool at Sunrise	78
Fool in the Morning.....	79
Fool at Noon.....	80
Fool in the Afternoon.....	81
Fool at Sunset	82
Fool in the Evening.....	83
THE PROPHETESS	84
Prophetess at Midnight.....	85
Prophetess at Twilight.....	86
Prophetess at Sunrise	87
Prophetess in the Morning	88
Prophetess at Noon.....	89
Prophetess in the Afternoon.....	90
Prophetess at Sunset.....	91
Prophetess in the Evening.....	92
SACRED UNION.....	93
Shakti and Shiva in Unison.....	93
ABOUT ANANDA - THE ACADEMY.....	95

ABOUT THE AMBASSADOR..... 97

ABOUT THE ARTIST 99

TANTRA - SHAKTI & SHIVA

In the philosophy of Tantrism, the relative, physical world consists of the two fundamental forces: **NATURE** and **SPIRIT**; the weaver and the red thread; power and consciousness, Purusha and Prakriti, Shiva and Shakti. The feminine aspect represents Prakriti, the red thread, the power, nature, and experience (*Shakti*), while the masculine aspect (*Shiva*) stands for awareness and the weaver (*Purusha*).

These two states of being are deeply experienced throughout life via the **five basic elements of all physical existence** (the five gross elements - *Sanskrit: Mahabhutas*) with their corresponding subtle energies (the subtle elements - *Sanskrit: Tanmatras*), the organs of perception (*Sanskrit: Jnanendriyas*), and the organs of action (*Sanskrit: Karmendriyas*), as well as through the **three facets of the mind**: the sensory world of thought (lower mind, instinct - *Sanskrit: Manas*), the world of identification (intellect, ego-consciousness - *Sanskrit: Ahamkara*), and *Buddhi*, intuition, right/true thinking.

Diese **acht Möglichkeiten** der (Selbst-)Erfahrung in dieser relativen Welt (*Shakti-Aspekte*) ermöglichen ein achtfaches Erkennen sowie ein achtfaches Bewusstwerden von diesen sich erfahrenden Kräften (*Shiva-Aspekte*).

These **eight ways of (self-)experience** in this relative world (*aspects of Shakti*) enable an eightfold recognition and an eightfold realization of these experiential forces (*aspects of Shiva*).

In Tantrism, there are the **eight cardinal directions**, the eight gates out of the three-dimensional world; akin to the eight corners of the 3D cube, similar to the eight directions in Hinduism and Buddhism, to the eight trigrams of the I Ching, to the eight wheels of shamanism, and to the eight phases of the day. It's always about the cyclical process of development and change, of becoming and passing away, of creation and destruction, and of growth and withdrawal.

The experiential nature of life (*Shakti*) can therefore experience itself in 64 ways (*8 states of experience multiplied by 8 times of day/developmental stages*) and recognize itself in 64 different ways, gaining awareness through each experience (*Shiva*).

These 64 possibilities are presented through this tantric card set.

This card set is presented in the form of **8 archetypes** for the respective elements of the relative world (*elements, senses, mind, and wisdom/intuition*) along the respective process cycles (*8 developmental stages*) and provides archetypal information about:

- The tantric elements (*Tattvas*) with their corresponding subtle elements, organs of action, and organs of perception,
- the cyclical developmental qualities of these elements,
- experiences of these individual active forces,
- realization within each of these experiences, and
- insights into the significance of each archetype.

Der **Entwicklungszyklus** wird durch den Tagesverlauf versinnbildlicht, und beginnt mit einem ersten Erwachen zu Mitternacht, einem Dämmern im morgendlichen Zwielficht, einem Erfahren zu Sonnenaufgang, bewussten Erfahrungen im Vormittag, Klarheit zu Mittag, Leichtigkeit im Nachmittag, Abschluss zu Sonnenuntergang und Integration im Abend.

The **development cycle** is symbolized by the course of the day, beginning with an initial awakening at midnight, a dim light in the morning twilight, discovery at sunrise, conscious experiences in the morning, clarity at noon, lightness in the afternoon, completion at sunset, and integration in the evening.

WORKING WITH THE CARDS

Die 8 Archetypinnen durchlaufen inständig Veränderung in ihren Lebenskräften, solange sie in dieser relativen Welt von Bestand sind. **Zyklen der Entwicklung** finden statt sowie Prozesse der Veränderung. Diese werden erfahren und sind dargestellt entlang des Tagesverlaufs. So steht **Mitternacht** für den noch vollkommen unbewussten Anteil dieser Kraft und Erfahrung, für ein erstes Erwachen und Erinnern, geht vom **Zwielicht** (*einer ersten Bewusstwerdung*) über den **Sonnenaufgang** (*ein erstes Erfahren im Außen*) zum **Vormittag** (*ein spielerisch lernendes Erfahren und Tun*), weiter in den **Mittag** (*in Kraft und Bewusstheit erfahren*), über den **Nachmittag** (*sich der Kraft bewusst werden*) und den **Sonnenuntergang** (*Ende der Aktivität, Übergang zum Sein*) in den **Abend** (*das vollkommene Werden dessen*).

The 8 archetypes constantly undergo changes in their life forces as long as they exist in this relative world. **Cycles of development** and processes of transformation occur, experienced through the course of a day. Thus, **midnight** represents the completely unconscious aspect of this force and experience, marking an initial awakening and remembrance. It progresses from **twilight** (a first

glimmer of realization) through **sunrise** (an initial outward experience) to the **morning** (playful learning and doing), then to **noon** (experiencing with strength and awareness), through the **afternoon** (becoming aware of one's power) and **sunset** (the end of activity, a transition to being), finally reaching the **evening** (the complete realization of it).

The relative world is thus represented by a total of **64 different experiences** that Shakti can undergo to recognize herself and what she truly is: a bundle of multifaceted, constantly changing energies and states of consciousness.

For each of these 64 states of experience, there is a description of the respective archetype quality at that point in the development cycle. This includes information on the experience created by the red thread (*Shakti*) and the consciousness of the weaver (*Shiva*) behind it, as well as the expanded awareness enabled by this current experience.

Card-Laying Methods

Insight into Current Issues

Draw **one card** with clarity in your heart and mind to get answers to these questions:

What am I currently experiencing? What is this situation about right now? What do I need to learn at this moment? Where do I stand? What should I become aware of? What is my present experience?

Finde im Text zur gezogenen Karte Information über Erfahrung und Bewusstwerdung zum aktuellen Fragethema.

Check the card's text for information on the current topic, including both the experience and awareness related to it.

Insight into Developmental Themes

- **The first drawn card represents:**
The core theme of the issue.
- **The second drawn card represents:**
The previous experience associated with or confronted by this issue.

- **The third drawn card shows:**
The outlook for the next step in this topic's development.

Additional Possibilities

Constellation Work

These cards can also be used for constellations, as they illustrate the potential for human experience and realization. They are helpful in pointing to experiences that can be relevant in specific situations and questions.

Learning and Understanding

For learning, experiencing, and understanding the Tattvas, the gross and subtle elements, and becoming aware of the organs of action, perception, and comprehension in this relative world. Regularly devote time to consciously focus on an archetypal force, and journey with it through its specific cycle with awareness.

Meditation

You can also dedicate yourself to a specific Shakti in meditation by consciously approaching an archetype or letting one guide you, revealing itself to you in that moment.

Your Path

The best way to use the cards is however feels right for you.

THE EIGHT SHAKTIS

The eight tantric archetypes are depicted and described as female, representing the **power of Shakti** (*the feminine aspect of nature*) that experiences itself.

The **Mother**, as the archetypal force of experience, represents the element **Earth**, the sense of smell, excretion, and the nose (*olfaction*). She is the power that receives and gives back, creating from the Earth and returning to it. The Mother is the archetype of the coarsest level, the densest form of manifestation.

The **Dancer**, as an archetype, represents **Water**, taste, procreation and creation, as well as tasting (*tongue*). She embodies the experience of flowing and discovering the flavor of life.

The **Magician**, archetype of **Fire**, of the visible and form, of movement (*legs*) and sight (*eyes*), represents the power that embodies transformation.

The **Healer** stands for the qualities of the element **Air**, the tangible, and touch through and with hands, as well as feeling. Her power lies in the effects of touch and being touched, both internally and externally, verbally and physically, giving and receiving.

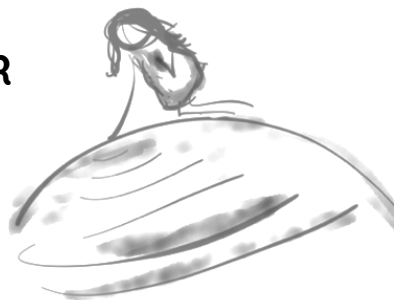
The **Priestess**, as an archetype, represents **Ether** and embodies space, sounds and vibrations within it, speech, and hearing (*ears*). These experiences revolve around vibrations, *shabda* - the sound behind words and the vibration beyond the explainable.

The sensory world of the mind, the thinking organ, mental activities, sensory thinking, patterns, and the unconsciousness of thoughts and reactions, are all represented by the **Queen**. She learns to gently and wisely tame and guide these *manas* (lower mental **activities**) through her experiences.

The **Fool** represents **ego**-consciousness and the sense of self as objective self-perception. As an archetype, she identifies, categorizes, evaluates, and defines, ultimately aiming to transcend the notion of a limited individual self through her experiences.

The **Prophetess** embodies the realm of higher intelligence and wise truthfulness, representing that aspect which has become pure, non-judgmental discernment (*viveka*). It's about recognizing, integrating, and living out deeper **wisdom**, as well as embracing these prophetic forces within one's being.

THE MOTHER



The Mother, as an archetypal force of experience, represents the embodiment of the **Earth** element, smell, excretion, and the sense of smell (*nose*).

She is the force that absorbs and releases; that creates from the Earth and returns to it. The Mother is the archetype of the gross material level and thus the densest manifestation in the world. She also represents the most difficult to dissolve and the farthest removed from universal consciousness.

The qualities of the Mother are deeply connected to the earthy aspects: the ground beneath us and groundedness, solidity and support, binding force, and a firm anchor in the physical body.

An unconscious Mother archetype tends to exhibit inertia and heaviness, manifested through a lack of endurance and constancy in earthly actions and existence.

Mother at Midnight

Die Mutter als Erde zu Mitternacht bedeutet Bereitschaft für Empfängnis und Bereitschaft zur Werdung. Es ist eine erste Erinnerung an ein Gefühl von eigener Körperlichkeit.

Erfahrung als Shakti: Die Mutter erwacht und spürt noch unklar aber doch, wie es sich anfühlt, für Empfängnis bereit zu sein; wofür auch immer. Der Same weiß, und weiß doch nicht um seine Bestimmung.

Bewusstwerdung als Shiva: Bewusstheit über Bereitschaft zur Empfängnis wird erkannt, eine bewusste Öffnung kann angenommen werden.

Zur Karte: Wenn du diese Mutter-Archetypin zu Mitternacht erhältst, bist du nun bereit, dich als die größte aller tantrischen Archetypinnen zu erfahren; am tiefsten in die Elemente und die physische Welt einzutauchen. In dir ist die Entscheidung gefallen, dafür bereit zu sein, auch wenn du die Bedeutung dessen vielleicht noch nicht verstehen kannst.

The Mother as Earth at midnight symbolizes readiness for conception and creation. It is a first remembrance of a sense of one's own physicality.

Experience as Shakti: The Mother awakens and, although unclear, begins to sense what it feels like to be ready for conception - whatever that may be. The seed knows, yet does not fully understand its purpose.

Realization as Shiva: Awareness of readiness for conception becomes clear, and a conscious opening can be embraced.

About the Card: If you receive the Mother archetype at midnight, you are now ready to experience yourself as the coarsest of all tantric archetypes, deeply immersing yourself in the elements and the physical world. You've made the decision to be ready, even if the meaning isn't fully clear to you yet.

In this part of the Mother's cycle, you recognize within yourself a readiness to follow your nose and the scent you recognize, without fully understanding what it is or what it will become.

It's a powerful driving force, an earthy energy that you're diving into right now. An opening to the most transient of all forces is occurring.

Mother at Twilight

The Mother at twilight represents maturation, a time of waiting and allowing for development; a time of dormancy.

Experience as Shakti: In twilight, the Mother experiences waiting. Between the readiness for and/or conception (midnight) and birth (sunrise), it is a time of holding space with love for the development of the new.

Realization as Shiva: There is an awareness that development takes time, and patience can be recognized as a personal strength.

About the Card: The Mother at twilight invites you to understand and experience the power of waiting as a time during which nothing is left undone. It is that moment when inner growth and maturation can occur.

Bewusstwerdung als Shiva: Bewusstsein entsteht,

Mother at Sunrise

The themes of the Mother at sunrise are birth, bringing forth, breaking through, taking up space, and making oneself visible.

Experience as Shakti: The experience is giving birth, bringing into the world what has been received and matured. It is the experience of becoming visible and showing oneself.

Realization as Shiva: An awareness emerges of what it means to have given birth and created something new for the world, whether internal or external.

About the Card: No matter how intense the pain of birth may be, the gift is immense: thanks to conception and maturation, new life can now enter the world. The Mother has created herself and allowed the new to express itself in its unique form.

Mother in the Morning

This is about the experience of selflessness, a state of sacrifice, being occupied, being needed, facing challenges, and perhaps even feeling overwhelmed.

Experience as Shakti: The Mother in the morning experiences a life of responsibility that arises from the birth of the new, accompanied by a sense of sacrifice, renunciation, and being in demand.

Realization as Shiva: The consequences of conception and birth are understood, and there is an awareness of what it means to live with conscious responsibility as a mother.

About the Card: It is a time when much needs to be achieved, sacrificed, and managed. "Challenge" is the theme, and the Mother is invited to grow with it.

Mother at Noon

Abundance, a flow of giving and receiving, loving and unconditional acceptance, enter into being. A first sense of peace emerges.

Experience as Shakti: An experience of abundance arises, equally composed of giving and receiving. There is an emerging sense of what it means to have taken on responsibility.

Realization as Shiva: The carrying of conscious responsibility for what has been created is now recognized.

About the Card: A state of inner maturity forms, with a sense of having moved through the process from conception to unconditional love for what has been created. The Mother begins to carry conscious responsibility peacefully.

Mother in the Afternoon

Responsibility shifts to support, unfolding into accompaniment; what has been born becomes a source of inspiration.

Experience as Shakti: Giving becomes a free, fulfilling act—a loving gift to what has been created. Acceptance and enjoyment of the Mother’s power emerge.

Realization as Shiva: The gift of the Mother’s and Earth’s creative power is realized .

About the Card: Your own contribution is now recognized. It is time to enjoy, love, and nurture what has been created with generous unconditionality. It’s time to provide space for the unfolding of the new. The Mother in the afternoon invites you to recognize her power in the thriving process.

Mother at Sunset

The Mother at sunset lets go, sets free, and releases herself from what has been created.

Experience as Shakti: What has been created is lovingly entrusted to itself and released. Maternal love has been experienced as a power and is now being integrated.

Realization as Shiva: The cycle of becoming and passing, creating and letting go, has been traversed, and an awareness of earthly transience is formed.

About the Card: The realization of the infinite cycle of creating and letting go has been traversed, and the new has found its own existence. This card invites you to embrace this aspect of the Mother's power, letting go of what has been created and what has been cherished.

Mother in the Evening

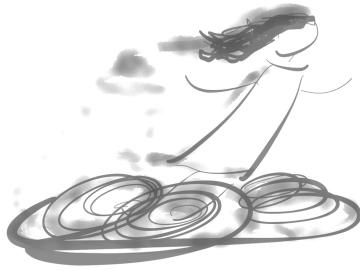
The Mother in the evening begins to bid farewell with gratitude. She withdraws from the role of guiding and traversing the creative, yet releasing, Earth and Mother powers.

Experience as Shakti: A return to one's own self begins, as there is no longer anything to do or give for what has been created. Gratitude is felt for having experienced this power.

Realization as Shiva: Receiving, giving birth, and letting go are recognized with awareness. The holistic consciousness of the Earth's qualities is integrated.

About the Card: The Mother in the evening invites you to return fully to yourself so that you may once again surrender to the cycle of creating and letting go.

THE DANCER



The Dancer, as an archetype, represents the qualities of Water (*gross element*), taste (*subtle element*), procreation and creation (*organ of action*), and tasting (*with the tongue as the organ of perception*). She embodies the experiences of flowing and discovering the flavor of life.

As a **water quality**, the Dancer embodies the natural flow of being, the power of irrigation and the natural course, the wisdom of a single drop, and also the feeling of being that one drop, separated from the primordial sea.

If the Dancer is not yet aware of her archetypal power, she may whirl around and fail to notice what she destroys in the process, or she may tend toward a stagnant and murky existence.

Dancer at Midnight

It's about awakening desire and curiosity that emerge as feelings, as well as the first impulse of what it means to be the dancer of one's own life.

Experience as Shakti: A strong impulse for desire becomes noticeable, still unclear what it means or how it will manifest. It's like feeling irrigated and beginning to germinate internally.

Realization as Shiva: Awareness arises of an inner source that nourishes one's own self with life energy.

About the Card: The Dancer at midnight awakens, and the flavor of life is felt as an impulse, along with the feeling of finally wanting to draw from one's own source of power and vitality.

Dancer at Twilight

Uncoordinated flow and a random exploration of tastes emerge. The desire for more, for variety and difference, expands.

Experience as Shakti: At twilight, the Dancer begins her unique dance, still unconscious and barely visible externally but felt and sensed internally. She follows the waves that arise from within herself.

Realization as Shiva: The source of the life-joy dancing energy is recognized again. Perception of the intrinsic water energy begins.

About the Card: The source begins to offer itself, still small, delicate, unclear, and uncoordinated, yet the first impulses of a larger flow can be felt. The Dancer at twilight invites you to let your own source bubble up.

Dancer at Sunrise

The source finds its path, and the Dancer discovers her dance. Strength and consistency come into life when surrendering to one's own flow and dance.

Experience as Shakti: The Dancer experiences the power of movement, both internally and externally, and the power of flow. She finds pleasure in dancing along.

Realization as Shiva: Memories of the powerful primordial energy of water and dance are awakened. Awareness emerges of the flowing existence drawn from one's own source.

About the Card: The Dancer at sunrise begins to surrender to the power of movement, dancing along while learning the steps, rhythms, and waves. The source has found its course and invites you to let it flow freely.

Dancer in the Morning

A continuous, gentle ripple emerges, creating a playful lightness. Flowing becomes familiar, and the Dancer gains confidence in handling the moving power of water.

Experience as Shakti: The Dancer begins to take joy in movement and pleasure, and the dance becomes ever more unique. She lets whatever may emerge from the source flow and arise with trust.

Realization as Shiva: Memories of past lightness awaken, and the essence of creative movement's desire becomes clear.

About the Card: Familiarity with the inner source develops, and the desire to further explore one's own unique life dance grows. The rhythm is established and integrated.

Dancer at Noon

Desire, sensuality, ecstasy, surrender, flow, and enjoyment—these are the things the Dancer experiences at the zenith of her power.

Experience as Shakti: Desire and ecstasy are felt in one's own dance. A gentle intoxication arises from the sensation of flowing with one's own life current.

Realization as Shiva: Being aware of oneself in the outpouring, recognizing oneself in the power of water and dance.

About the Card: The Dancer at noon is in the natural flow of her life, her desire, and her joy in pouring herself into her own life. It is an invitation to go along and drift with this seemingly endless stream from the source.

Dancer in the Afternoon

The dance is solidified. There emerges a personal flow and a sensation of being carried, along with indulgence in enjoyment.

Experience as Shakti: The pleasure of being is felt. The taste of life is cherished, and the dance now flows freely in its full power.

Realization as Shiva: The realization dawns of being one's own outpouring source of creation.

About the Card: The Dancer in the afternoon has arrived at a place of enjoying and trusting the flow of life, whether it trickles or rushes. It is the source itself that sets the pace, and the Dancer finds her own uniquely playful expression for it.

Dancer at Sunset

A gentle yet intoxicating winding-down begins, a gradual calming, and the pressure from the source to pour itself into infinity diminishes. The exuberant external ecstasy turns into a gentle inner sensuality.

Experience as Shakti: The Dancer experiences the ecstasy still resonating within her even after she stops expressing these larger movements. The flow from the source is perceived more deeply and quietly.

Realization as Shiva: An awareness arises that there are times when sources dry up and rivers run out.

About the Card: The Dancer at sunset dances to the end of her flow, knowing that this source of life and desire has been exhausted once again.

Dancer in the Evening

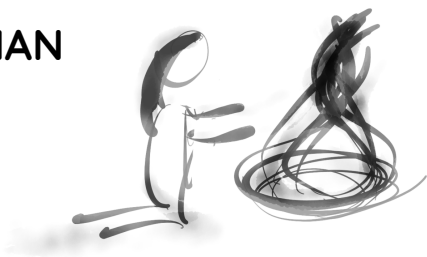
The source begins to dry up, the Dancer is tired, and she knows it's time to rest and recover. She feels the rhythm of the dance echoing within herself.

Experience as Shakti: It's time to end the active dance and draw the active ecstasy and desire inward. The energy is integrated, and now the final traces of moving and influential energies and experiences can be found.

Realization as Shiva: It is the cycle of the source that is recognized at sunset: water arrives, water flows onward, and sources dry up again. New sources arise.

About the Card: The rhythm gently pulses into silence, and bliss resonates with the ecstasy that has been danced out.

THE MAGICIAN



The Magician is the **archetype of Fire**. She represents the visible and form, movement (*legs*), and vision (*eyes*). She is the force that transforms.

The qualities of fire include light, heat, beauty, strength, and courage. Thus, the Magician stands for intensity and renewal, growth and change.

As a transformative power, the fire Shakti courageously and passionately cleanses and burns whatever needs to be burned.

When the Magician is aware of her power, she is energetic, strong, dynamic, cleansing, and embraces change positively.

When she is unaware, she struggles to find her center of life energy and tends toward emotional accumulation, leaving experiences undigested.

Magician at Midnight

The Magician at midnight feels an initial surge of powerful fire energy within, without yet understanding it. It's like a spark that has caught and awakened a memory.

Experience as Shakti: The experience is the felt ignition of a strong force within oneself, as if the eyes have opened in a new way.

Realization as Shiva: This is an initial awareness of magic and alchemy, like a formula that can only be deciphered through further experience.

About the Card: The Magician at midnight invites you to embrace the spark without knowing where this fire energy will lead. It is like a desire for life's desires that can only be experienced once you face it.

Magician at Twilight

Small fires start to form, initial impulses for change arise, but everything remains quite diffuse and unclear. Nervousness about what's ahead also begins to set in quietly.

Experience as Shakti: The Magician gains experience in feeling the first fires of life ignite within herself, even if not yet intentionally.

Realization as Shiva: The awareness recalls the consequences of fire and its quality: transformation.

About the Card: The Magician at twilight invites you to stay vigilant; your inner fires may spread faster and more subtly than expected.

Magician at Sunrise

The Magician's sunrise is characterized by observation and understanding, by learning about fuel and its effects. The transformative impacts of fire become increasingly clear.

Experience as Shakti: The Magician learns about fire with its transformative and dynamic aspects. At sunrise, she discovers how to deliberately ignite fires and flames. She gains familiarity with her own power and cautiously steps out into the world as a visible, dynamic Magician with her fire.

Realization as Shiva: The Magician's realization at sunrise is that fire also requires care. The choice of fuel for transformative experiences shouldn't be left to chance, and it's crucial to decide which parts should be cast into the fire of change and movement and which should not (yet).

About the Card: The Magician at sunrise invites you to collect experiences with transformative and clarifying fire. As this energy now illuminates the external world, it requires careful handling. Use this power consciously, gently moving the visible and

recognizing movement within it, both internally and externally.

Mastering fire in one's own being is one thing. Now, learn to bring this fire outward to enable transformation. Dare to trust in your transformative power!

Magician in the Morning

The themes of the Magician during this phase of experience are planning, preparing, growing, and becoming ready.

Experience as Shakti: The Magician becomes more familiar with the power of fire and starts playing with these forces. Small fire impulses (changes, movements) are ignited in the external world and observed.

Realization as Shiva: Awareness returns to the healing nature of deliberately setting fires and the power of conscious transformations, both inside and outside.

About the Card: The Magician in the morning invites you to open yourself fully to the power of fire, and to prepare to embrace the transformative power of change beyond existing forms.

Magician at Noon

Now it's about intentionally bringing the fire into the world and living it in one's own life, actively creating and deliberately invoking change and executing it.

Experience as Shakti: The Magician now deliberately sets fires of the size and consequence that a part of her already knows deeply. Being a fire-starting Magician is experienced with joy and peace, both internally and externally.

Realization as Shiva: Awareness emerges of how the Magician's inherent firepower can bring about conscious change.

About the Card: The Magician at noon is about consciously inviting change into one's life. She allows transformation to enter her being, actions, and influence.

Magician in the Afternoon

This phase is about solidifying change processes, adapting, modeling, and securing structures for transformational rituals.

Experience as Shakti: The Magician learns to control the power of fire, both internally and externally. A familiar relationship with being a Magician develops.

Realization as Shiva: Awareness emerges not only of the power of fire but also of the impact of being a Magician. She is now fully recognized in her true quality.

About the Card: The Magician in the afternoon invites you not only to embrace and embody the tools of transformation but also to become that change itself, every day, every minute, every moment. Allow the Magician to be consciously aware of herself.

Magician at Sunset

A retreat from active learning experiences and a review of changes occur. The consequences of the clarifying Magician are recognized, and the experience of the transformative power of fire has been completed.

Experience as Shakti: The flame has now become controlled, a familiar companion. With this self-confidence comes strength and calm.

Realization as Shiva: The qualities of movement and transformation are clear. Where new things are to be formed, the old must first be destroyed; where there was fire, there will always be ashes.

About the Card: The Magician at sunset invites you to embrace transformative consciousness and recognize it in all the facets of fire. Peace is found through the acceptance of change.

Magician in the Evening

The transformative movements of fire transition into silence, and peaceful stillness sets in. It is a time for realization.

Experience as Shakti: The power of fire is now integrated. The Magician is prepared to deliberately and effectively bring about change when needed.

Realization as Shiva: There is clarity about the impact of uncontrolled fires and what conscious management of them can change.

About the Card: The Magician in the evening invites you to withdraw the transformative power of fire, learn from the lessons of your experiences with fire's qualities, and finally integrate them into your being. The mastery of transformative power is completed.

THE HEALER



The Healer represents the gross element (*mahabhuta*) Air, the tangible as a subtle element (*tanmatra*), touch through the hands as the corresponding tools, touching to experience (*kar-mendriya*), and feeling the touch as a sensory organ (*janendriya*).

The Healer embodies the effect of touch and being touched, both internally and externally, verbally and physically, giving and receiving.

The **quality of Air** symbolizes the wings of life. When aware, Air is free, light, refreshing, and flexible; when unaware, it is restless, uneasy, stirring, blowing away, or even stormy.

The Healer invites you to open yourself to touch, the tangible, and being touched, to experience it, and to remember it.

Healer at Midnight

The themes of the Healer at midnight are an initial sense of deep inner touch and an accompanying inner calm that reminds one of the healing power of touching and being touched.

Experience as Shakti: At midnight, the quality of touch is experienced so deeply that it feels like stillness. The first touch with the element of air takes place.

Realization as Shiva: An awareness of the quality of a truly touching touch arises.

About the Card: The Healer at midnight awakens through genuine touches. A familiar feeling of being touched returns, and a desire to deepen the experience of this quality emerges. A touching time lies ahead.

Healer at Twilight

The Healer feels a gentle breeze, even if still moistened by morning dew. Touch still feels somewhat untouchable.

Experience as Shakti: The Healer dedicates herself to touching and being touched, discovering her initial (personal) limitations and windbreaks within herself.

Realization as Shiva: An awareness arises of the boundaries that should be recognized in the airy, subtle quality of touch.

About the Card: At twilight, the first inner boundaries of touch and touching are noticed. The Healer realizes that deeper touches often require discovering and understanding windbreaks before she can fully harness her own power of touch.

Healer at Sunrise

Initiating movement and creating airy, light interactions are the themes of the Healer at sunrise.

Experience as Shakti: Conscious touch creates movement, and in this way, the Healer experiences the power of touch for the first time as both an action and a form of active creation through herself.

Realization as Shiva: The healing power of touch is recognized, and the deliberate use of this healing quality is revived.

About the Card: The Healer at sunrise invites you to remember the effects of touching and being touched and to consciously engage with this power in an active form through encounters with the touchable, both internally and externally.

Healer in the Morning

The Healer in the morning experiences the first noticeable freedom and felt lightness in her role as a healer. Touch is healing, what can be touched is profound, and being touched is moving.

Experience as Shakti: Innocence and curiosity enter into her touches. The Healer feels an increasing lightness in her role as a moving force.

Realization as Shiva: The effects of touch are recognized, and the application of these touches becomes more deliberate.

About the Card: The Healer in the morning recognizes herself as a light and free-moving force. Innocence in touch is embraced, and the healing power of being touched is acknowledged and allowed. The power of these qualities, both internally and externally, is personally experienced.

Healer at Noon

At noon, the Healer experiences herself at her greatest intensity, in the storm of movement and touch. Windbreaks have been removed, and the air can now draw its healing swirls with full force.

Experience as Shakti: The quality of touching and being touched is still uncontrollable and turbulent. Much internal and external stirring takes place. The power is now experienced at its zenith.

Realization as Shiva: The Healer's power is recognized and acknowledged, even in its turbulent, destructive aspects; sweeping clean is an airy quality.

About the Card: The Healer at noon invites you to experience and recognize the entire spectrum of touch and the touchable: from stillness, curiosity, and innocence to conscious activity and up to the stormy moments of healing existence and influence.

Healer in the Afternoon

Relief sets in as the storm subsides, calming down to reveal the power of being a Healer.

Experience as Shakti: Familiarity with the healing power becomes noticeable. The peak has passed, and the aftereffects diminish while calmness slowly settles in.

Realization as Shiva: An understanding develops about the power and willingness to allow the Healer's quality to act and exist.

About the Card: A sense of tranquility returns, and the experience shows that even the greatest storm of this air Shakti can produce deep and healing touch.

Healer at Sunset

Subtle inner movement is recognized as the Healer begins to withdraw her dynamic energy from the outside.

Experience as Shakti: All touch and being touched are healing. The fear of the destructive power of air qualities has disappeared.

Realization as Shiva: An awareness of being a healer through conscious touch awakens.

About the Card: The Healer has taken her place in life, in all her various forms, sizes, and expressions. The touchable has become recognizable, and touches have been allowed their healing effect. At sunset, she invites you to be aware of all this.

Healer in the Evening

Destruction and devastation through touch and being touched have been realized, and there is an acceptance of everything that healing means or can mean, even if it includes loss.

Experience as Shakti: There is a release of preconceived notions about what it means to be a Healer. From playful breezes to powerful destruction, the quality of Air has now been experienced and integrated as a living force.

Realization as Shiva: The healing power of touch, the touched, and being touched is now a conscious memory.

About the Card: The Healer has completed her cycle and realized her full potential. She has recognized all forms of touch and being touched as equally healing.

THE PRIESTESS



The Priestess, as an archetype, represents the subtlest of all gross elements (*mahabhuta*). **Ether**. She embodies space, sound, and the vibrations within it (*subtle element - tanmatra*), speech (*instrument of expression - karmendriya*), and hearing (*ears as the sensory organ - jnanendriya*).

The experiences of the Priestess revolve around sound and vibration: shabda—the sound behind words, the vibration behind the explainable and comprehensible.

When the Priestess is aware of her power, her presence fills entire spaces. If she remains unaware of her being, she is unable to perceive the subtleties and fine energies of her power.

Priestess at Midnight

The Priestess begins to recognize vibrations and hears the unspoken for the first time.

Experience as Shakti: Vibrations emerge, and a gentle pulsation becomes noticeable, both internally and externally.

Realization as Shiva: Memories awaken of the vibration and power of words, sound, and tone.

About the Card: The Priestess at midnight invites you to recall the power of vibration. It's an awakening of subtle pulsation that lets one experience hearing and speaking in another dimension. The invitation is to perceive and discover these first vibrations within oneself.

Priestess at Twilight

The Priestess hears and listens for the first time. She becomes increasingly sensitive in her observation, perceiving the vibrations of the space around her.

Experience as Shakti: Her vibrational body begins to tune in and adjust to reception. A first conscious act of listening takes place.

Realization as Shiva: "I can hear space" becomes clear in her awareness, along with a memory of the power of subtle perception.

About the Card: The Priestess at twilight has awakened and is now beginning to hear the frequencies of the space. It's the vibration and resonance behind the spoken words that give them meaning. The memory of the subtle has been revived.

Priestess at Sunrise

Quiet and uncertain, inexperienced and experimental, the Priestess sets out to speak her first resonant words and respond to what she has subtly heard.

Experience as Shakti: The first vibrations are consciously created and tested, and the experiences feel like rediscovering forgotten abilities.

Realization as Shiva: In the subtle ether, one can not only hear but also speak. The power of resonant speech becomes conscious once more.

About the Card: At sunrise, the Priestess invites you to attempt your first resonant words. The space, the relationship between vibrations and space, and the language needed for it are consciously explored and experienced.

Priestess in the Morning

Self-confidence grows, surprises are experienced, and sounds and colors begin to take shape. The Priestess becomes familiar with her resonant power.

Experience as Shakti: Words with ever-higher vibrations are created, leading to a playful exploration of them. The frequencies of individual vibrations become familiar.

Realization as Shiva: Memories of the power of vibrations and sound return.

About the Card: In the morning, the Priestess invites you to be surprised by your own unique sounds and vibrations, playfully experimenting with them in the world around you. This exploration reveals resonances both in what is heard and what is spoken.

Priestess at Noon

Knowledge, power, appearance, respect, presence, mindfulness, and admonition - this is the range of themes for the Priestess at her zenith.

Experience as Shakti: The resonance of the space becomes clearer and stronger, and mindfulness is essential as an inner attitude:

Realization as Shiva: A reawakening occurs of the memory that the conscious use of sound and vibration is powerful.

About the Card: At noon, the Priestess invites you to let mindfulness and presence reign in the space, enabling clear perception of and resonance with vibrations. A deep understanding of the power of resonant speech emerges.

Priestess in the Afternoon

Sharing, multiplying, teaching, passing on, and speaking—these are the themes to which the Priestess dedicates herself in the afternoon.

Experience as Shakti: Trustingly, words are brought forth, and the vibrations of spoken words are now felt as familiar.

Realization as Shiva: Awareness arises of the Priestess as an inherent power. It's the memory of the all-pervasive vibrations of ether that awakens.

About the Card: In the afternoon, the Priestess invites you to resonate with the ether, trusting in the coming and going of whatever frequency, vibration, sound, or message is perceived.

Priestess at Sunset

Transmission, subtlety, lightness, and the impact of one's own vibrations are the themes of the Priestess at sunset.

Experience as Shakti: Oneness with all the vibrations in the space emerges, and confidence develops in the deliberate use of frequencies.

Realization as Shiva: The powerful force of the resonating Priestess becomes conscious and embraced.

About the Card: At sunset, the Priestess invites you to be free in your own etheric actions. Familiarity has been achieved, and now is the time to put this knowledge to use.

Priestess in the Evening

Vibration and resonance without words, and subtle communication within fields of vibration, take place.

Experience as Shakti: A constant vibration and resonance settle into one's being. This is the essence of the Priestess: always ready to receive and transmit.

Realization as Shiva: The role of the Priestess is understood, and her spheres of influence are embraced in awareness.

About the Card: In the evening, the Priestess invites you to confidently engage with all existing fields of vibration and make use of them. The Priestess' power has been experienced and integrated to create your own spaces when needed.

THE QUEEN



The **sensory world of thought**, the thinking organ, mental activities, sensual thinking, patterns, unconscious thoughts, and reactions are all represented by the Queen. She is the one who learns to tame these *manas* (mental activities) wisely and gently through her experiences.

The Queen serves as the receiver and messenger of all the preceding elements and archetypes. She recognizes and allows for understanding, enabling perception and granting access to Earth (*the Mother*), Water (*the Dancer*), Fire (*the Magician*), Air (*the Healer*), and Ether (*the Priestess*).

The Queen is the mouthpiece of the sensory system, and her readiness is essential for growth in each element and state.

Without the Queen, experience would be uncontrolled. She maintains an overview, recognizes and names patterns, and allows new ones to be established.

The Queen herself is free of judgment, evaluations, and opinions. She lives in the moment, acting or reacting based on what she has learned and recognized. She is the aspect that observes and is ready for instinctive responses, as long as the Fool (*intellect*) isn't overshadowing her awakening and thereby unconsciously manipulating or hindering the Queen's play.

Queen at Midnight

An initial instinctive vigilance sets in. The Queen at midnight feels a powerful force within herself, though still unconscious and uncontrolled.

Experience as Shakti: The body senses a force perceived as instinctive vigilance. The sensory system is felt to be ready to serve.

Realization as Shiva: The memory of one's own instinctive power is awakened.

About the Card: The Queen at midnight invites you to look inward vigilantly to discover the aspect that feels like instinctive power. It is important to reintegrate this back into life.

Queen at Twilight

At twilight, the Queen feels a surge of drive and instinctively recalls the powerful force of her own being.

Experience as Shakti: A power that wants to act and express itself in its potent quality becomes noticeable.

Realization as Shiva: Awareness of instinctive themes, attributes, and communication arises.

About the Card: At twilight, the Queen awakens in awareness as a powerful force capable of acting beyond all other inner powers. This life-affirming energy seeks to experience and explore life on an emotional level with all the senses.

Queen at Sunrise

A first instinctive expression finds its way outward, sparking a desire to experience more of herself as the Queen who seemingly rules the system.

Experience as Shakti: Her own expression is unfiltered. The experience of her instinctive quality can still feel overwhelming or overbearing.

Realization as Shiva: A memory of the powerful force inherent in bodily wisdom awakens, fostering even greater vigilance with each new experience.

About the Card: At sunrise, the Queen is invited to bring her instinctive power into the world. Conscious actions and reactions broaden her range of experience, allowing her to gain a deeper understanding of her body's intelligence and sensory system.

Queen in the Morning

A testing of strengths emerges, and the Queen begins a game of consciously trying out and experiencing her capabilities.

Experience as Shakti: The range of instinctive experiences expands, and the allowance for this power is deepened and intensified.

Realization as Shiva: Acting on a conscious level begins, accompanied by sensory observation.

About the Card: In the morning, the Queen invites daring instinctual experiments to test and experience herself. Every experience becomes a conscious action of powerful engagement. The dimension of the instinctual sensorium, with all its elements, is recognized.

Queen at Noon

In uninhibited expression, the Queen now steps fully into her power. It is the intense perception of all senses and elements that enables this strength and expression.

Experience as Shakti: Instinctual movements and encounters are experienced, the senses are perceived more acutely, and her power is put on display.

Realization as Shiva: Awareness of the power of the senses, the sensory system, action, and instinctive strength has awakened.

About the Card: At the zenith of her being, the Queen invites you to let the fullest sensory expression reign and live out this power in all its might. Conscious, instinctive action becomes a fundamental approach.

Queen in the Afternoon

Action and reaction become gentler and quieter, and the Queen gradually withdraws inward in her expression as an instinctive force. She is nourished by her experienced power and self-aware.

Experience as Shakti: Inner strength sets in, with a shift in experiences from the external to the internal.

Realization as Shiva: An awareness of the royal power of the body's own instincts emerges

About the Card: In the afternoon, it's time for the Queen to retreat and let gentleness reign in her power. The strength of the senses and the power of the will are now recognized and anchored in consciousness. Thus, the time has come to learn to wield this power wisely.

Queen at Sunset

As the impulse for external expression fades, a deep familiarity develops with the presence and readiness of the instinct to express itself whenever needed.

Experience as Shakti: The importance of outwardly expressing the instinctive facet diminishes, and inner readiness for it is felt.

Realization as Shiva: The powers of the senses, expression, and action become clear at sunset.

About the Card: At sunset, the Queen invites you to let go of any control over your instincts. It's time to fully embrace and trust this powerful force, allowing it to be in a state of awakened readiness.

Queen in the Evening

Calmness settles in, and the Queen knows that all her powers are present. There is no need to control anything anymore, only to perceive herself consciously and instinctively.

Experience as Shakti: The Queen distances herself from acting and reacting, withdrawing from her active power and gaining a deep readiness for her vigilant instinct.

Realization as Shiva: Awareness arises that this power remains potent, even if it doesn't find expression externally.

About the Card: The Queen in the evening invites you to step back and offer your instinctive powers uncontrolled trust. Only in this way will she discover, recognize, and experience her true power.

THE FOOL



The Fool represents self-consciousness and the ego as an objective perception of self. This archetype identifies, categorizes, evaluates, and defines to ultimately overcome the notion of a limited individual self through the experiences of being.

Ahamkara means **"I-maker"** (from ahaṃ, "I," and kāra, from the root kṛ, "to do"), encompassing every thought and idea about who we think we are, what we believe we can do, hope for, and desire. It is the mental framework we impose on life and every judgment we make about our experiences.

The Fool reveals self-knowledge and liberation beyond mental limitations.

Fool at Midnight

The Fool at midnight experiences the perception of self-existence and thus the first, still unconscious idea of separation. Mental duality is born.

Experience as Shakti: An initial realization of "I am different" occurs, and a notion arises of how something or someone should or could be.

Realization as Shiva: Awareness of one's own existence is born, and recognition of polarity happens.

About the Card: The Fool at midnight awakens with an initial idea and concept of individual existence, thereby coming into contact with an accompanying system of values, opinions, and judgments.

Fool at Twilight

At twilight, the Fool experiences an inner separation from "the others," and early personal preferences and identities begin to form. The desire for the self takes shape.

Experience as Shakti: "This is me, this is not me." Duality arises as the Fool discovers and labels her experiences.

Realization as Shiva: Distinctions and value systems become conscious, reinforcing the awareness of self-existence.

About the Card: In the twilight of awakening, the Fool experiences her boundaries with duality and her interactions with it. By differentiating herself from others, she creates her own image of herself and this "I," as she experiences, interprets, and wishes to become.

Fool at Sunrise

At sunrise, the Fool begins to embody and express her identifications and separations outwardly. Her self-definition starts to solidify.

Experience as Shakti: This marks the beginning of conscious self-creation, experimenting to learn. An idea takes shape about who and what this "I" is, should be, and wants to be.

Realization as Shiva: The process of experiencing, naming, and defining the self becomes conscious.

About the Card: It's time for definition and visibility in the external world. The Fool experiments with the identities she gradually adopts, learning who and what she is - and who and what she is not - by trying them out.

Fool in the Morning

The Fool's categories solidify, distinctions are made clearly, and the final self-definition is formed, which can encompass anything from non-existence to infinity.

Experience as Shakti: Countless possibilities of the self are explored and experienced, leading to the creation of categorizations, judgments, ideas, projections, images, and stories.

Realization as Shiva: The Fool becomes aware of herself, her judgments, ideas, and categorizations, as well as the exclusions and limitations that result from them.

About the Card: Self-discovery transitions into self-recognition and an awareness of how identity - and thus value, opinion, and judgment - are formed.

Fool at Noon

The Fool becomes familiar with the play of the world. With freedom and ease, she learns to play with her identities. Early provocations make their presence felt in the marketplace of events.

Experience as Shakti: It becomes clear that ultimately everything that defines itself creates both an opinion and a counter-opinion. A liberating realization of *"I am everything"* sets in.

Realization as Shiva: The Fool becomes aware of the game she's playing with her identities.

About the Card: Self-existence becomes familiar to the Fool. At noon, she has already transcended ideas of an individual self. She invites you to explore the free and possibly provocative play of identities within being.

Fool in the Afternoon

The Fool begins to retreat from her play with the self and shifts to discovering the "we."

Experience as Shakti: The *"I-making"* diminishes, and the Fool finds that she only gains true strength by moving beyond dualities.

Realization as Shiva: An existence that recalls something greater beyond mental limitations emerges into awareness.

About the Card: The Fool in the afternoon invites you to expand the game of identities and grow beyond mental constructs, rules, and norms. It's time to transform the *"I"* into a playful *"we."*

Fool at Sunset

Categories start to dissolve for the Fool, and she begins to merge with broader impulses of understanding. The mental veils of *"self and others"* duality are lifted.

Experience as Shakti: Her own being is experienced as existence that, thanks to mental freedom, follows a broader concept of understanding.

Realization as Shiva: The limitations of self-consciousness are recognized, and the inability to merge with the greater outside becomes clear. This leads to an initial awareness of *"we-consciousness."*

About the Card: At sunset, the Fool starts moving freely, both with everything she is and isn't. She has gained the freedom to define and identify herself according to desire, need, will, and ability.

Fool in the Evening

In the evening, the Fool begins to shed the illusion of a self with corresponding identifications. There is absolute freedom to be everything and nothing—and to live this out fully.

Experience as Shakti: A sense of “we” emerges, and the game in the external world can contribute to a greater whole. The Fool knows in each moment who she is and the role she plays.

Realization as Shiva: The limitations of “I” and the freedom of “we” become clear, enabling a present connection with each moment.

About the Card: In the evening, the Fool invites you to let go of all ideas of being and becoming, thoughts of doing and not doing, and notions of desire and rejection to ultimately dissolve into a greater freedom.

THE PROPHETESS



The Prophetess embodies the **realm of higher intelligence** and truthfulness, representing the aspect that has become pure, non-judgmental discernment (*viveka*). This archetype focuses on recognizing and integrating deeper wisdoms and harnessing one's own prophetic forces in being.

The Prophetess navigates through life with an enhanced perception that cuts through surface appearances to grasp the underlying truths. Her insights are not clouded by biases or personal desires, enabling her to see the essence of things and guide others toward higher understanding and foresight. This archetypal energy is deeply connected to intuition, allowing for a profound connection with the mystical or unseen aspects of reality, often foreseeing or predicting outcomes based on a deep understanding of the present circumstances.

Prophetess at Midnight

Remembering the higher source of wisdom - the Prophetess's intuition is born.

Experience as Shakti: Intuition is not knowledge or intellect. The Prophetess feels it as a deep inner wisdom within herself.

Realization as Shiva: An awareness emerges that there is a greater truth beyond one's own, a wisdom not yet fully understood or heard.

About the Card: At midnight, the Prophetess is born, inviting you to recall a wisdom greater than your own and that of all teachings combined, awakening to a discerning consciousness. It's time to recognize the divine play of existence and the divine being in the human game.

Prophetess at Twilight

Opening to the true spirit, seeking a teaching, turning to truth, and initially adapting to it are the themes of the Prophetess at twilight.

Experience as Shakti: An expansion of one's reality occurs, and an opening to a greater wisdom becomes palpable.

Realization as Shiva: Awareness arises of the mental limitations of material experiences and human consciousness.

About the Card: At twilight, both sides of the consciousness coin are recognized: the limitations of human intelligence and the opening to the greater wisdom of intuition. The Prophetess invites you to consciously open yourself to higher intelligence, allowing yourself to experience your own higher wisdom.

Prophetess at Sunrise

The Prophetess at sunrise recognizes the truthfulness of intuition, learns to understand and name it, and integrates it within herself.

Experience as Shakti: Exercises, challenges, and trials to test the integrity of one's intuition are experienced.

Realization as Shiva: A distinction between "*true*" and "*truthful*" becomes clear in consciousness

About the Card: At sunrise, the Prophetess invites you to become aware of your own consciousness and to learn to recognize and distinguish the truthfulness behind higher consciousness. This is a time of trials to see how well intuition is lived as a force in the external world.

Prophetess in the Morning

Living truth and expressing truthfulness are the themes of the Prophetess in the morning. The world is still a playground for experiences.

Experience as Shakti: Truthful expression finds its space in the external world in the form of words, actions, and gestures that reveal something greater than one's personal truth.

Realization as Shiva: Awareness arises that the world is a playing and projection field for one's truthfulness and intuition.

About the Card: In the morning, the Prophetess invites you to bring truth into the world and consciously confront others. Your own inner wisdom is recognized, heard, and tested, creating awareness of your own intellectual limitations.

Prophetess at Noon

Proclaiming truth, purity, and wisdom are the themes of the Prophetess at noon. Omnipresent intuition integrates into the system.

Experience as Shakti: Truthfulness is conveyed, expanding one's own truth and intuition. Teaching through pure being begins.

Realization as Shiva: The mission of one's own being as a Prophetess comes back into awareness, transcending a limited, differentiating existence.

About the Card: At her zenith, the Prophetess experiences her power of pure being. Truthfulness is lived wisdom, and the mission of teaching through being is recognized. Proclaiming a greater truth begins through one's own unbiased, intuitive, and conscious omnipresence.

Prophetess in the Afternoon

Tolerance, compassion, generosity, and peace become present in the Prophetess in the afternoon. Wisdom deepens, and her influence becomes gentler.

Experience as Shakti: Truthfulness is lived, inner wisdom is felt, recognized, and expressed. Intuition is experienced as a familiar and trustworthy guide.

Realization as Shiva: Kindness and blissfulness are recognized as qualities of the Prophetess and become conscious once again.

About the Card: In the afternoon, the Prophetess invites you to acknowledge the fruits of your own truthful life. It is the qualities of intuition that bring bliss both internally and externally. It's time to become aware of your own inner Prophetess.

Prophetess at Sunset

Truthfulness is integrated, and discernment has become clear. The Prophetess has released all illusions.

Experience as Shakti: Devotion to and acceptance of pure truthfulness are experienced, and the desire to bring about change from anything other than intuition completely fades away.

Realization as Shiva: *"I recognize"* is recognized. The consciousness of the Prophetess, which perceives the greater wisdom behind all appearances, has found its place.

About the Card: At sunset, the Prophetess invites you to recognize and live the greater wisdom, even in things that cannot yet be understood by the human mind. The intellect (*Fool*) and sensory system (*Queen*) now support the intuition in permanently integrating bliss into life.

Prophetess in the Evening

Being pure truthfulness, living integral authenticity, and experiencing bliss - that is the Prophetess in the evening.

Experience as Shakti: Everything exists and flows in a greater form and power than the intellect can grasp. The state of allowing all things to be is where the Prophetess now experiences herself.

Realization as Shiva: Awareness arises that one is consciousness itself.

About the Card: The Prophetess in the evening invites you to cultivate inner peace through living truthfully. Intuition has become that familiar life force that enables one to see and understand the play of life from a broader perspective.

Light has found its ray, and consciousness has recognized itself.

SACRED UNION

Shakti and Shiva in Unison

Shakti and Shiva in unison represent the ecstatic and vibrating moments of being. These are moments of complete surrender and presence.

Sacred Union is the state of union with the ultimate bliss, where everything dissolves. The earthly realm, all Maya (*the world of illusion*), and even all duality (*the world of supposed separation*) disappear. All eight Shaktis are now aware of their powers. Sacred Union is the greater whole that emerges through the holy union of Shakti and Shiva. This is Maithuna. This is inner wholeness. This is the primordial energy flow from which all truth is born and has been born.

Experience as Shakti: It is the individual act and the singular moment in which supreme devotion is experienced. Nothing can lead into dark valleys once the truthfulness of one's own power has been experienced. The power as Shakti, the primal nature, movement, and life; the power that even transcends everything and nothing, is experienced.

Realization as Shiva: Awareness arises that Shiva without Shakti is 'Shava'—a corpse. It is the experience that creates and nourishes consciousness. This is the core realization of all.

About the Card: Sacred Union invites a joint existence of experience (Shakti) and consciousness (Shiva), observing both action and inaction. It is the state of integrating and living all that has been experienced and recognized, from the material to the subtle alike. It encompasses all great teachings: Know and understand who you are. And live it, in every single moment of being.

*Be who you are, no more, no more and no less.
Not who you think you are.
What you are when you no longer think.*

ABOUT ANANDA - THE ACADEMY

ANANDA Bliss Academy

ZVR 1397069715

ANANDA Bliss Academy is a non-profit association dedicated to researching, promoting, and preserving comprehensive health care.

Because it's time.

Time to reunite as humans.

Time to commit to this.

Time to return to values

that offer a deeper meaning in life.

MAY HUMANITY BE A BLISSFUL ONE.

ANANDA Bliss Academy primarily focuses on self-help for holistic health care and considers art and culture expressions of humanity's higher development toward health-promoting bliss.

ABOUT THE ART PROJECT

TANTRIC UNION

Experiences of Shakti & Realizations of Shiva.

The goal of the art project is to reinterpret existing knowledge of the tantric elements Shiva and Shakti and give it artistic expression, thereby offering another way to become aware of these inherent life forces; this ultimately corresponds to the mindful, loving, and vibrant evolution of a compassionate and peaceful humanity.

This aligns with the mission of the ANANDA Bliss Academy, which is: the mindful, loving, and vibrant development of our heart-centered and peaceful society towards a more blissful humanity and a culture of unconditional living.

ABOUT THE AMBASSADOR

Meher Ananda Kaur.

For many years, and still on the path.

YOGA & TANTRA

Kundalini Tantra Yoga RYS 300 | Hatha, Acro, and Kundalini Yoga Teacher | Movement Pedagogue | Tantrika

...and beyond the facts, someone who simply loves the body as a whole. Because it enables life, because it brings joy, because it is such a precious gift, allowing us to experience life, to perceive, feel, smell, taste, and witness many thousands of small miracles.

Tantra is a magnificent teaching that not only enriches one's own life but also the lives of many other wonderful beings.

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ENERGETICS & SPIRITUALITY

Kinesiology | Craniosacral Bodywork | Longtime
Trainer in Energetic Adult Education

Diverse approaches to energetic bodywork (dance, shamanism, kinesiology, craniosacral bodywork, Thai yoga massage, quantum healing, and more) have allowed the discovery, sensation, perception, application, and sharing of what lies beyond cognitive understanding.

I firmly believe that EVERYONE has the potential within themselves to experience healing.

Tantrika, Yogini & Voluntary President of the ANANDA Bliss Academy



Photo Credits: Karin Hackl Photographie

ABOUT THE ARTIST

Elisabeth Kernmaier.

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ILLUSTRATIONS

Acrylic on canvas.



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