21st Century tarot cards:

Illness Narratives

Why cards?

I have always known that symbolism is the representation of notions about the world and life. The language through which they speak is as imaginary as it is cultural. The knowledge upon which they are based is observation and thought. Symbols are intelligible to all people. Symbols join a vast array of thoughts, feelings, memories, unconscious imagery, history, and thought in a drawing that contains signifiers of a concise message, a concise notion. It is more or less a one stop shop for knowledge about certain common notions.

What I have created here are symbols of contemporary thoughts about illnesses. I call these folk symbols. A folk symbol is a drawing that comes from what people know, observe, comment and understand about realities that surround them. These folk symbols are of illnesses.

But, why cards? Let's say that we get a little lost and cannot grasp something that we already perceive. Observation can help us get to that thought and study it. If we draw our observation we can study that which we cannot yet grasp, but are already aware of. If to that we add some books and some popular knowledge and put all of that together, we obtain another kind of knowledge. That is what a folk symbol is. So, all in all, symbols and drawings help us observe and think about realities that we grasp, but have not yet thought about.

The cards, that are as old as spiritism or mankind, are drawings of basic notions or signifiers that are popular in a certain place, at a certain time, and are meant to give us a clue of what we are constantly perceiving, but cannot really grasp of the realities around us. They are just explanations from an observing individual who is trying to share a general notion of what is out and about for people who are distracted from this not to get confused with what they are grasping from reality and what they are perceiving without focus. Reading the cards is a way to organise our notions, review what we have perceived or seen without paying much attention to it, and understand our surroundings better.

In spiritism, the cards are a means of communication between spirits and people. Just as we cannot expect a baby to speak fluidly in the language that a part of his or her family speaks, we cannot ask a ghost who listens to the languages we speak, but is not really interacting through it, to speak in our language. So how are we to communicate with ghosts or spirits? Well, that is what cards are for! The cards, being symbols are intelligible to any ghost who has been ambulating and is now close to the living. They were supposed to teach certain notions to ghosts or spirits before they joined the rest of society in the living world.

A set of cards must have: 1) a general view of a reality (can be a concept, an important event) that has become very popular in society, and that makes people wonder or be curious or anxious about; 2) the card of the world must show something meaningful about the current times; and 3) there is usually one card describing something important about the card maker, who is the observer and symbolist.

This deck has only four cards of each set and four Arcane, plus two joker cards or zeroes, the World, the Rose and the Ghost. The idea of the two zeroes comes from an old Greek pack. It means that there are two different conflicts to the understanding between people that are related to one another and are causing each other.

A little about symbolism

"I believe in the visions of truth in the depths of the mind when the eyes are closed".

A symbol is a simple drawing that conveys a truthful apprehension of an idea through an object that, when drawn expressing the idea, conveys the idea itself. A symbol is a studied idea that conveys or represents a studied idea. A symbol is a drawing of a notion that was originated through the observation of reality and the analysis of the many interactions that shape that reality. A symbol is an image of the unconscious in which our minds have gathered all that we have perceived while being concentrated on something else and which is now coming back to us altogether through one object or drawing for us to observe it and understand all we perceived without thinking about it.

Many theorists have explained that symbols contain universal truths. That is because they express precisely that: the truth that lies in everything we see that we never thought about and which perhaps was necessary to understand and observe a little in order to avoid misunderstandings, stress and confusion. A symbol will have the truth about people's observation and unobserved reality so it completes our overall understanding of everything.

W.B. Yeats defines two kinds of symbols: emotional symbols and intellectual symbols
Emotional symbols are similar to those found in poetry. They are appreciative and evoke feelings and emotions associated to an object or place in a specific time. Intellectual symbols are studied symbols and contain a studied analysis that can be social, political, economical, psychological or relative to any other subject or science. These last symbols contain history and culture so that they are the universal representation through one single object, of loads of history; the most common example of these symbols is the Cross, as a symbol of sacrifice or Christianity.

A little about theosophy and magic

In Ideas of Good and Evil, written by W.B. Yeats we have several passages reminding us of what the unconscious was throughout the 19th Century. Following the 19th Century's revival of spiritism, I would like to offer another piece based on those kind of visions that come from people who are ambulating and stop by in other people's houses to talk. The poems at the end of this book are originated from those kind of conversations with ambulating people, and a pile of books we have read together, as well as studies from different areas including literature, psychology, law, trauma and human rights claims. The cards were drawn to give a general notion that has both folklore and studies about mental illness to both living and dead.

The following passage from W.B. Yeats' Ideas of Good and Evil is based on a series of studies about the truth of language and science, and the truth of facts, scientific or philosophical. Many people during the 19th century were wondering how to read the most ancient books, histories and stories. For example, should The Illiad be read thinking about the Gods that would come to the battle fields. Or how is someone to understand those fragments of the Illiad? History and science had been written poetically and psychologically so that it was very hard to know if what was being studied or read came from metaphors or facts, or just literary interpretations of what reality had seemed to someone. To take all written pieces as facts would have been to eliminate the fact that much is written from our imagination.

This passage from Yeats explains this idea in the following words:

I can unintentionally cast a glamour, an enchantment, over persons of our own time who have lived for years in great cities, there is no reason to doubt that men could cast intentionally a far stronger enchantment, a far stronger glamour, over the more sensitive people of ancient times, or that men can still do so where the old order of life remains unbroken.
[…] Men who are imaginative writers to-day may well have preferred to influence the imagination of others more directly in past times
[…] May we not learn someday to rewrite our histories when they touch upon these things too?

(W.B. Yeats, Chapter V of "Magic" in Ideas of Good and Evil, Chapter V, ebook)

So, this was happening back in the 19th Century. People were wondering as to the reality of the things written in books and discovering people's capabilities of creating and recreating realities and histories, based on one single fact - people were inventing cultures and countries and histories to sustain some kind of colonial idea.

On the other hand, people were invocating ghosts and speaking to them. And guess what happened? It became a habbit, a nuisance and a peril to most people both dead and alive to just be!

But before judging anything, let's see what was going on? There was a lot of disbelief because many people were travelling to other countries and facing new realities. People were describing places and rituals they had never heard of before. With all the « discoveries » that were around, the minds of travellers were loosing the sense of consciousness, perhaps because of fear and lack of knowledge of other cultures and their languages, perhaps because unknown things require some time before they are grasped… Whatever the reason maybe, all this shock was happening, while another one began to occur: people started to disbelieve in the knowledge they had, and in what books said. « Why is that? », you might ask… Well, the answer is clear, people were writing supposedly scientific or historical books based on what they barely grasped about cultures and the world. These books were charged with imagination and fear. Therefore, they were dreadful. You can easily imagine that when people bumped into another history book written with the same kind of deliria with which they were writing history books of unknown places, they would just discover that much of history was written in a state of unconscious thought or fear and misunderstanding or paranoia and dementia. All in all, people just began to question all and wonder how to know the truth and learn what to believe. It must have never occurred to them that they were not supposed to believe or disbelieve, but learn something from the book, if there's anything worth learning!

Nevertheless, in the constant search for the truth about history, some people turned towards spiritism to learn things from other people who had passed away. So their idea was that if the periods described in books had really been as the books say, surely a person who had lived those times would know - so why not ask ghosts about history!

« Why is that so crazy? », you might think! Well, here are a few reasons why. Let me start by what we can relate to: A person who lives in a specific time usually lives his or her life focused on his or her affairs, and that is all. We hear about what is happening in the world, but we don't really dedicate our lives to analyse the period or talk all day long about what is happening. Gossiping all day long about politics or the lives of kings and queens or the explorations of who knows what fellow, can give you a headache. What you will keep from your life might be what mattered to you and not what bothered you about the elected president, so to say! So, turning towards invocation to ask someone about a specific time to see if they remember it accurately, as precisely and clearly as to contradict and explain a whole history book is not very senseful!

However, some people were worried because they needed to have a social opinion about what was happening, which was Conquests and Exploration trips! So one can imagine everyone was loosing their minds!

Additionally, another thing was happening: it began to be known that people from other cultures became desperate to speak to the people that were arriving to their homelands during the exploration trips. Looking at all the mess that the explorers were bringing to them, they had to explain a bunch of things for them to stop doing what they were doing, and, in the rush of explaining while being terribly threatened by their presence, they just tried to explain whatever would calm them or drive them away, which was perceived as something scary and was not entirely truthful. It must have been such a mess! No wonder we are still very scared of each other.

So in general, if there was a bunch of people invocating dead people and another bunch of people dying in conquests and wars and all, then, how many ghosts would there appear? In the middle of the whole worlds' battles, my dear?

So that was magic back in 19th!

Why illness narratives?

Society -- as it is evidenced by the problems that we have faced historically, and are still facing --, is deeply marked by illness. We may not be aware of it, but socially, we fall into interactions that can be easily analysed through the definitions of the illnesses of our times.

The deck attempts to uncover whenever we fall into an ill interaction. Any interaction that is causing harm or making us worried can be an ill interaction. If seen through the light of mental illnesses, we can step outside of the circle that is blocking our sight and study it through the cards.

When we fall into a stereotyped interaction or a definition of ourselves in a social circle we may lose awareness and clarity. To escape from the impasse which that causes and have an ampler perspective of things can be very challenging or impossible.

When we fall into stressful situations, we cannot see beyond our noses.

Cards are meant to make us aware of those things that we miss or that we perceive so rapidly that we cannot really apprehend, when we already have to act upon it. To think about what happens has to come to us -- that is the main purpose of these illness narratives' cards.

So read them to try to be aware of the many social interactions that fall within illnesses that are easy to recognise, and once we are aware of, are easy to heal from.

The deck

Skeptically, how to read this deck?

This deck is meant to help study realities that pass unobserved. It cannot tell the future nor the past; it cannot provide symptoms of an illness; it cannot give therapy to anyone. However, I really hope it helps understand that illness is part of our society and it is something we should heal from, and not be scared of.

Take 4 cards out to study. Read the cards as if you were making a critical piece about a painting: study the lines, the relation between the colours, the symbolism behind some objects. Then find your clear interpretation of the drawings, which is nothing but a critical piece of the cards. Start with the first deck. Then go to the second deck and pull out the cards' doubles and see if your interpretation can also be explained or matches the clone cards in any way.

Once you have all of that, then you will have learnt about the several notions that have been out and about regarding that mental illness, as we socially perceive it. It is just like going to a museum and seeing some installation about a specific situation or a portrait of an old monarch that can help you understand government in the times when that person lived. Apart from that, if you want to read the cards, I offer several games in the next pages.

Esoterically, how to read this deck?

I offer two different readings and a game, but if you know another, go ahead.

First reading:

Take the single deck and separate it from the double deck. Ask one question about illnesses around you and within you that are affecting your sight. Take four cards from each deck. Place them one next to the other making two squares: one for each deck. Turn one from the single deck and its counterpart from the double deck. See if you get any pairs which means different states of awareness of the same illness. The first pair of cards is that which you perceive as a problem; the second is the answer that you seek to that problem; the third is what you perceive but have not apprehended; and the fourth is that of which you were not entirely aware of or too distracted from. If you get an arcane that has to be the solution.

Second reading:

Take the fool card from the zeroes. Then, take all the cards and mix them seven times. Then make two rows of three cards each. Turn the cards and see the dichotomies around or within. That will guide you to the conflicts that can be solved by assimilating that a dichotomy is a conflict. Place the fool on top and find which one is pain and which one is power in the cards you pulled. Try to avoid "pain-power" interactions in your life and your appreciation of things; or even when you think about a problem with someone. Do not see yourself or another person as either "pain" or "power" - the characters that the fool represents.

The Arcane

All Arcane usually represent social pillars. The Arcane in this deck represent certain social structures that interact with the illnesses expressed in each set. I have chosen four to describe the main issues that cause pain. All cards are nothing but symbols based on the observation of the world. These Arcane are phenomena that stand as pillars of our society, especially, in this and the past century. Much of our actions speak through or are close to any of these. That is to say that we will bump upon any of these phenomena at least once in our lives and we might end up feeling that ill at least once.

The Aces

All the Aces in this deck represent an originary illness, that is an illness that was first called and identified with the name of the card and which was described in a way as the card tries to depict, but that was afterwards broken into several different illnesses that appeared in time.

It is important to think about the many signifiers attached to an apple when looking at the Ace of Golds and of Weapons and their doubles. Apples represent: knowledge, forbidden fruits or stolen fruits, health and wealth. The broken apple means that that illness can destroy all other aspects of the mind that you will need to recover from any other illness.

I. Pathology

The first card withholds the meaning of the whole deck. The image is inspired in marketing campaigns from the United States from the 1960’s to the 1970’s. The pathology that was around in those days, was soon to explode as a movement against war, that failed to stop yet another war.

Pathology here is signified by anything reflecting reality differently. The rainbow shows different nuances surrounding the tree of knowledge, of life, of nature, which surrounded by so many colours and reflections is confusing.

The apples show order, disorder and the wish for life and fruitfulness. However, the reflected image is causing a distortion of reality that cannot become any hope for health, until reality is not imagined but learnt.

All the illnesses in this deck, of which this is the first arcane, are contemporary social behaviours.

The ideas behind each card are based on folklore and research, because all of that is part of our collective ideas. If you throw the cards and this comes out try to study pathology and then observe the world around you: perhaps you find that what is bothering you is something quite blurry of the reality you are perceiving or a reflection of something else does not let you see what is real.



The First Arcane

II. Conflict

And all the people began to join in a race that would never end, loosing their thoughts, their lives, their belongings in this maniac race for lives. Lives invented, imagined or created, but not lived.

The weaving of pathologies means that mental illness or ignorance can cause conflict, which is lack of understanding. The needle represents the way in which the wind blows millions of people that are moving from one thing to the other following without much awareness of what they are doing.

The paths of life have not been woven, but we do follow specific patterns and we do believe in certain truths or principles. The reality of being oneself gets lost when that has to be defined by groups. There is no definition for living, there is just being, but being in a group sometimes requires defining yourself.

Observing reality and what is really expressed in every street and every building is understanding that the world is not defined by people, but described by all, which does not change the world itself, and it certainly does not change oneself. If you are in the middle of interactions that contain illnesses the conflict card will show you that you need to realise that illnesses do exist and are part of our society - don't build relationships based on illnesses, unweave until you find a healthy way of interacting.



The Second Arcane

III. Racism

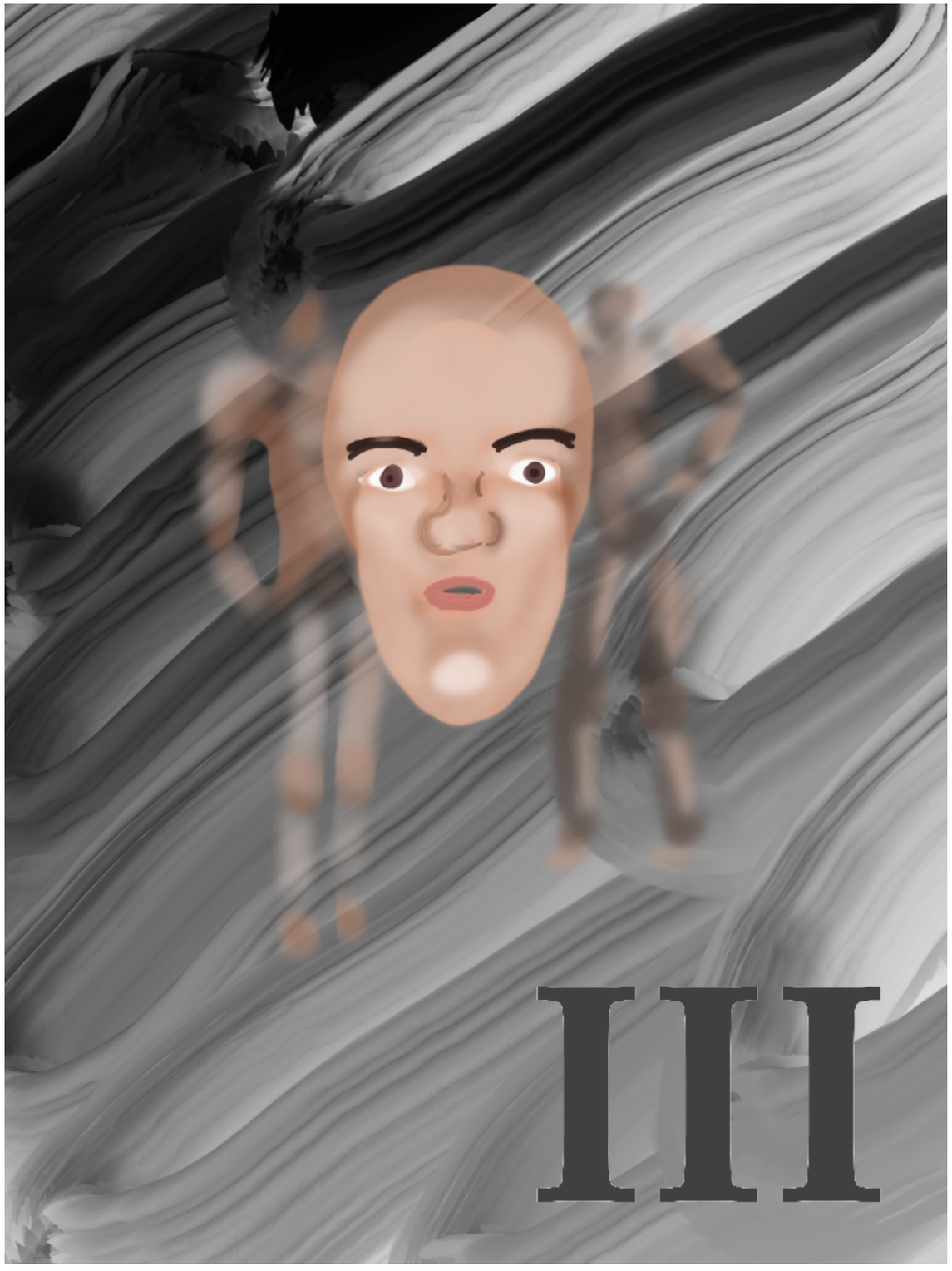
Do not define for you will lose your mind; when describing do not compare, for you have no pair.

This Arcane has defined much of the century's confusion. The card depicts the self and an altern surrounding the head of the self. Both ideas of difference are behind the head as ghosts harassing with questions the confused and possessed bicoloured head.

Confusion comes from ideas of oneself and of individuals in general. There is no need to define oneself in society. This is something to think about.

Racism is a struggle to find a definition of the self which is something that cannot be, for we don't become by definition of us, but simply are what we are.

The card is part of the deck to show that this phenomenon of thought has been causing chaos in relations. It represents the confusion that comes from comparing one to others. It is a man that is both black and white and does not understand his identity in society because he insists in clinging to a definition of black and white.



The Third Arcane

IV. Regime

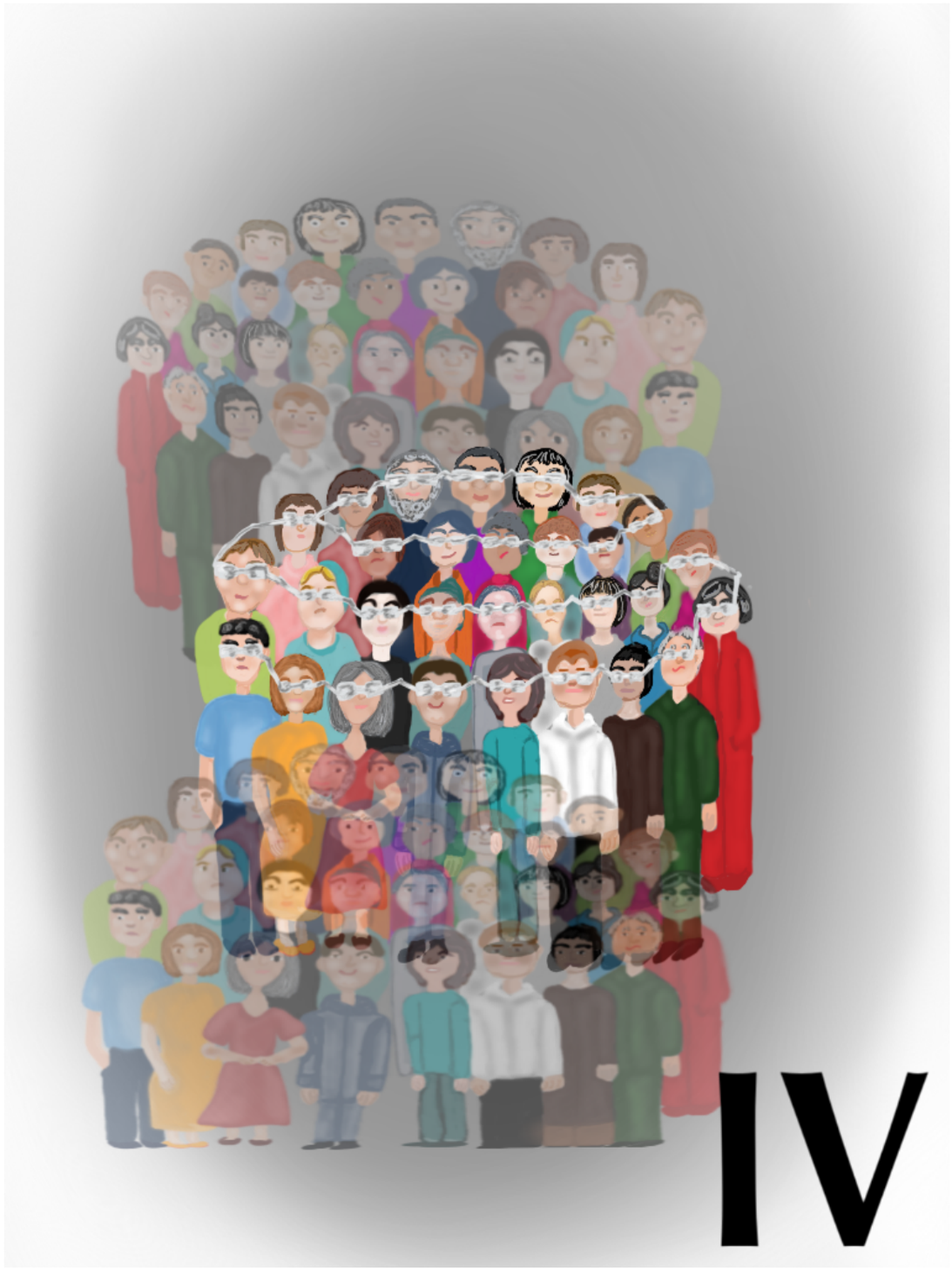
The world is not created blindly, just destroyed.

> The circles of people whirling overhead,
> The crowds and the sparks of fire over here,
> I wondered with an eye of conquest and a leg of broken ribs
> If I would ever lose the curse of that insane bliss.

Bliss was defined as a loss of mind that provokes high sensations. The bliss of murder is something that was first mentioned during the crusades, afterwards, it was repeated in the Second World War. That feeling, that was thus described, was caused by the blocking of the mind to cause blindness and movement at the same time, which together with strength causes the loss of sensation of the outside world and an increase of intensity in internal feelings, which are the sensations of the inside body. This is just a bunch of internal sensations coming altogether at once to the person causing him/her a rush that reaches the brain and creates hallucination and delirium. This was the feeling sought when attacking in war.

Whether this information found in millions of declarations is true or false, we do not really know, but the fact that crime, injury and pain are altogether a bunch of sensations without thought is true.

If they don't allow you to think and ask you to act without thinking or knowing, could that give you an illness?
Make your own research, have your own mind and study on your own. Be calm and be alive.
To the best of your knowledge, with the best at heart - **don't follow blindly.**



The Fourth Arcane

Spades (Pistols)

Although the truth about a card is that times shape its meaning, a little explanation about the imagination behind these cards is necessary. The spades in this deck are pistols. They are based on weapons from the 16th to the 19th century. They have both knives and bullets and they represent a harm that is developing into a conflict, whether a war, a rebellion or a social difference.

Spades in the Spanish cards were the threats that a person can face during a lifetime. They could also be understood as the defence against a threat. The idea is based on the notion that certain social infrastructures undistinguishable by people create threats. For example, if the infrastructure (the ideology) behind politics is revolution, the threat can be to fall into violent disruption and destruction, instead of following the path to positive change. If it is feminism and women empowerment, the threat can be to fall into a matriarchal infantile society or to rebel violently against the development of equality by exaggerating the differences between women and men.

In other cultures, I found that Spades in a card represented the general's orders or the chief's commands for a specific period or event. The instructions were left in the cards and the decks spread around the world as a general instruction for soldiers who campaigned far away to learn the new instructions from their general wherever they were.

The spades during the 20th century were usually an obstacle or problem that had not been elucidated by the card reader or the client. These obstacles could jeopardise the reader's way to fulfil his or her destiny, which was the future that was meant for the reader. In this deck, the pistols represent all ideas from memories, trauma, miscomprehended realities (whether experienced, heard of or learnt) that cannot be grasped; they are the perceived notions of general social illness that cannot be apprehended; the disbelief but acceptance of principles, theories, paradigms and socially accepted notions that together cause anguish and become both a threat as an obstacle.

This century is the aftermath of slavery, colonialism and fascism. The mind is hurt and cannot really overcome the illnesses that all of that brought. The idea of mental illness is also stereotyped so that we cannot really understand that we have pathological interactions and we are scared of expressing pathologies. We are constantly facing realities that destroy the mind. In other words, our notions of our social reality are based on stereotypes, which are imaginary constructions. These notions we confirm as truths by observing behaviours while trying to grasp the reality of our social self. This cannot lead us to health and peace. We need to be aware of the existence of mental illness as something we will have to walk through until we heal.

Psychosis, the animated recreation of reality

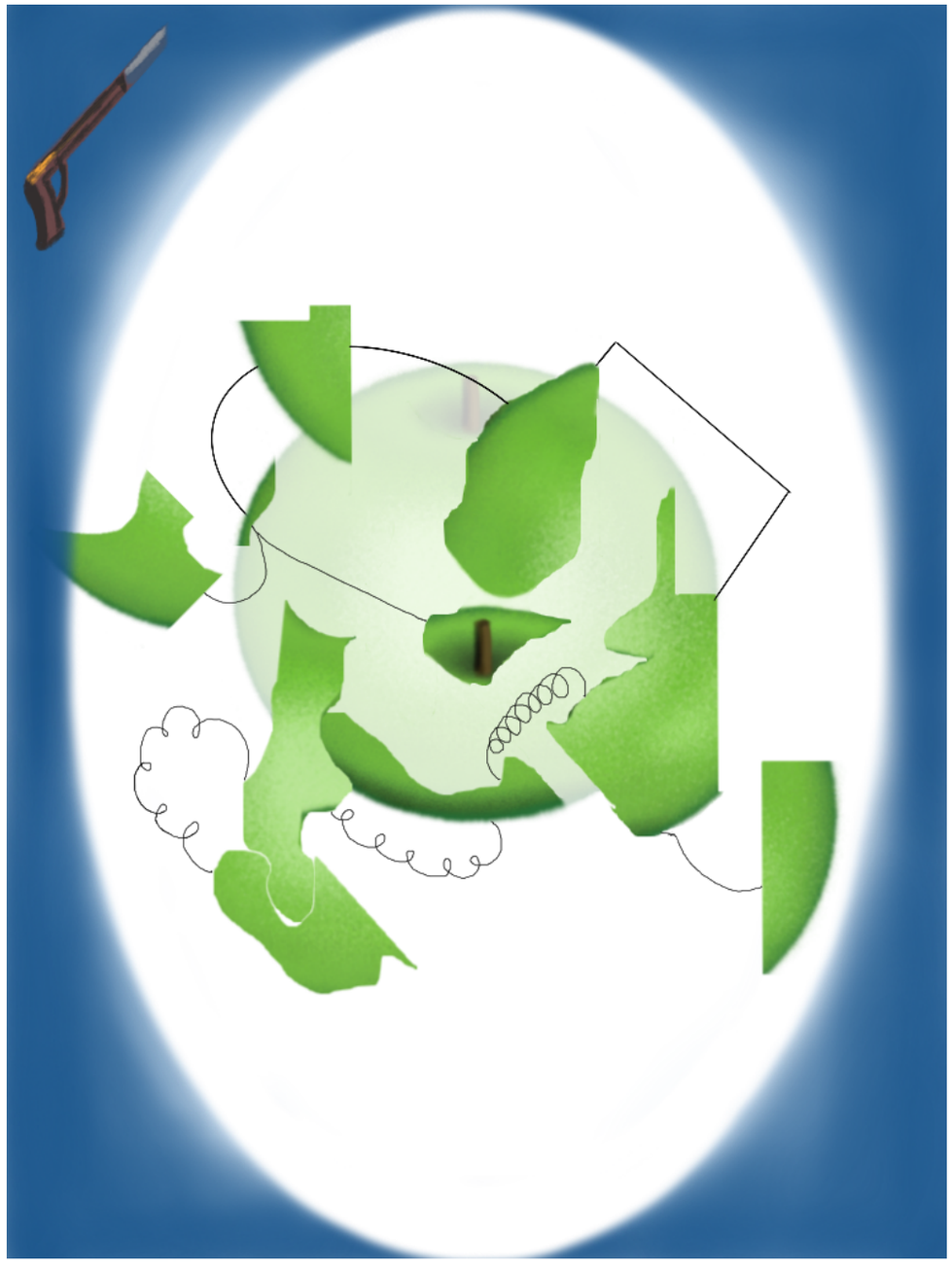
Psukhoo: to give life to; ***psukhosis***: animation

This card represents the beginning of mental illness: when recreating reality has caused a distortion of thought. Psychosis is the loss of conscious thought. Based on its etymology, it could mean the loss of reality due to its constant recreation.

The Ace of Spades is usually associated with victory and power which are ideas about the self. The overall construction is so close to the idea of superiority and struggle that it derives in a mock character, a mock apple. It is the recreation of the world upon a structure based on ideas of perfection and harmony that are not based on real harmony and perfection. The loss of health, which is the perfection of the self, has disfigured all. The creation of the world upon ideas of the self cannot be as real to the mind as the world itself. And the world cannot be perfect for there is illness.

As a social illness it can be the worst illness caused by bringing into everyday situations structures that come from a distortion of reality.

The apple in this card is based on a painting from René Magritte, it represents the perfection of organised lies and the complete reconstruction of reality. I once read that the apple from Magritte's painting represents imperfect nature, since the green apple is nothing but a copy of the red, without its flavour and juice - but it is so pretty.



The Ace of Spades

Trauma, the blocked memories of lost worlds

Through the looking glass, I saw... a world of woe...

The Tower is the symbol of destruction. This card represents the traumatised mind surrounded by multidirectional destruction. The lenses show the many alterations to perception that can happen when the mind is ill.

Trauma is an injury in the mind that causes distortion of thought. Etymologically, it means wound. The card pictures how the traumatised mind cannot recover being surrounded by destruction, but it cannot see it clearly either. The experience of harm can hurt perception so that it becomes blurry as with a special feature lens.

As in any deck, spades symbolise threat, peril, danger or an illness that becomes an impediment to happiness.

The lenses surrounding the male figure show the many distortions that happen when the mind is injured or lesioned. The towers are breaking behind and around the traumatised man, who wants to heal from trauma, but cannot, being surrounded by more trauma.

The sands from the tower and the different types of stones represent different places. This card pictures trauma and multidirectional memory -- the world all around has been destroyed.

It is only calm, thinking and healing which will allow us to apprehend reality calmly.



The Two of Spades

Psychopathy, the most absurd suffering of losing truth

Psykhe: mind; ***pathos***: suffering

Like a fool, Like a fool! You made me look like a fool!

In its most basic meaning, etymologically speaking, psychopathy is a suffering of the mind. Nowadays, its most popular meaning is a person who has lost the capability to distinguish right from wrong. By adding the three of spades or knives to the meaning of psychopathy, I attempt to draw a symbol that can help understand the many deviations found in any given dichotomised line of thought that can lead to unknowing what is right and what is wrong.

The three of spades generally symbolises freezing and sadness. The fools in the drawing mark the loneliness and coldness of thought, symbolised by the ice that reflects the fool to the fool and to the other fool in front of him. As a whole, the card represents a dialogue between the self and the cold representations of the self that forbid any knowledge of others. Caught in a dichotomy, a contradiction, a psychopathy, the self becomes a cold reflection of him or herself.

A dichotomy is a discourse based on an opposition between right and wrong. By opposing a given conception of right against a given conception of wrong we fall into a gyre or spiral where we repeat actions by fighting them. Focused on an argument the mind cannot think of peace -- it is frozen.



The Three of Spades

Megalomania, the mania of being big

She was devilish and kind of funny!
That's my old boss honey!

The blindness of fear and mistrust can lead us to feel superior or reach for a feeling of superiority from the rest, losing all possibility of overcoming a self-defence image of ourselves.

Without looking at each other the servant fool is looking at the master or mother fool who scared of her decides to hide in reflections and courtesies falling into the servant's most feared image: superiority. However, the servant or daughter fool here cannot reflect in the mirror, for she is only looking for the image of the mother fool, which is the one that she shyly reflects as her own. Both fools are unable to see their image and then understand that a pretended, detested, yet accepted, servility could actually cause mistrust and self-defence. The fools never look for their own reflection in the mirror, but for the other's reflection.

The falseness of feeling inferiority matches the pretence of superiority, falling into a gyre of mistrust and lies that impede communication.

Only truth, sincerity and trust in oneself can achieve a real *bigity* and a false *begity*, or a real relationship.



The Four of Spades

Golds

Of all illnesses, the golds are those where the ill can still perceive tangible things, understand new languages and analytical reasoning. However, the confusion that becomes an illness is starting to happen due to the misrepresentation of reality.

Golds are usually associated to money and wealth. They were also good luck and a sign of happiness or the direction towards spiritual happiness. Golds have also been associated with stability, abundance and well being. Some people try to throw the cards to learn if they will have money or not. This is not the intention of cards and especially not of this deck.

In this deck, the golds represent an illness that has been around since many decades or centuries ago and and is socially accepted. These illnesses have been associated with people who work and look after their own things, and therefore, have economic stability; and also to spending money because people experience and express the illness through consumerism, or bragging and excess.

The illnesses in Golds became popular and snobbish at some points of history. In some societies they were a characteristic attached to « the wealthy » or to some kind of metaphysical wit or a calculating intelligence or even perilous and pampered beauty. However, they are states of the mind that are characterised by some irresponsibility; especially, making decisions as if flipping a coin.

These illnesses bring good luck in several ways: the schizophrenic will reveal brilliant truths about the stupidity of life; the person with dementia will reveal how we all play while we live; the maniac will show off all that is exaggerated in our lives, and the bipolar will always express the ambivalence of it all. All of this, brings to us a lucky insight, a breeze of out of the box ideas that in the end is crazy, but does come from a thoughtful observation of reality.

Schizophrenia, illogical phrases to such an illogical world

Skhizein: to split; ***phren***: the mind

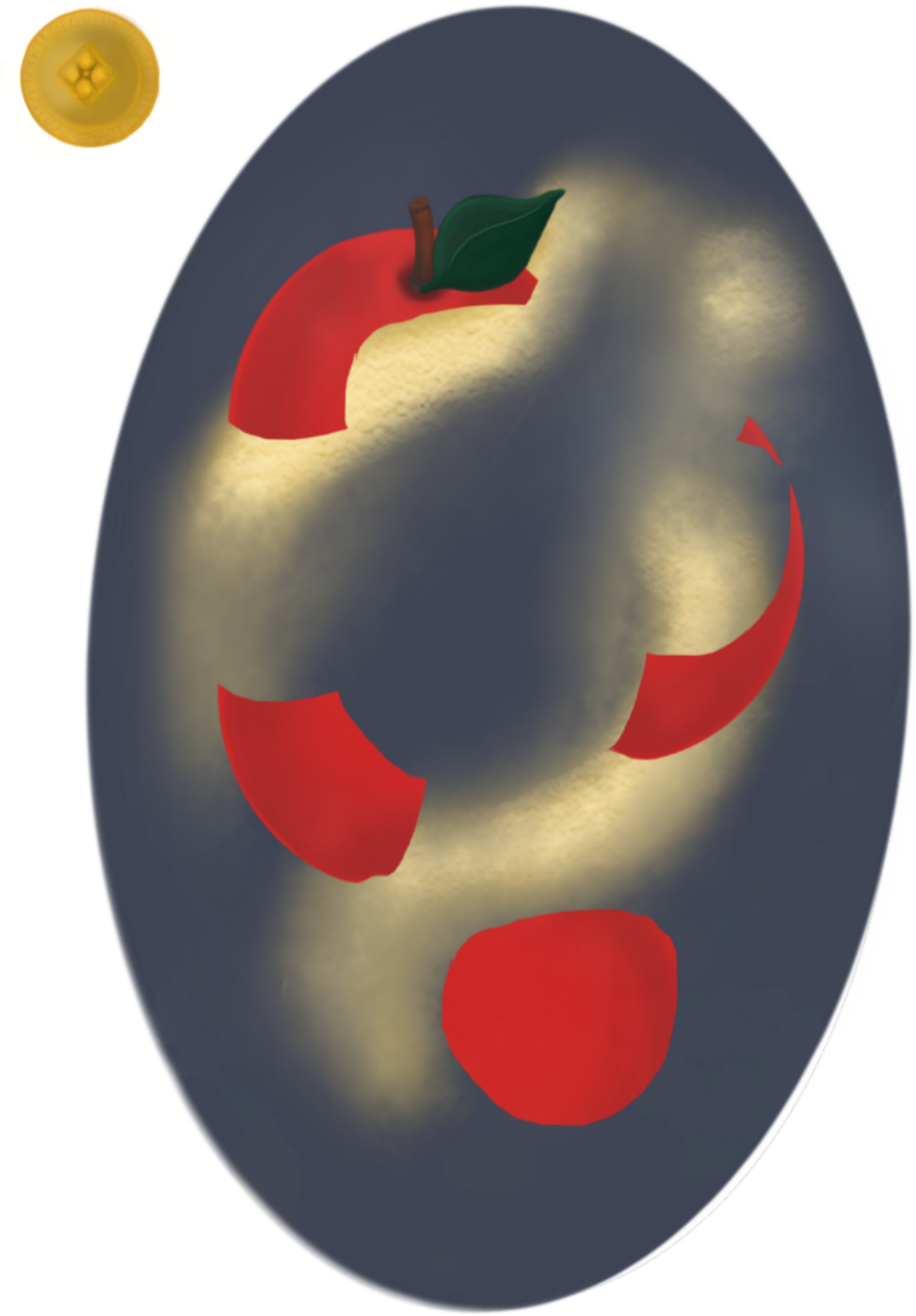
The apple has no juice, if you so choose.

Schizophrenia was said to be that illness in which the person could not understand normal gestures or normal language and tended to dissociate it from the reality that was being lived. The person would get altered and would want the eternal reverberation of sensed words and tastes and smells caused by that dissociation to disappear. There are so many myths about schizophrenics, that a definition based on folklore would be extremely vast. I have, however, gathered some of the main beliefs surrounding the illness that have lasted to accompany this card.

Hearing voices and getting altered, exaggerating all distracting small sensations became such a nuisance to any person that blocking noise and acquiring a concentration within chaos was a priority. And that is how the myths about schizophrenics' calculating brightness appeared, which was then understood as a total control of motion and emotion, which is nowadays a blockage of emotion or the loss of sensation.

Perception can be blurred by a confused sensation. Hallucination of previous conversations, previous voices or noises and previous things seen are coming back as reverberations that confuse the appreciation of reality.

The apple's crust is so separate from its fruit that you need to touch the fruit to know it's there...



The Ace of Golds

Dementia, the circus of life deserves a circus of a life

Demens, dement: *out of one's mind*

Playing with the tower, the lady fool lost an hour.
And the world was thus created in the minds of those she waited.

Dementia is the illness that comes from having learnt from a distortioned reality, where the truth has been hidden and switched by caricatures of it. Learning vocabulary from a language that has hidden or lied truths for any reason can cause so much doubt or disbelief that the person will not consider anything in the world as real.

It can happen when you learn from a history of phoney structures.It means to be out of one's mind or not being able to apprehend the concreteness of the reality in actions and the world.

In this card the fool is a lady who lost balance for carrying the breaking world in one hand not understanding what is happening and ends up mis-stepping in a whirlpool of dirty waters, moving the breaking world with one hand, she doesn't realise that the joker is right there, behind her, throwing a mask upon her.

It is the two of golds because the person remains having awareness about the reality around him or her, but is loosing his or her mind because everything seems to be made by the joker's joke.



The Two of Golds

Mania, an anxiety that comes from a loss of thought and an excess of things

Mania is the illness of the lazy mind that wonders about things tangible, while forgetting the process of making them. It is the consumerist wondering dreamer that cannot find reality or mission and focuses self, thought and action on things created by intangible big companies.

This is the five of golds. On the one hand, it symbolises poverty and material loss/need and, on the other, it is consumerism. The card tries to show that beauty is neither in the vased flowers, nor in the floating dreamery. The golds are well grounded and attainable if seen as the reality of a stone.

The blurry flowers planted are escaping sight, for if there is something that mania does, it is to disappear nature from sight. With no thought and sheer dream, the ambitious maniac will not see natural things, not in the soil, not in the people. The senses can wake the person from this state of total ambition and dreamery.

To heal is to work carrying and moulding the stones beneath.



The Three of Golds

Bipolar Disorders, “I burn and freeze like ice”

Shifting between feelings is not a normal flow,
And thus divided there is no know-how.

Bipolarity was imagined to be caused when a person begins to understand something that she or he had previously misunderstood completely. The mind had a given notion that was unreal, so when the person began to understand the real notion, there was a rush of feelings that seemed rather opposite to the ones previously had. The real notion begins to fall upon the mind and the false notion is unwhirling back from it.

The way to reach one single pole is by overcoming the original misunderstanding (the breaking of the iceberg).

An iceberg can change, sink or whirl around in the cold waters. It can break into two and begin to grow its own memory separate from its other half, but it will carry the millennial history of the block which it once was. So in the end, one person is not one feeling, but a multiplicity of feelings and responses.

This is the four of golds for work and enthusiasm have been associated with a state of being high, just as sadness and laziness have been associated to the state of being low. In the end, it is just clarity and thought what can bring peace to anyone.



The Four of Golds

Wands

For the wands hold stable whomever cannot fall into despair in a world of truth and dare, all these cards show the illnesses related to the many challenges that defy reality and truth.

In this deck, the wands mean all illnesses in which consciousness has been somewhat blinded. Wands contain wisdom and steadiness, it is a patient way of walking. However, the wands hold those illnesses when the mind is vaguely wandering through the many mazes created around us that do not let us see things as they are; the mind flies a little and intends to recover holding the wand steadily, but more than three wands to walk is too much. But that many wands and canes have been necessary to hold steady and keep walking.

The illnesses included under Wands are amnesia, the loss of clarity in memory; neurosis the loss of clarity in concentrated thought; delirium the loss of clarity in imagination and paranoia, the loss of clarity in interactions.

Amnesia, the loss of unconsciousness

For one cannot remember what it was like, but we know that we were there...

Amnesia in its oldest of definitions was the state of not remembering a past life clearly. It was the vague memory of past lives lived in different states of unconsciousness where it is not clear what was lived, what thought, what imagined and what dreamt.

Throughout the years it became a blockage of memories that come back as photographs or *déjà vus*. There is always one obstacle to remembering and that is why it was thought that the person never recovers. This I think is because the person cannot distinguish between daydreaming fantasies of the past and the real life experience. The memories lost are the fantasies and those recalled are the real events.

If you spend time daydreaming you will lose the sense of reality of the life you are living. Why not plan and create a story in paper or drawing instead of dreaming it with all your memory?



The Ace of Wands

Neurosis, beyond his nose there was the tip of it

Neuro: nerves

What is the difference between Paddle and Battle,
Game and Shame, Hero and Neuro?
For the first is fun, and the second is the pun
That will lead you to the Faun.

Neurosis is the state of being lost in a maze of confusion where any thought whirls around a serpentine line that cannot escape the repetition of the same thought, the same idea, the same argument once and again.

Fauns used to create labyrinths that would help unravel the mind by learning how to walk along confusion and leave with some clarity of thought.

It is an impasse from which the mind cannot escape unless it learns something different. I have always thought that perspective can lead the neurotic out of the maze, but disputes can throw him right into it.

Don’t fight, just listen.



The Two of Wands

Delirium, "cause your a dream to me... dream to me"

Delirare: deviate, be deranged

Alice went falling into the whirlpool of imagination — the rabbit's hole — and from then on, everything was delirium.

Do not imagine all the time for the mind can easily get lost in stories — better to write them than just to picture them in the mind.

I have always thought that the mind's eye is that realm where imagination is so vast that one can easily get lost in it. Going back to the usual perception of reality is not so easy if you live seeing with your mind's eye. Better to see and to create written or painted stories, than to be drawing ideas with the mind.

The card represents the one who is scared of a reality or a fact because she imagined it to be different. The way to stop the shock of difference between what was thought as and what is seen of is to study and think.

The Three of Wands is usually the calm of organising thought, in this illness narratives the cure to delirium is precisely that.



The Three of Wands

Paranoia, an action movie thriller where no one escapes

Para - beyond or irregular *Noos* - mind

For the shadows are behind and close, the paranoid will always have a follower, who can be imaginary or desired.

Paranoia was an illness usually accompanied by hallucination. The reverberations of the hallucinating mind cause the paranoid to always doubt about the reality of the constant images of fear that he/she sees following him/her. What happens when you think too much about what people might think about you? You will become your own paparazzi or worse, your own stalker. And so happened to the paranoid who believed that seeking an answer to his constant questionings of what is around would bring him calm, for to question is not to understand... observing reality can give some calm and answers, for the question is within, so the answer must grow inside.

The four of wands has usually been associated with loss and recovery. Paranoia is the loss of fear and the eternal fear of it coming back. So is it really a loss? Just toss it off!



The Four of Wands

Chalices

The set of Chalices represents all states that we usually associate with the state of being drunk. The perception of reality is blurry.

As popular knowledge has taught us, the drunken will speak the truth about his feelings but this can be exaggerated by the state of imagination intensified by alcoholic beverages. On the other hand, when drunk, people are sad, depressed, and stubborn, and they usually see double. These latter states are what the cards here represent.

Since Chalices have always represented abundance, in this deck each illness has an abundance of something. The ace has an abundance of tears, the two of images, the three of plans and the four of that feeling of lust that is a strange abundance of love, passion and pain.

The cards in the set of Chalices are all mental states that are similar to the state of being drunk: half conscious, half sleeping and with an altered perception.

Depression, the sadness of the world falling

Out... into this world... this world... tiny little thing... before its time[...] godforsaken hole called... (S. Beckett, Not I*)*

Of all illnesses similar to the state of being drunk, depression is one of the most common. The depressed will be seeing life through his/her tears and fears (that's his chalice).

The card represents a tear blurring sight. The different mouths below the eye represent the constant rumour about facts or events in the world that cause a deep feeling of depression in people. The mouth located at the lower right corner of the tear is based on Beckett's play *Not I.* The play shows irritation by sounds, noises and words and wanting to be left alone. It also shows not wanting to be a part of something silly or nonsensical. Irritation by the usual hypocrisy and gossip can cause some kind of depression. The best thing to do is to have fun. Reading, going to the movies or painting and taking classes of some expressive art like dancing, photography or a new language can help feel happier and communicate in a different language not so associated.



The Ace of Chalices

Hallucination, the eternal reverberation

Seeing all through a magic sphere (a sphere of fantasy and wondering) the reflection upon the senses is confused with the reality... Then, the light crosses from different angles making it impossible to distinguish (dazzling the senses) between the sensation before objects or subjects and the reflection of them shown by the sphere. The sphere represents memories lost or memories.

Those who live fantasising will begin to confuse the fantasy with the memory of a reality and begin to hallucinate during their day to day.

The confusion between past sensations and present sense is the hallucination where all sense is dazzled by continuous fantasy or blockage. The only way to leave this state has usually been to leave the magic sphere behind and begin to find comfort and happiness in normal things such as friendship, sightseeing, taking long walks in the park and enjoying normal conversation. Photography can also help with the constant reverberation.

Nothing better than the reality of the usual day to day life.



The Two of Chalices

Obsession, trapped in one single thought

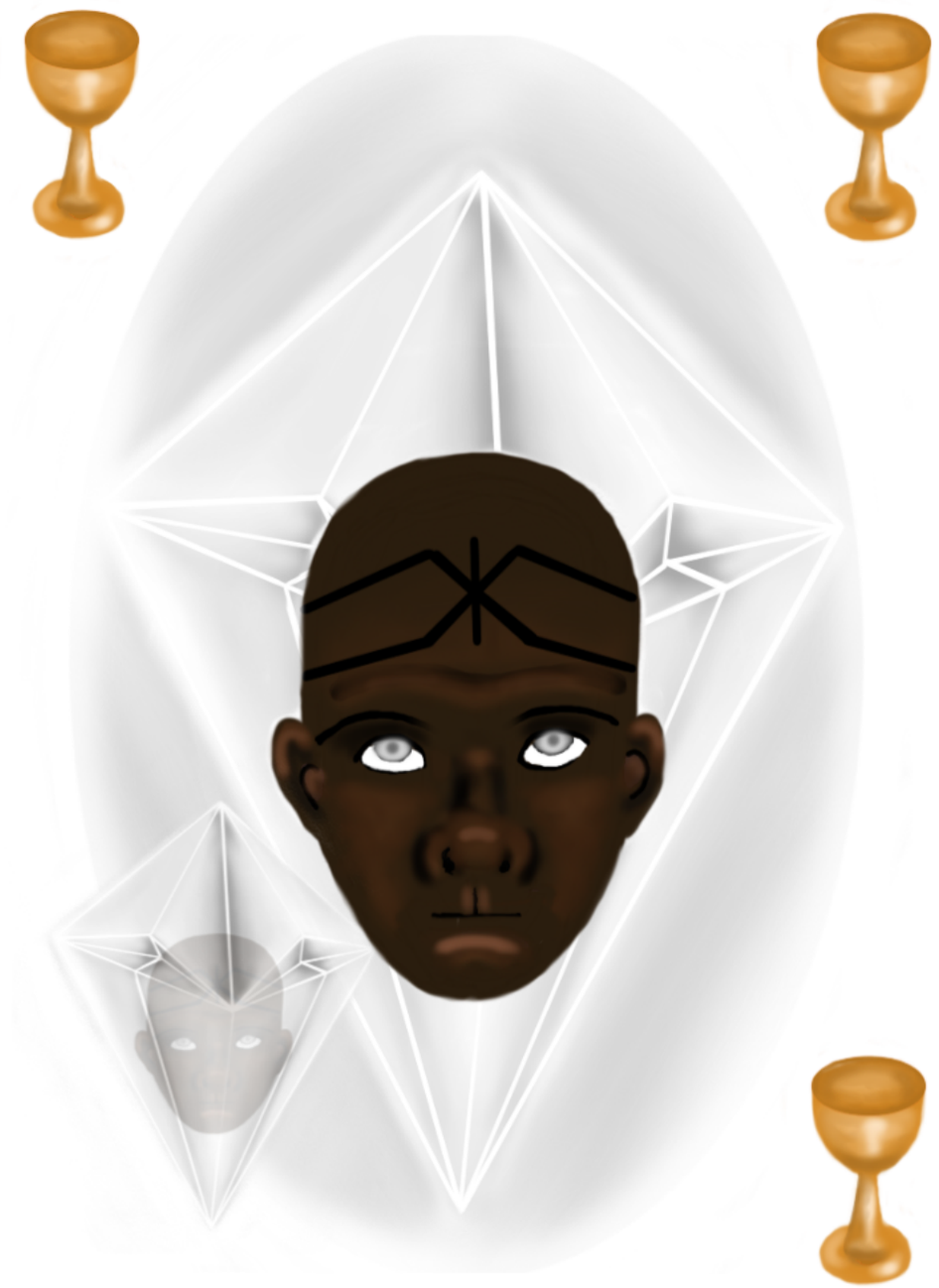
There will be no sight or vision with such ambition...

For the obsessed man will not see anything not reflected from the angles of the diamond that surround him. The diamond represents anything that the person values, even if a lie or an illusion.

Obsessed with whatever makes him feel good about himself, Othello will try to find an explanation to his feelings in anything that can take him back to the thought he had before losing consciousness, before feeling bad. All things will be then translated through the same diamond reflecting his own ideas upon him all the time.

This is the Three of Chalices, it means relief, celebration or anything merry. In this deck of illnesses, it represents that anything or everything is translated into the mind through one recurrent thought or idea that is usually a hallucinated desire or a vague memory of it, what we used to call a lost passion.

A diamond is just a stone, the world is far beyond.



The Three of Chalices

Paraphilia, red is not an escape to black and white

The love for all, the feeling of need for all, the mixture of love, desire, and loss of thought with trauma, the unconscious need for sensations and feelings created upon delirium, that's paraphilia.

Because it comes from a recollection of memories of past feelings and sensations, the philos (knowledge and desire) are lost in a past that is not there anymore and it gets confused with other feelings and emotions from the present.

Paraphilia is the illness of confusing love with hatred, desire with disgust, satisfaction with sickness. This is an illness that can cause disagreement in a healthy space or a healthy interaction, because it is full of ill-being, as opposed to well-being.

The answer is to have healthy relationships, healthy diets and cleanliness.



The Four of Chalices

The zeros

The zeros are the joker cards. You can use them to replace another card for the joker and see if that changes the game - that means that you can throw one of these cards on top of the cards that you have taken and see if your perspective of things changes a bit when adding something different to the usual illness-biased interactions that you live.

They are also necessary cards in any deck and represent: something about the time when the deck was made (The world); the person who made the deck (The student); the main problem of the world (Pain and Power); and the wisdom that came from afar, which in this case is ancestry and poetry (The ghost and The rose).

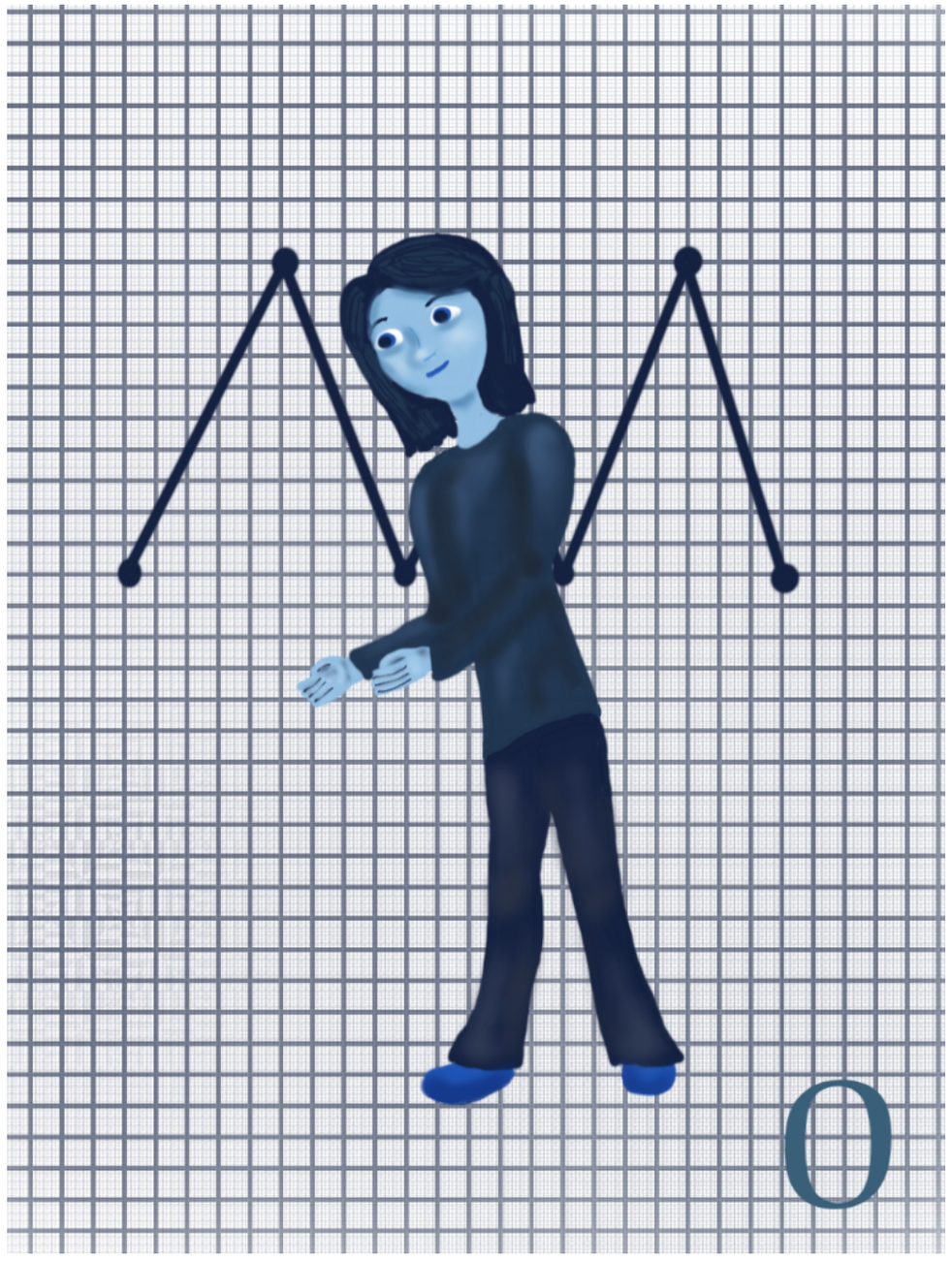
The Student

One - buckle up man!
Two - don't speak a boo... befriend you too
Three - don't pray to me
Four - ghosts at the door
Five - that's not the vibe, 'tis was to survive
Six - is that grandma Trix?
Seven - almost at eleven, came the missing Heaven!

The student will always count on something: knowledge and not losing consciousness, for she always thinks. Studies are now a part of life, but studying is not the same or equivalent as going to a place or obtaining a degree for he who studies will study in any situation. Only if you like to learn, will you be able to do so.

Learning is not a joker, but it is surrounded by jokes. The student is he or she who studies no matter what the institution, and acquires knowledge coming from each and all, and wants to learn to be happy and calm knowing what he or she needs to know.

If you do not know what to do, or find yourself confused, study all!



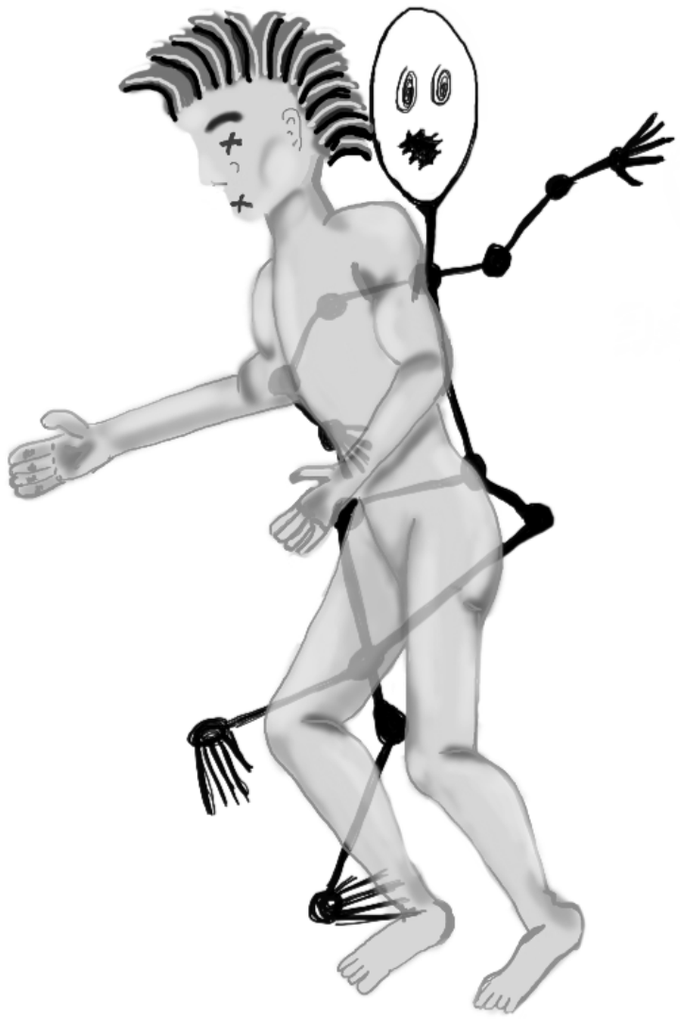
00 The Joker

Not to know can be an awful mockery.
The fool is fooled when he is full of lies.

The double zero in this deck is the Joker. As every joker it represents a peril. One can usually be fulled into it and fall into the problem it represents. The two characters come from a comic I have been working on. One of the characters is pain and the other is power. You will find the opening poem of the comic at the end of this book.

The peril that this monochrome card represents is dichotomies -- superiority versus inferiority, strength versus weakness, black versus white --, for there are no colours when everything is so monotonous as a dichotomy, or a game between two things that are just one.

The joker is itself a joke: falling for one, will automatically lead to the other. The card represents today's main foolishness or insanity. It is a peril that if imperceptible will be looked over when falling into it, and it will derive in any of the illnesses in the deck.



00

The Double Zero

The Ghost

Gursten hath performed as a thiard, baiard, bard...
It hath just to loose the tight
He became a phantom...
Ah, wizard, what thou can seest!

Many people became phantoms after the first vandal attacks in the world. And the sight of the ghosts became known to be wiser than what sight is down here. But the perils of being a ghost were not known to anyone.

The ghost is wisdom that comes from elsewhere. It can come from someone else, or from the observation of the world from a different metaphysical state.

It is a card that gives more perspective about things. It signals the need for perspective, wisdom and experience. Get away and see things from a distance. Be patient and learn in time.



The Triple Zero

The Rose: order and desire

The Rose ... symbol of imperishable order...
Exhausted by the cry that it can never end, my love ends.
Without that cry, it were not love but desire.
Desire does not end.
The anguish of birth and that of death,
Cry out in the same instant.
Life is no series of emanations from divine reason,
Such as the Cabalists imagined,
But an irrational bitterness.
No orderly decent from level to level,
No waterfall, but a whirlpool, a gyre. (W.B. Yeats, A Vision*)*

The rose is the symbol of imperishable order. The rose is beauty. The rose is love. The rose is not eternity, but it is serenity. Put the rose in the middle and try to order your thoughts.

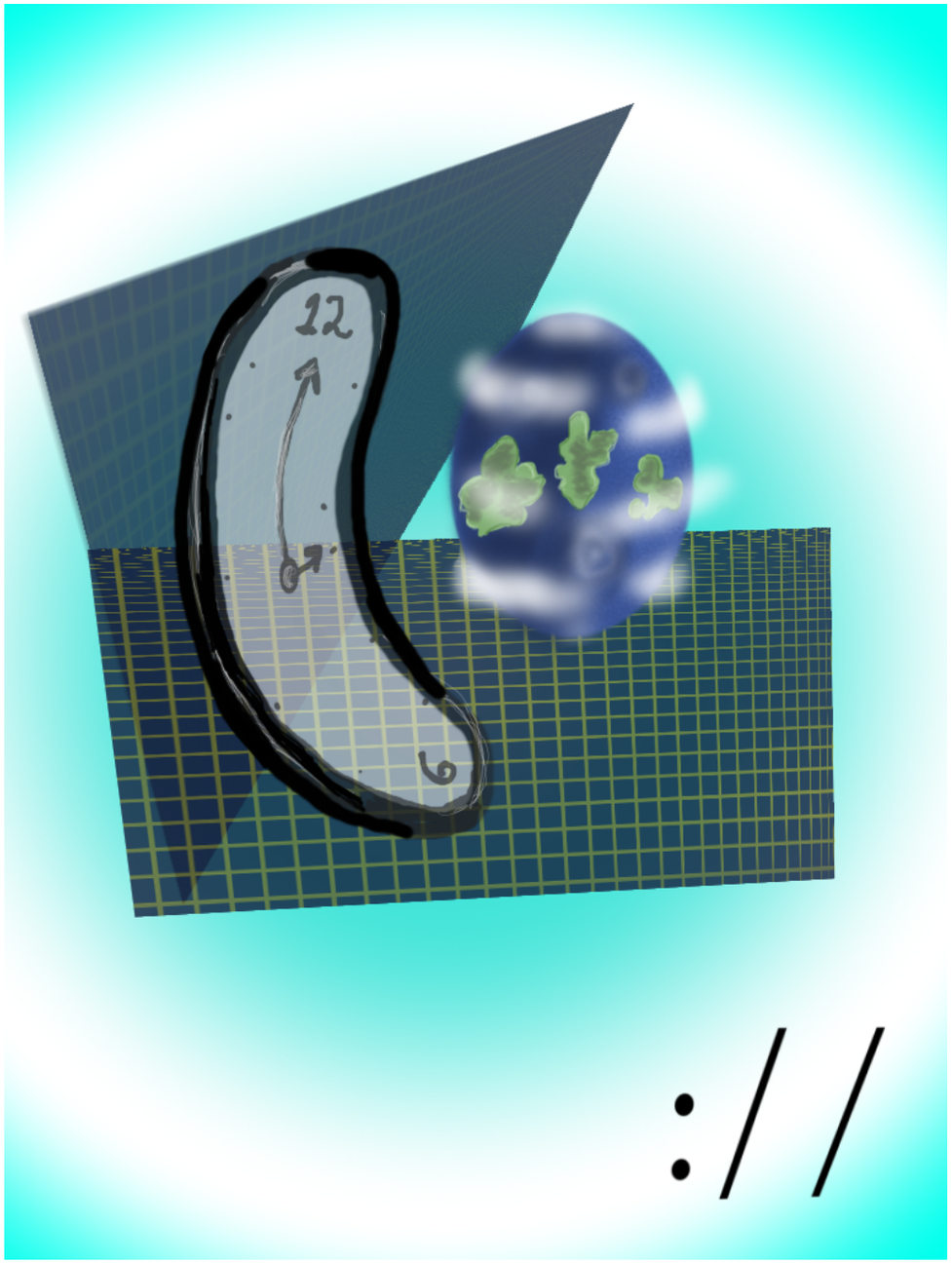
The rose means coming back to a pre-established order. However, it can also disrupt the present order, since the rose is also a similar order to the one that the fool represents: a dichotomy - pain and beauty, love and hatred. Be careful with relationships based on dichotomies such as: pretty *versus* ugly, tall *versus* short, big *versus* little, etc. It has no number because it stands separate from the rest but observing from a distance.

Read one of W.B. Yeats' poems to the rose, in hopes love and hate stop being a main dichotomy of our world.



The world

The world is not sheer time and space, and that is why we created a cloud to put it there.



All decks of cards contain a symbol of how the world was when the deck was created. This symbol must contain something representative of the age, that both dead and living can understand. This card is supposed to give some understanding about the rest of the deck by representing the context in which the deck was made. It has no number, but four symbols, so that it is a four.

The explanation is not temporal, but for all periods of time, something that is now part of our collective memories and that we will all understand, even if vaguely, for a very long time. This is why I decided to add an image of a very representative characteristic of our times: measurement of time and space is mathematical and physical, the world is something that we conceive as a sphere and we see and photograph from a distance; it is also full of knowledge and exchange of information, which I attempt to show by the egg shape I have given to it and the http sign.

However, it is still an egg so we are still wondering in a concave place where all angles throw us back to the same places.

The double deck

The Arcane

The Arcane of the double deck are the pair of the Arcane of the single deck. They represent the same ideas, but at a later level of consciousness or awareness in our history, which is why they would seem to be an answer to the problems that the single deck posses, but they are, actually, the response we gave to those phenomena.

The first deck is that of dreamy unknown ideas. Society was indeed quite new to us all and we were still dreaming about it. It represents states of mind in which day-dreaming is more possible, as it happens at certain ages in life when you dream a lot, unlike others when you plan much. To dream or project is not the same as to plan.

This is when we see things with another state of consciousness. This state of mind allows the person to distinguish with experience whatever was perceived before having experienced. It is not the same to study administration, than to administer an office -- that is more or less the two stages that the single and double deck represent from naivety to experience.

That is why this is just a repetition of cards -- we do not move away from, but climb up as in a spiral.

If whatever was perceived unconsciously is studied consciously, the person will reach a different stage of maturity, which is why the Arcane are a bit different, but always related. As to the cards, they are identical but with a different perspective, the one that experience brings to us.

The first Arcane is the Devil, which is the question. Making questions is not learning what happened nor healing from a forgotten memory, nor will it lead to understanding. Only Memory, the second Arcane, can lead to understanding which will in turn lead to Peace and Love, Arcane number three. As to Arcane number four, it is what has been our answer to many conflicts due to illness-biased interactions. We must all realise consciously that we are not alone, and that people cannot be enemies to people, and so Multiculturalism has been our answer to the fear of living with illness.

The Devil

To reign is worth ambition though in hell,
Better to reign in hell than serve in heaven.
*[But yet], the mind is its own place... (*John Milton, *Paradise Lost)*

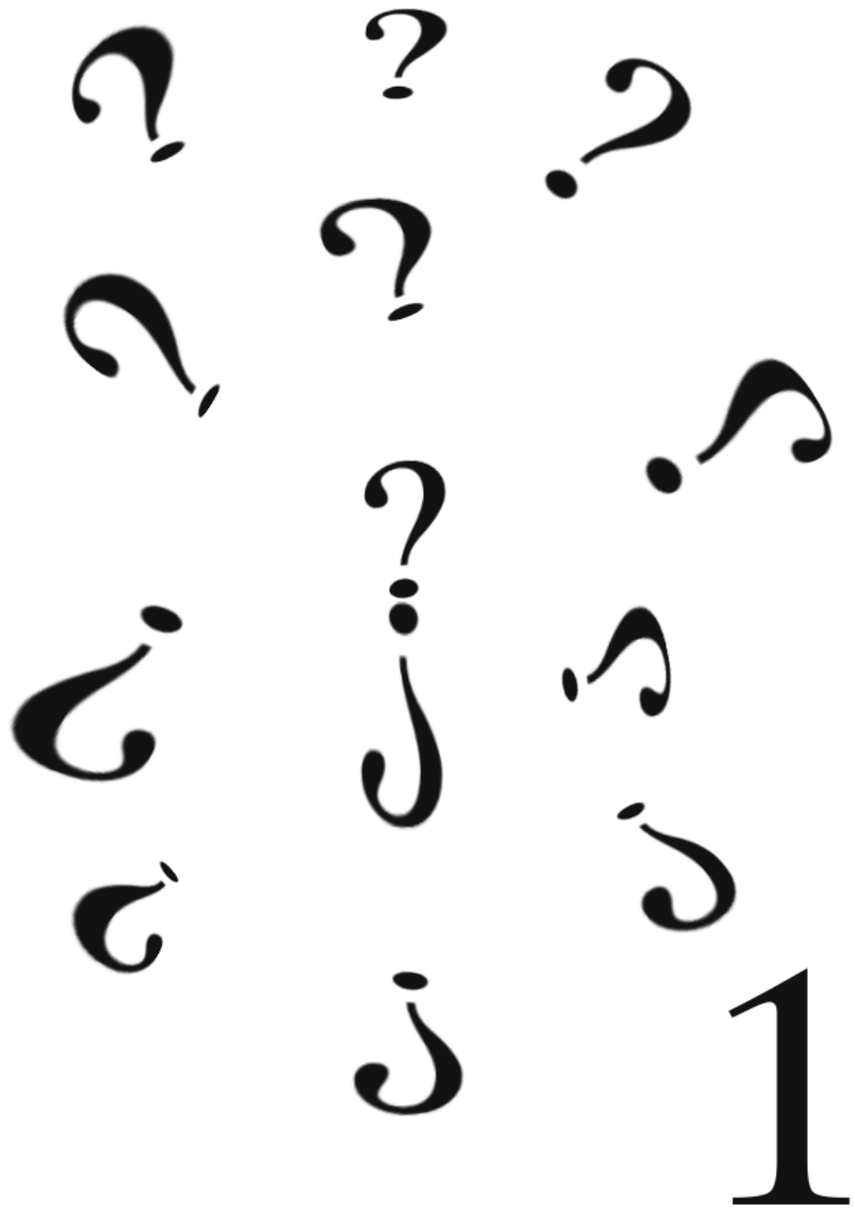
In our histories the Devil (constant questioning) did try to worsen Pathologies (the first Arcane of the single deck).

The Devil is nothing, but a tongue whose twisted words scatter lies, spreading agnotological cries.

In our histories questionings and ignorances have indeed caused most pathologies. This is why this is the devil.
Clarity will not come from without but from within. Reading is thinking and it is something that happens within. Is there a truthful answer that can bring peace to the mind? Or is the mind its own place and the individual (as a whole) has to think to get to any possible clarity?

Ambition will lead to theft, which will lead to a low self-esteem and lack of consciousness. Is it because the thief knows that he will never be able to make the thing, that he steals it? And isn't this a way to lose confidence that he is capable of doing it on his own?

He or she who do not do your own, have fallen for the Devil's tongue. Have a mind of your own.



The First Arcane

Memory

Can it be that it was all so simple then? Or has time rewritten every line?
If we had the chance to do it all again,
Tell me would we? Could we? Should we?

In our histories memory did try to stop conflict, and the loss of memory has brought too many repetitions.

Is there another path you might ask? The answer is that we are still walking to find out if Memory will bring peace to all.

It attempts to show the shape of a cerebellum and a mind-map of colours, with shades that people associate with memories.

This card of the double deck is pairing conflict. It is just a historical observation of what humanity has done in each of the social phenomena that the first Arcane depict. Memory has been our answer to conflict and so this card pairs with Conflict, portraying those two stages of our modern times.



The Second Double Arcane

Peace and Love

To mercy, pity, peace and love
All pray in their distress
And to these virtues of delight
Return their thankfulness.
William Blake

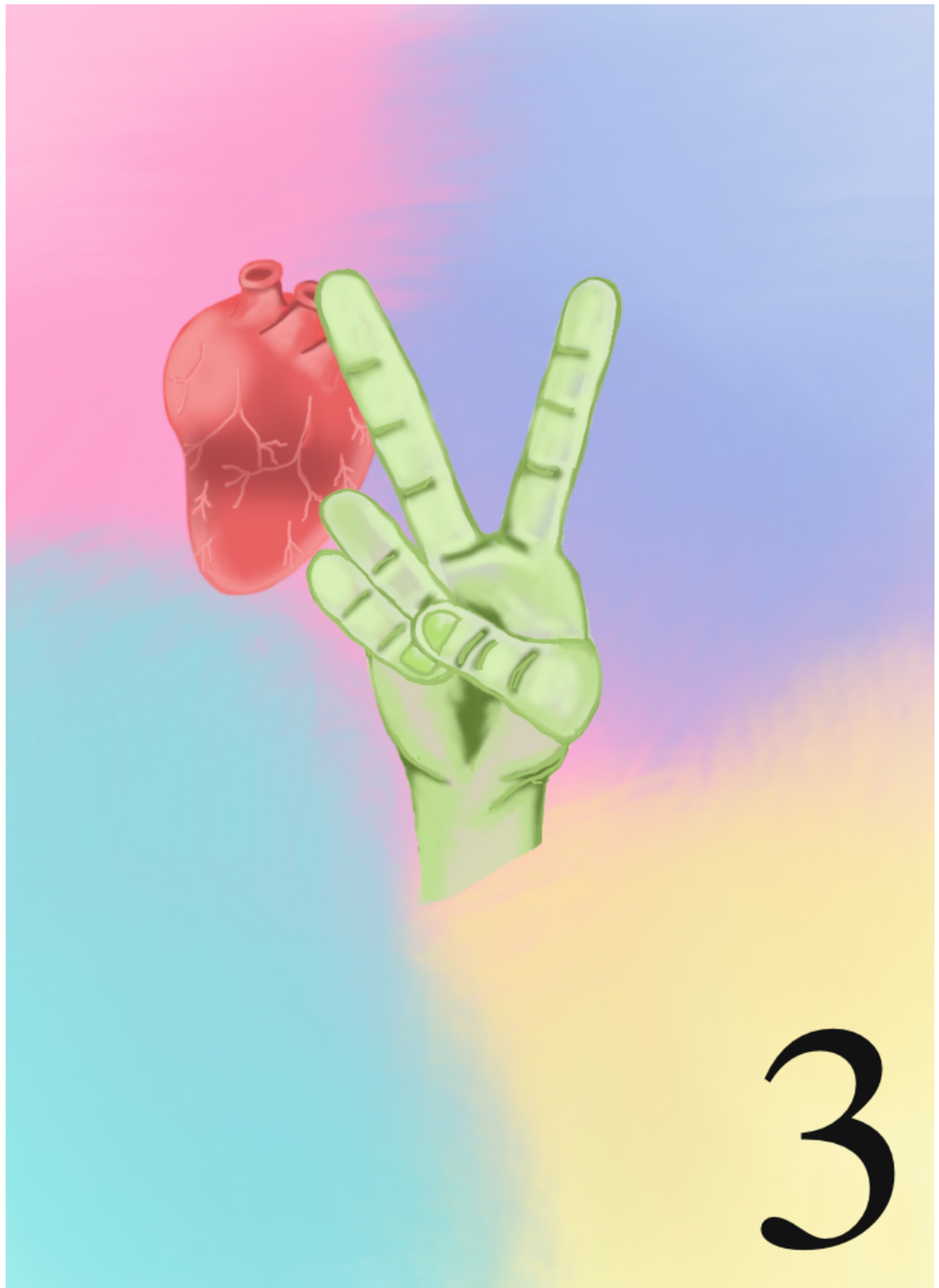
In our histories peace and love did try to stop racism.

Declaring peace and love then led to multiculturalism and the aim of having an inclusive multicultural society, which is where we stand nowadays.

We are still trying to overcome intolerance and racism, while we still have to deal with crime, in all its new forms and shapes. Nonetheless, peace and love at one point of our histories was a movement trying to stop racism. That got us to another state of the mind and of self-awareness of being a society and another stage in history.

Although, problems cannot stop from day to night, we are still walking away from all those problems. This card represents one movement in humanity that tried and reached some peaceful lines between us.

Listen to a song from those times if you are having some trouble finding peace in socio-political interactions.



The Third Arcane

Multiculturalism

The image trying to stop wars is that of bodies explaining that those bodies can be buddies.

In our histories multiculturalism did try to stop regimes.

Having more than a single vision or idea is not so easy. It can be a real advantage, but to attain it you really need to listen and rid yourself of stereotypes you might have about yourself and others. The only way to get to more than one single speech or idea is by learning and speaking languages, which is not only the words but the many signifiers of a culture.

Our society is trying to get to a point of cross-cultural understanding though the concept of diversity and inclusion and those two as life styles, so this card is more or less where we stand in our journey trying to build peace.

A piece of advice: If you have trouble with something, just read an author about the topic that has a different background to yours and your usual pillars of knowledge and try to get some different points of view. It can help.



The Fourth Arcane

Guns

In our histories the ways of fighting have changed a lot. And so have threats. This is the pair of the set of Spades. The symbol is a gun signifying that threats changed from spades to swords to pistols, to guns, which humanity determined were an expression of the most indifferent of all attacks.

A history perhaps unstudied streamed down upon consciousness, and evoked that kind of response to guns -- they are an indifferent attack for there is no interaction with such distance as the one a gun puts between two people. This thought came during the wars of Vietnam and the Cold War.

Following an interpretation of the many connotations that surround the meanings we give to a weapon, these cards represent another state of consciousness where the unawareness depicted in the first deck, has hit the unconscious and reality has hit us. We are still within illness-based interactions, but a hypersensitive awareness of the many layers of harm has emerged in us. A mind capable of reaching such responses as the one depicted through the example given above of our response to guns -- that is our state of consciousness in this deck.

It is just another state of awareness of the mind, that brings about another kind of response to the world where the ill will try to bring to action the reality of the illness to have more clarity than the one had in the first deck.

Psychosis became truthful when it started smelling

Whatever animated idea or recreation of reality was at one time grasped as possible and even divine, truthful or thoughtful, is now as horrid as knowing that it was something completely impossible and unrealistic.

It is the blow of learning that we believed in something completely psychotic, which makes the apple rot from one stage of awareness to the other.



The Ace of Guns

Trauma, The Waste Land

What are the roots that clutch, what branches grow
Out of this stony rubbish? Son of man,
You cannot say, or guess, for you know only
A heap of broken images... (T.S. Eliot, The Waste Land*)*

The trauma that saw the world falling down is the awareness of the condition in which it now stands. The earth dry as it was drying through the fall of the world is so evident in the aftermath of any traumatising experience. A mind that is now aware of the reality and the history beyond it, but has not really healed from that trauma is what this card represents.



The Two of Guns

Psychopathy, became a belief in heroic lies

The loss of self for ideas and the distinction between self, belief and a taught idea, concept, notion, reality and science, theory and philosophy, psychology and politics are all in the same realm where the self cannot get to him or herself for there are a bunch of mirrors stopping one from one.

It is not about right and wrong is it? And pain and power are just too old a tale. Is there another movie? What's on, or up or downstream?

Who has managed to circus the acrobacies of life and lies?

And when I am sprawling on a Pinterest, Twitted and wriggling on the facebook wall, should I then presume, and how should I begin?

A speech of opposites and ideas about the self, cannot get someone to his or herself. If you are surrounded by friendships or relationships built upon stereotyped figures, try to see the card and the diversity of mirrors, until you find yourself.



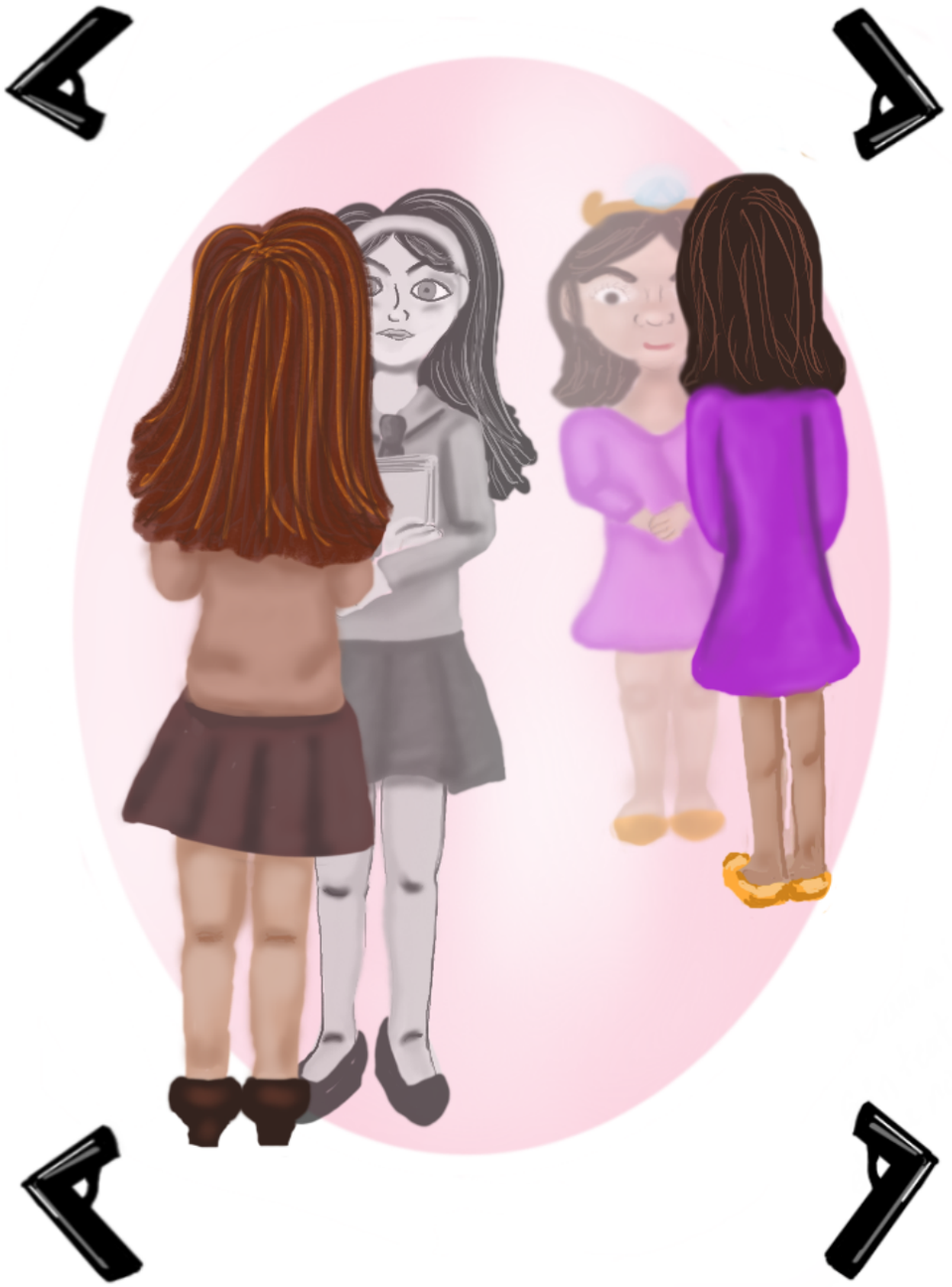
The Three of Guns

Megalomania, is just a phoney image in a pink mirror

A reflected image of what is supposed to be wealthy is now mixed with stereotypes of wealth and health. Sanctity of the servant fool from the first deck has become a self-awareness of difference and the superiority of the mother fool is now a bicoloured stereotyped image. The fools are not looking for themselves or each other but realising the reflections they used to look for each other before, but now it is all blurred and shaded by stereotype - by idea, dream or fiction.

Images are mere images. Reality is different from what sight can reflect or imagination recreate.

There is no big if it comes from ideas against small; just like there is no small if that will only be due to the existence of big.

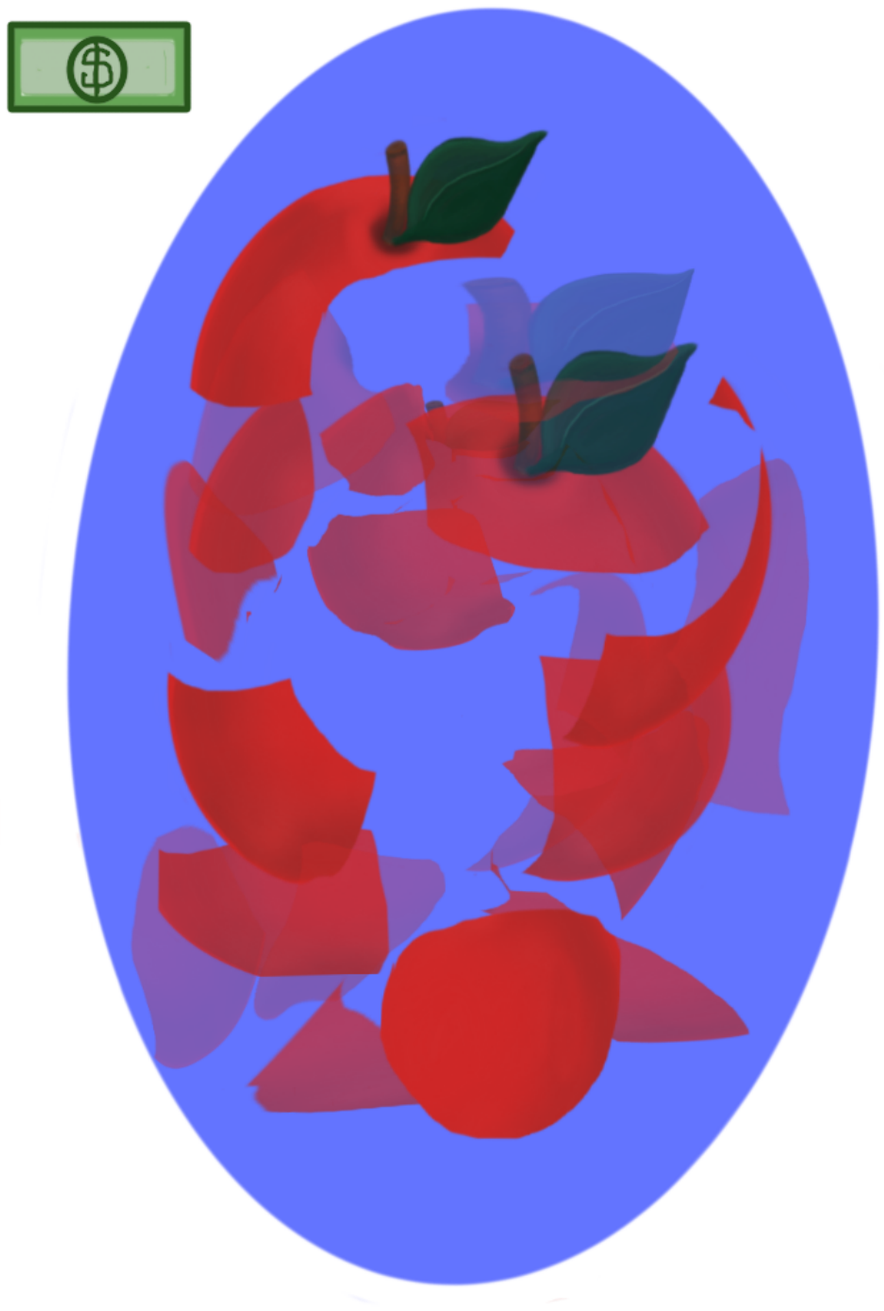


The Four of Guns

Bills

Bills are a metaphor of golds, that has kept its acquisitive power. As a symbol drawn in paper, bills mean a reference to something else: bills can be a metaphor of work, of goods, of contracts or agreements between people. The state of mind represented by the cards from the deck of bills is the awareness of anything that was surreal within the state of golds and that now is becoming as real as the paper that we hold in our hands -- a reference to something else, but only tangible through the senses and knowledgeable through a series of studies and structures. Practical knowledge is very possible, but philosophical reasoning and anything related to magic will be discarded by the mind which is locked in this state of reality of a metaphor created or built upon structures.

Schizophrenia, but logic was never attained, so the apple lost its juice



The Ace of Bills

In all the dissociation and blockation of my first consideration, the schizophrenic lost the apple's juice and became the crust, the energy and the motion, with no feeling or sensation, being then completely blocked from feeling, and having nothing but altered thought.

Until some knowledge and calm consideration can come to the appreciation of the noises and voices (without having to make any choices), will the schizophrenic be able to recover calm and sweetness.

This card represents that state of awareness of reality that had been lost, but it is so concrete now, so tangible that it is still not really real.

Thought and metaphor, artistic expression, artistic movement are necessary when one feels so fragmentary.

Dementia, life is a theatre... not a circus

To twist and bend realities will destroy the sense of truth in every situation. That will lead to an eternal game of a life!

The person with dementia knows realities and senses tangible things, but tends to twist and bend until they are broken, since his/her ways with the world are misguided by the mask she wears. It used to be known that people who always pretend to be some kind of social paradigm either to interact, to protect from threats or to escape from a problem fall into maniacity and will play with the world forever for having made a game of everything surrounding them.

The fools mask that she wears to disguise her intentions is now the lady fool's face.

No masks, just sincere kindness.



The Two of Bills

Mania, the hands are tired of touching what was never real



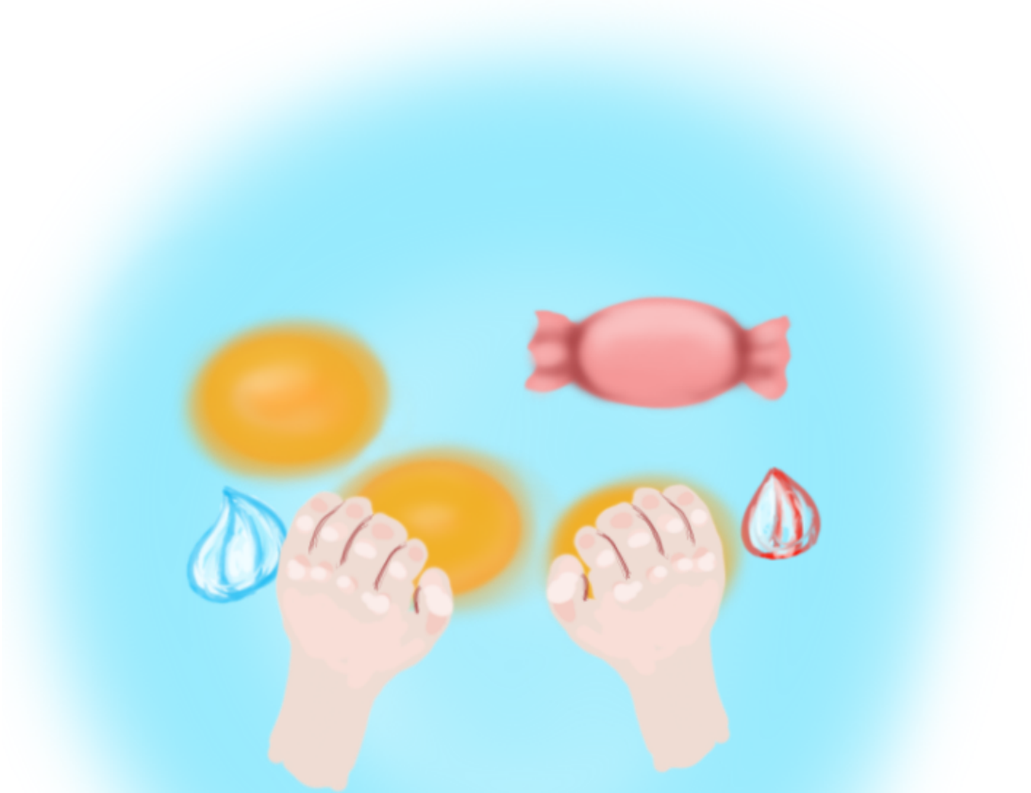


With everything so prepared and ready, the maniac will not know what to do. However, as opposed to the first deck in this second state of awareness, things have become a part of what is grabbed everyday and so the memory of not knowing where they came from, or the reason why they were first made has completely gone.

Things are objects and as such are treated. The need to create things for necessity is replaced by the feeling of having them for the reason why they were supposed to be. The memory of what they were used for and the theory about them remains, but the need is now confused by philosophies of things, objects and life routines. Need is replaced by the standard of having. So having becomes both a peril and a need.

Without remembering why it was needed in the first place, anything possessed becomes anxiety.

No things, but for the simple needs for a happy life.





The Three of Bills

Bipolar Disorder, that looseth, nor locketh, holdeth me in prison

An thus, the iceberg melts into cold waters, but the feeling that used to be so shifting and bivalent metamorphoses into an ambivalent flow.

Life is not a mixture of opposites; it is not concord or discord flowing into each other at stages of history. It is just a matter of flowing and understanding.

This card is the pair of the two icebergs of the first deck and represents that the iceberg is melting into the still waters. Stillness cannot be peace and therefore, the iceberg becomes two icebergs again, unless we reach some warmth and clarity.

Feelings are neither one single flow of one, nor a mixture of plenty.

Don't fight!



Canes

The wands have now become canes. Actively walking through narrow streets, the cane will help us have a pace and some rhythm to recover. We walk through very well designed streets, knowing our way and getting some rhythm. These canes show a gathering of peace of mind that can help heal the mind. We are aware of the illness in our previous state of mind, but will need some support to continue walking towards clarity and calm.

Amnesia …

The memories of things lived unconscious.

This card represents the amnesia of not knowing precisely what was lived before, but now knowing that things were lived that are not remembered clearly.

And so it is the double of the first deck: a second stage in remembrance. That memory can be reached, is just a matter of time.

Memories and knowledge of one's own life are something of one's own and cannot come back from anyone else but us.

Without history we cannot really build a future, can we?

Try to read the history or stories that surround your life and see if that throws some light.



The Ace of Canes

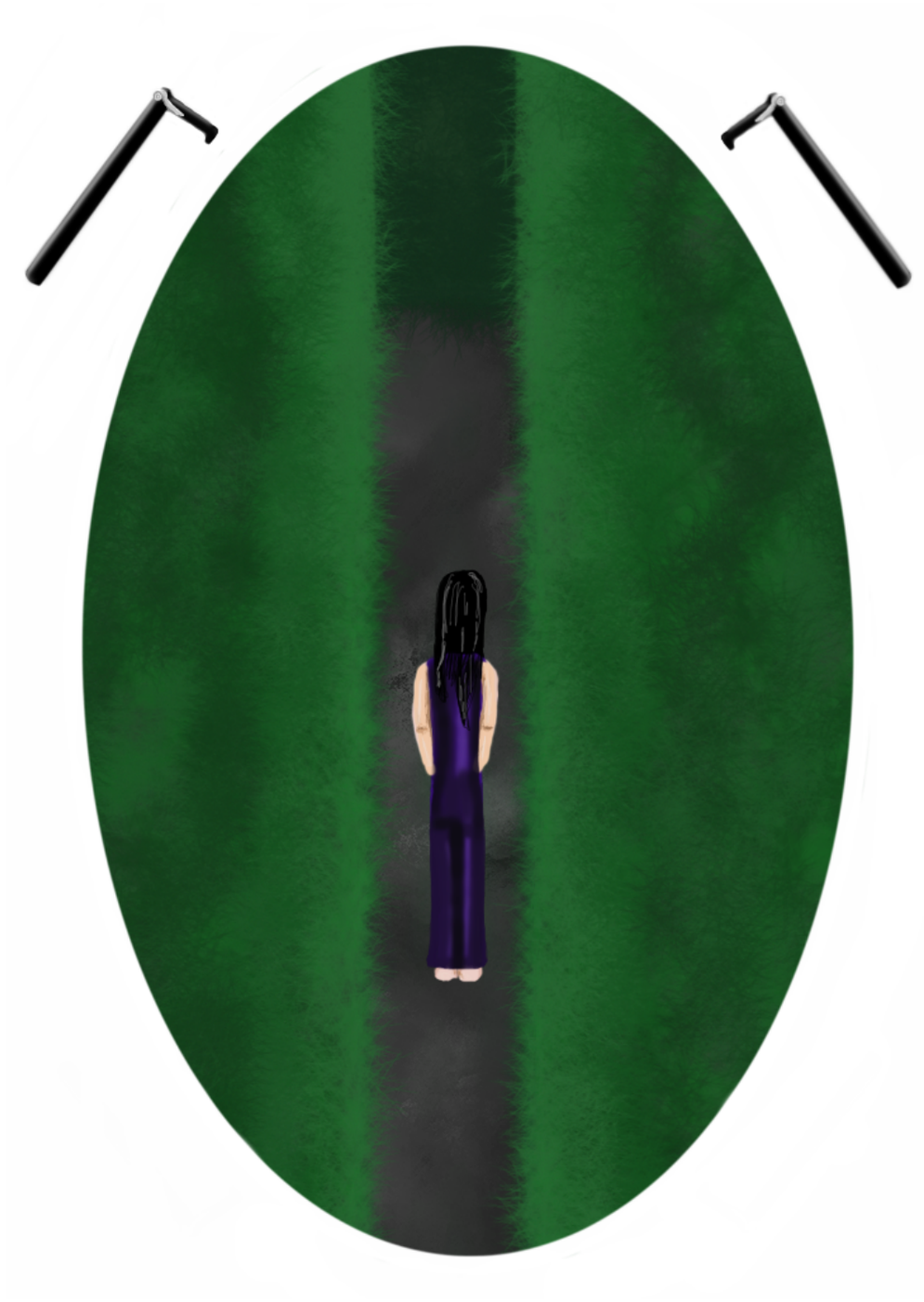
Neurosis, and his eyes would see nothing but his forehead

Miles and miles of walls and such a long maze... absurd!

And so there was the same faun, the Fool,
Unable to unravel the future of his travel...

This is another stage of consciousness within neurosis understood as that maze that keeps one from seeing the amazing things beyond ones complicated thoughts.

If you decide to walk along until you leave the maze, do it calmly and try to enjoy the view, however, narrow.



The Two of Canes

Delirium, golden slumbers fill your eyes, smiles await you when you rise

And tired of falling into the hole, Alice fell asleep during the fall.

A second part of delirium is like falling into an eternal sleep, a coma of dreams and a day-dreaming understanding of life and reality.

Having a good activity that helps you work calmly can wake you up from the dream little by little.

This is the three of Canes and as such it means that the mind requires now three canes to stay with the feet on the ground.

Just try to be real!



The Three of Canes

Paranoia, ...and it was just a nightmare

And thus, it happened that the paranoid thought that he/she was is in full possession of the facts, or fully possessed by factual descriptions.

In this card the paranoid has just begun to become his/her nightmare.

Is it better for *that* to be the truth, just because one cannot be certain of anything other than *that*? Wouldn't it be better to clear away the nightmare.

Seeing things as they really are based on facts can help overcome a nightmare of questionings about the fear in everything that surrounds us.



The Four of Canes

Glasses

Why Martini glasses? This is definitely stronger, but lighter as vodka or gin. If you have ever had a cup of gin you will know that it is not as strong and light as vodka, but different. So everything is not quite as it seemed at first: not better, not worse, but different.

The mind is more aware of certain truths behind the series of delusions of love, war, and mental illness that can be quite harsh, or sad. Nevertheless, this awareness is also a bit unclear and blurry, so that it is as having three glasses of vodka or gin. Clarity and truth in feelings and relationships can be attained, but how with so many lies, when the truth is what to exist the relationship hides?

These illnesses represent social interactions, when it suddenly hits us that are based upon social marketings.

Depression, the prayer of the living learning

There is much more to learn without feeling so sad about it. Reality is unbearable when seen through a glass of doubt and an impossibility of comprehending. It is better to understand the truth that lies in every situation.

Little by little the depressed will begin to see that there is much more behind the tears and perhaps not everything is so sad after all. It cannot be either mad or sad, there has to be a reality of need and ignorance back beyond every situation.

The arts have always been the way to express observation of all nuances of reality.



The Ace of Glasses

Hallucination, is nothing but a prism

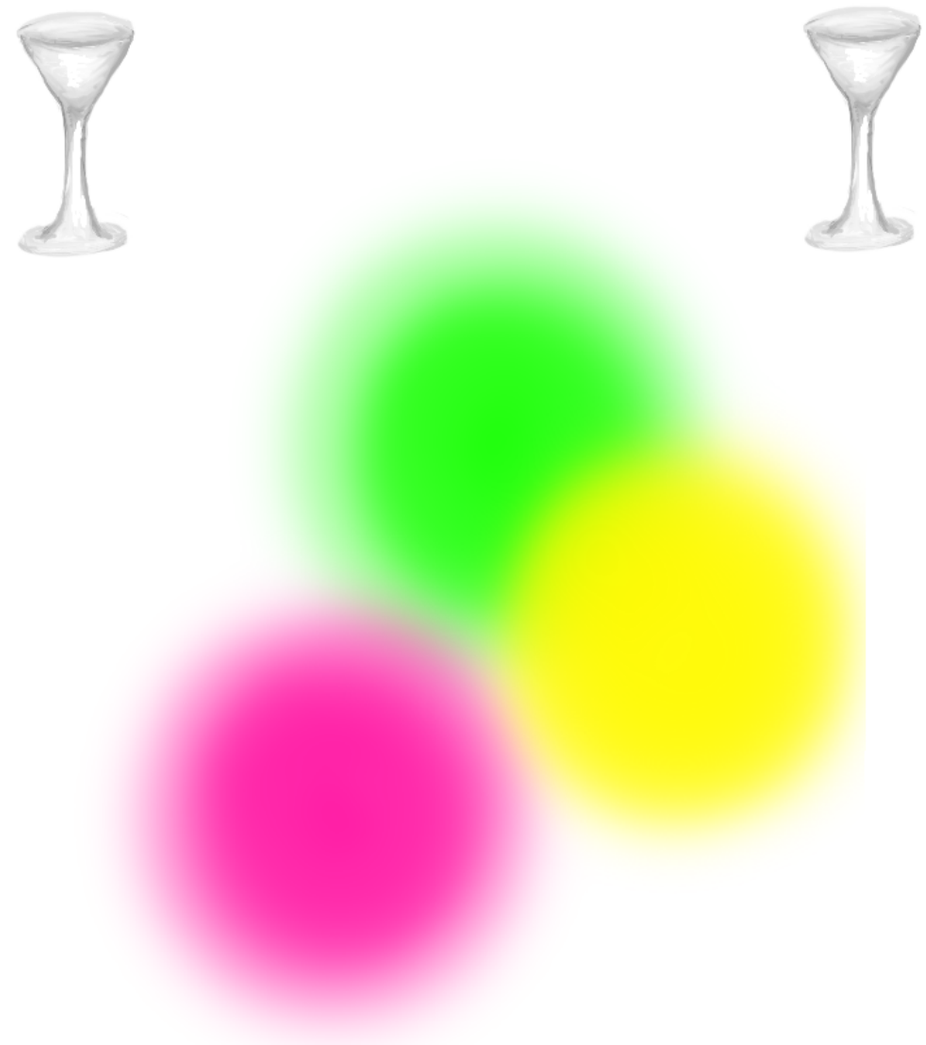
What is the memory of past sensations?

Hallucination has always been defined as the coming back of something that was sensed in the past, but was not apprehended when it happened. It has always been related to trauma or to sensing things and not being able to apprehend them completely.

When the mind leaves the situation, it will come back as sounds or images lost in the past, until it becomes a dream and afterwards a comprehensible memory. The relation between hallucination and trauma has always been signalled as a cause effect chain. Traumatising experiences can result in hallucinations.

Fear and hallucination have also been related many times, for the mind that fears tends to block senses as a reaction to a shock. Whatever was sensed will then come back to us not as memory, but as fragments of what was sensed and blocked.

Memory has always been a way to heal from it. Take your time, it will pass.



The Two of Glasses

Obsession, one single attempt

In this state of consciousness, the obsessed person is aware of the reality of his/her pursuit. He/she will not perceive any of the deliria that have caused those hallucinated enemies, but will be certain that his/her aim is to stop anything that might relate to the previous ideas that he had been circling.

The obsession is now an attempt and not just a questioning; it has become the sole intention of the obsessed who is now certain about the "realities" he has been confirming to himself. The diamond is broken and the thought is now grounded as the sole vision of the self and others.

All the pieces of the diamond will now be confirmations of what the obsessed is persecuting and determined he/she will seek for his projection to be real in someone or something else.

Do not tyre yourself with questionings and determinations.

To be is not a question of acting upon, one simply is.



The Three of Glasses

Paraphilia, and neither is cian

Confusing feelings, since we have built upon and upon social interactions, are now considered the normal feelings that are expected at a certain age or stage of life. It can be misleading to live accordingly.

Don’t get confused, “love is not love, which alters when it alteration finds” (Shakespeare).

This card is the double of the red heart signifying love. Here, love has become the echo of the ideas upon which the first paraphilia was created. Now it is nothing but an enthusiastic propaganda. It is not real and is separating from reality. Love as sex and fun has become a paradigm of social behaviour losing all its substantiality.

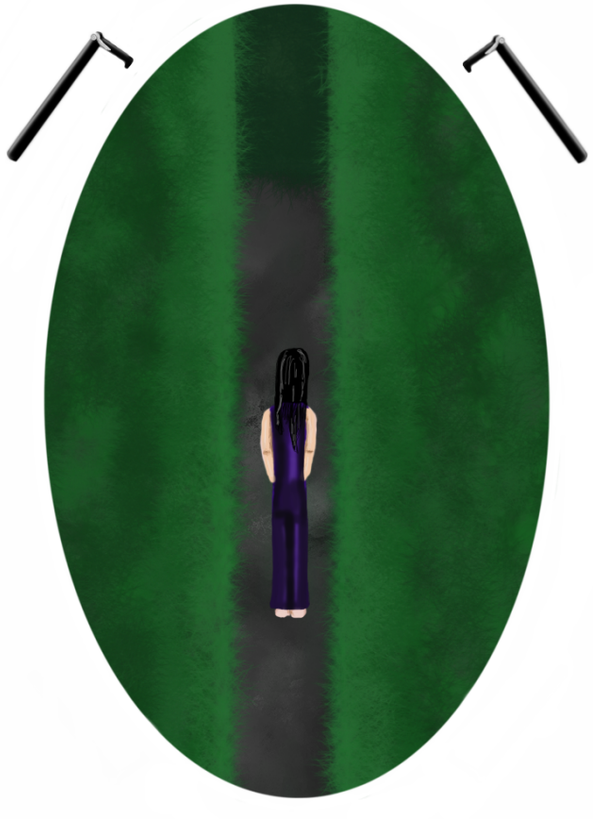


The Four of Glasses

How to print this deck?

In the following pages you will find the cards ready to be printed, just print from the next page on (page 65 to page 87), on both sides of a carton paper. Then, cut the cards in rectangles and play any game you want or throw a reading.

Any colour printer will work, just chose a default quality or one recommended by a designer or the attending people at a printing shop. I recommend carton paper and the printer settings for predesigned presentation cards or invitations from Apple or Office software.



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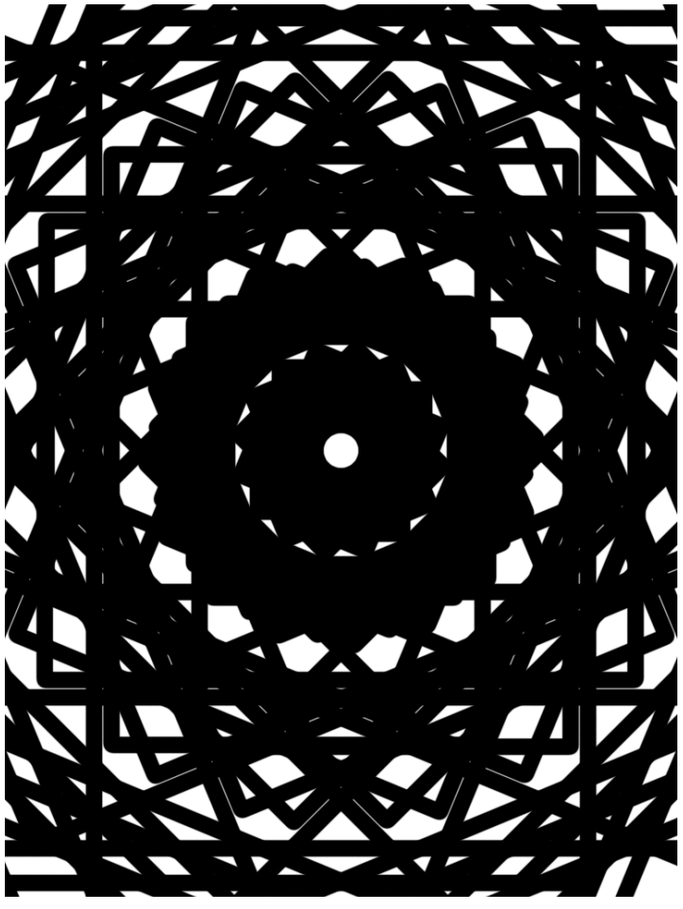
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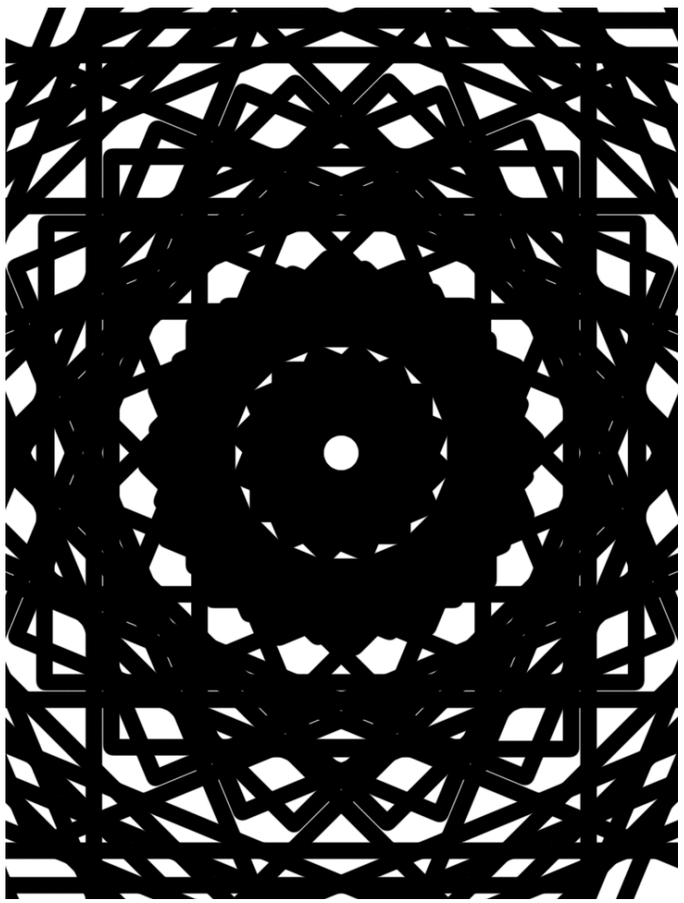


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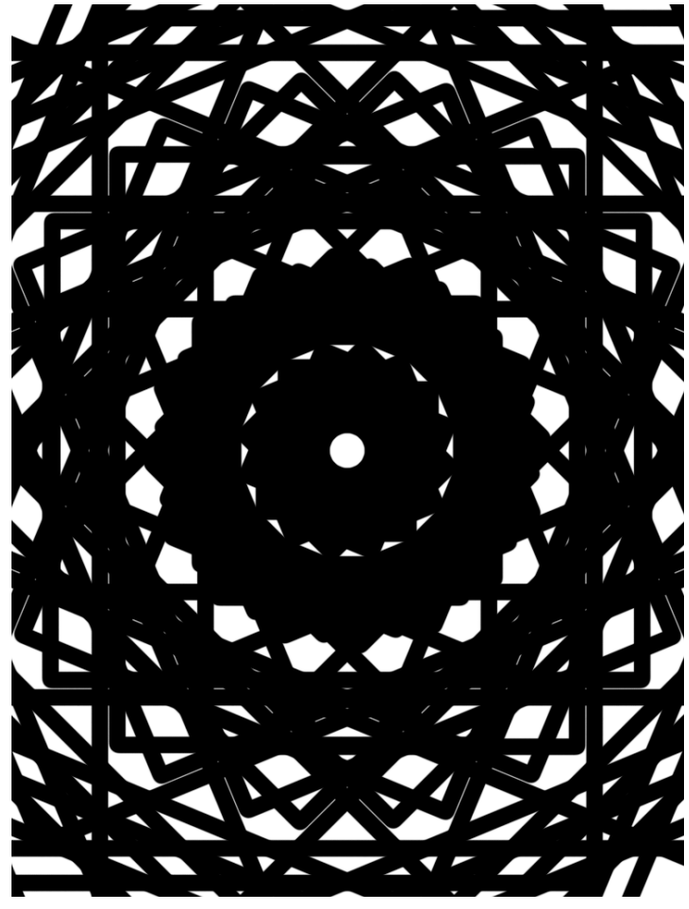


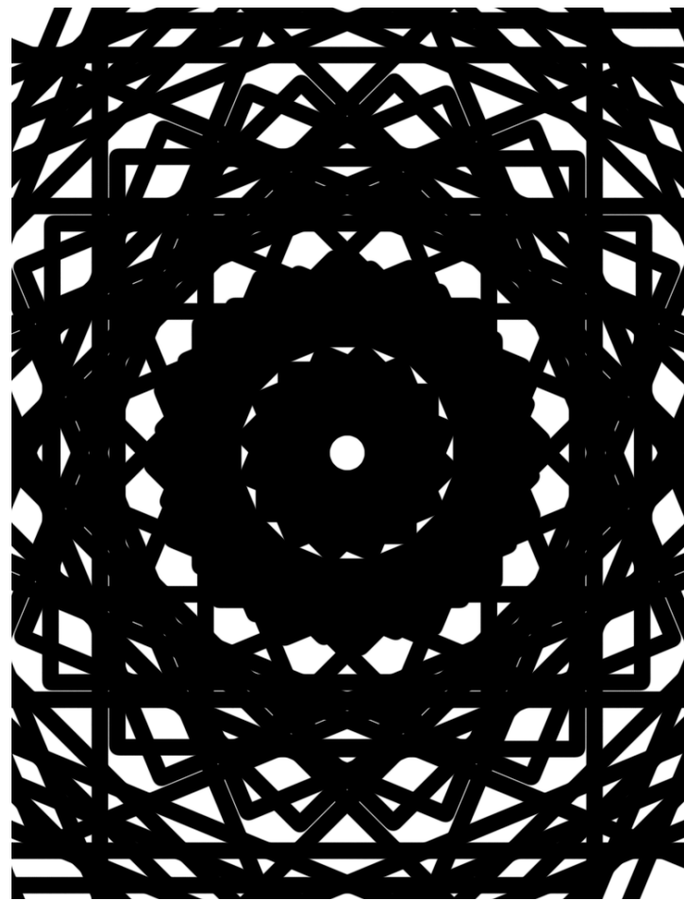
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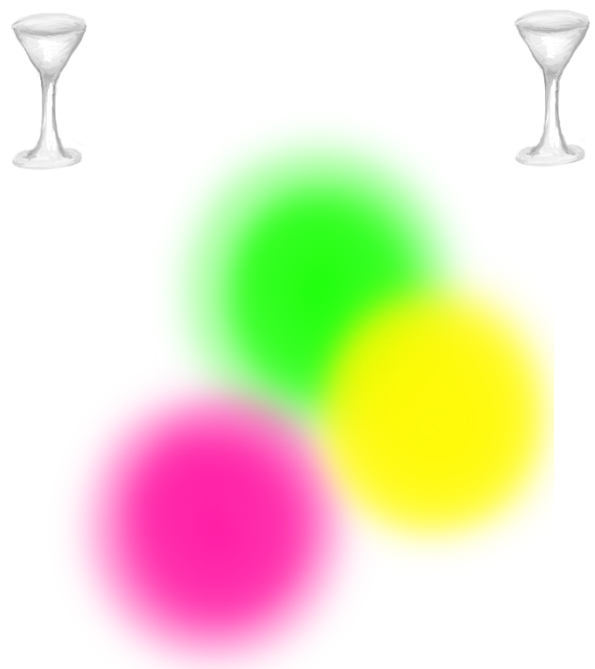


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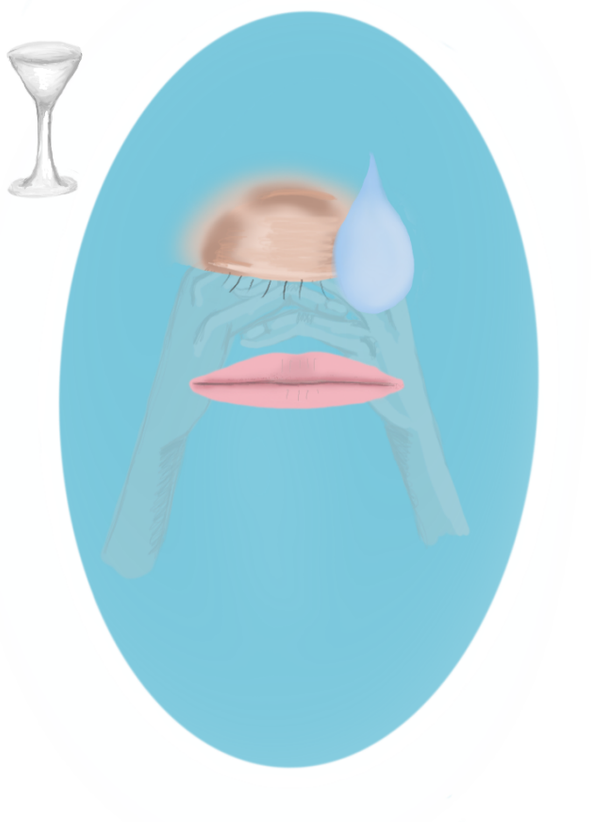




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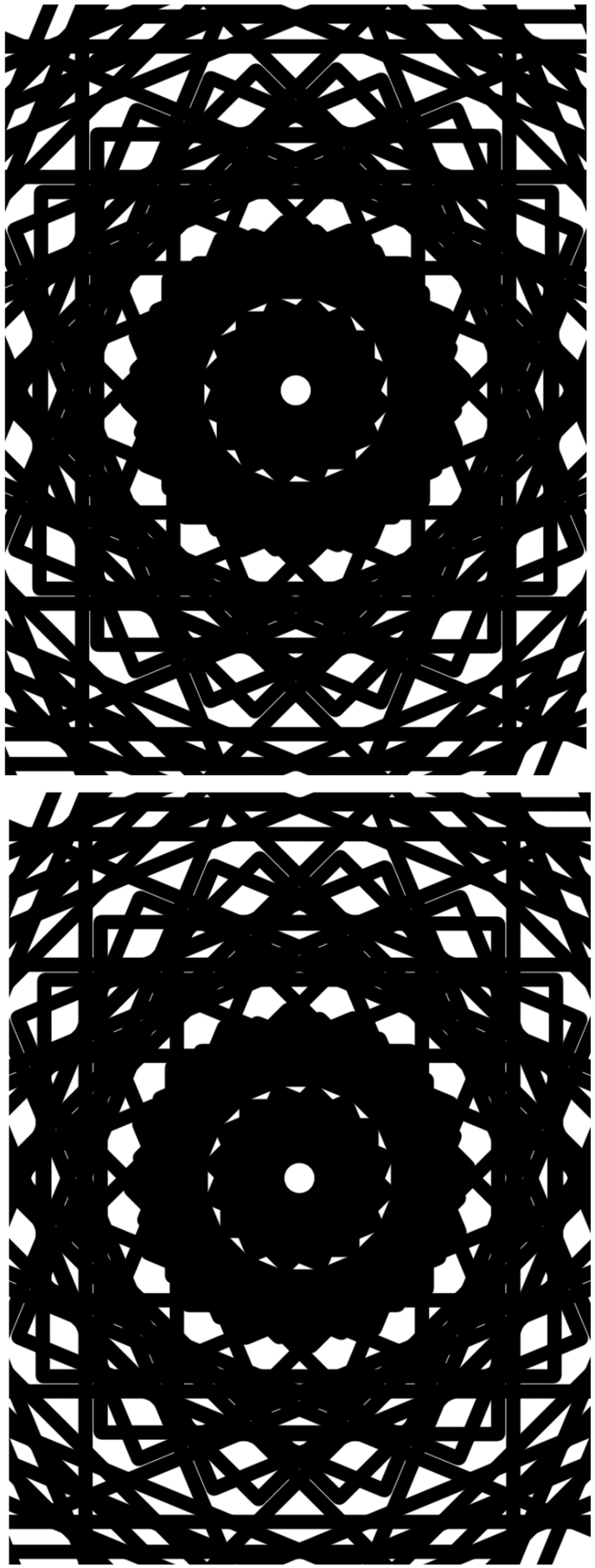
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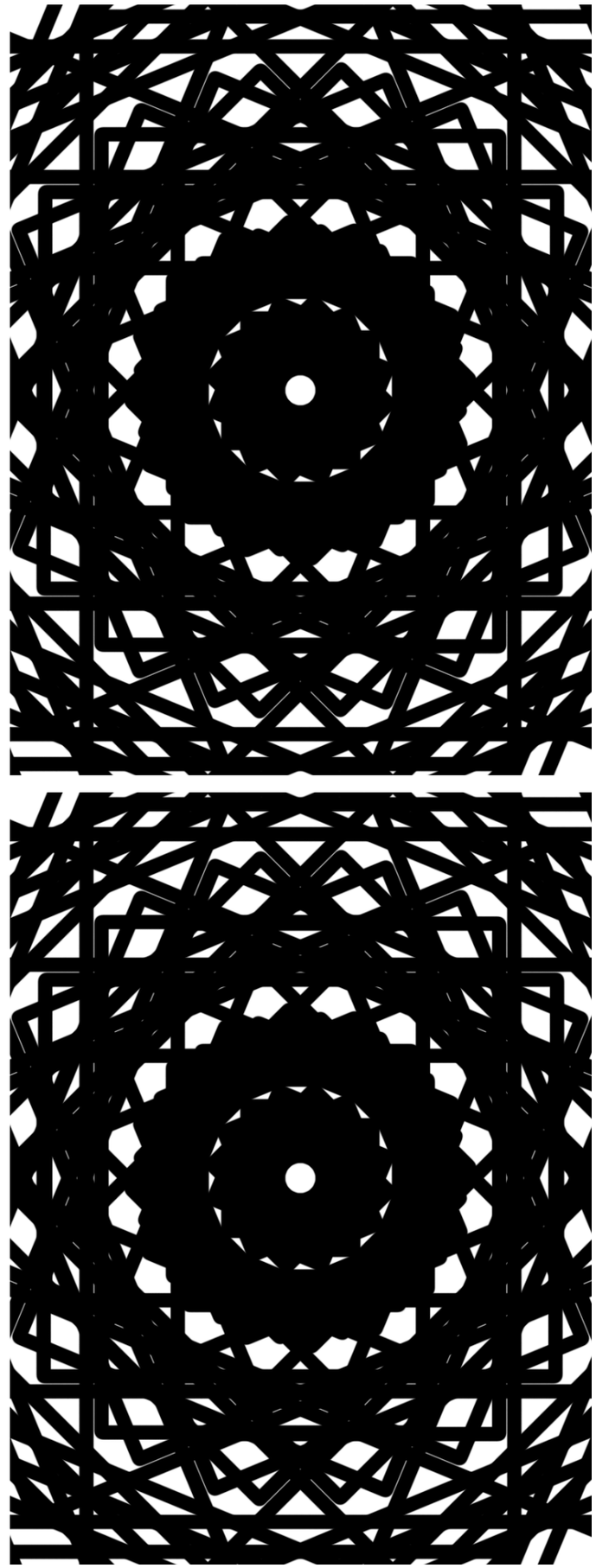


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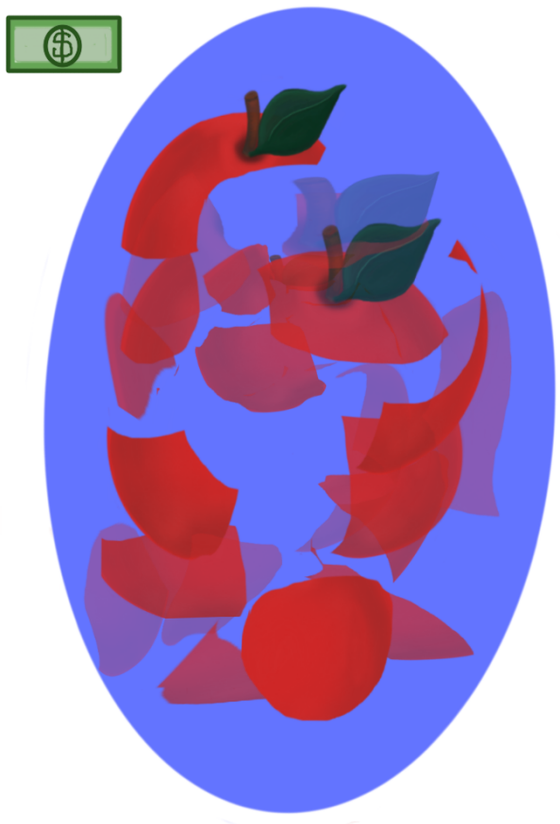
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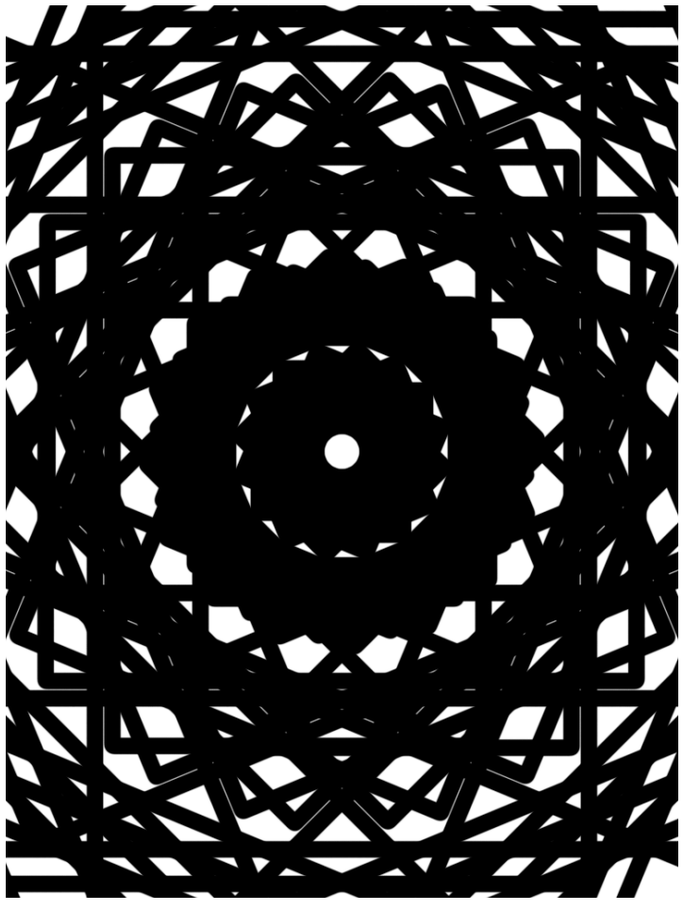
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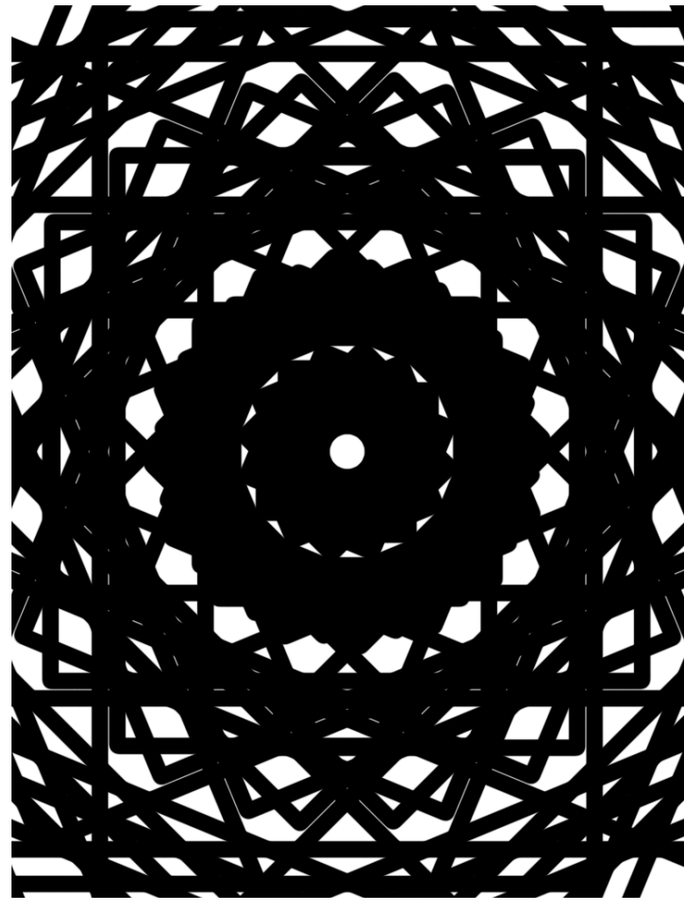


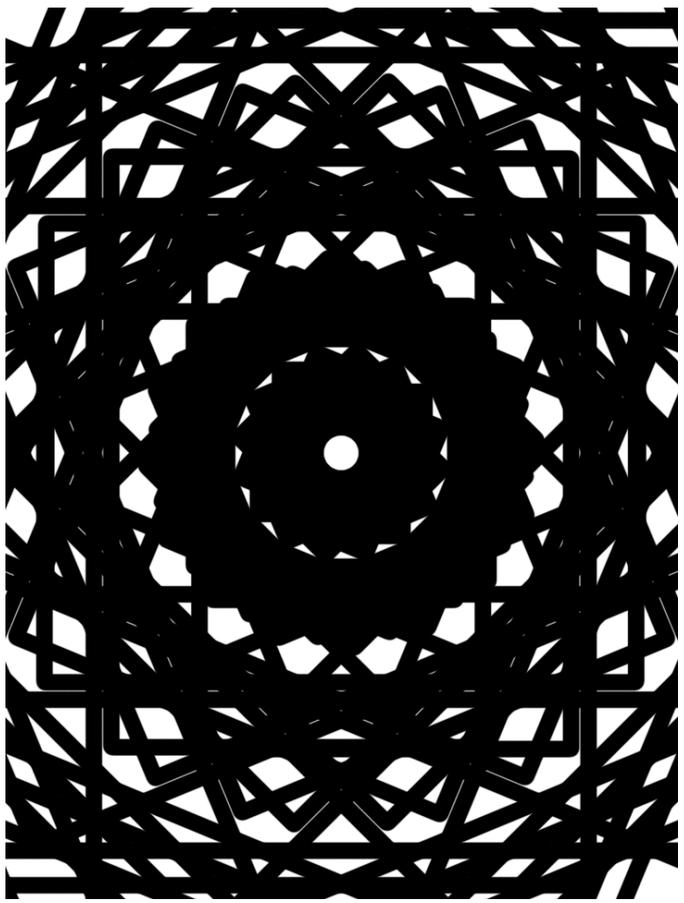
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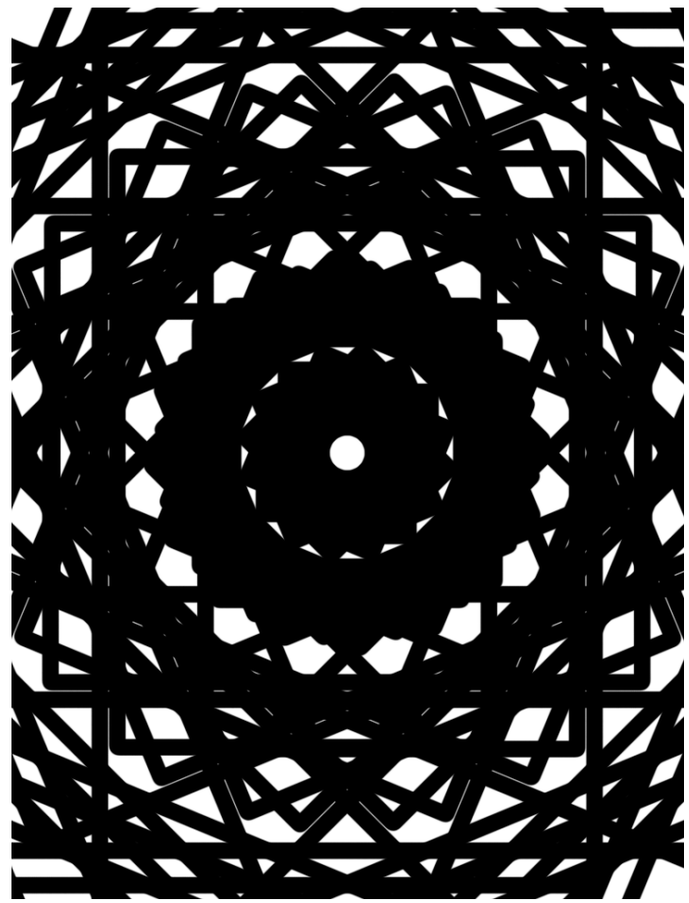


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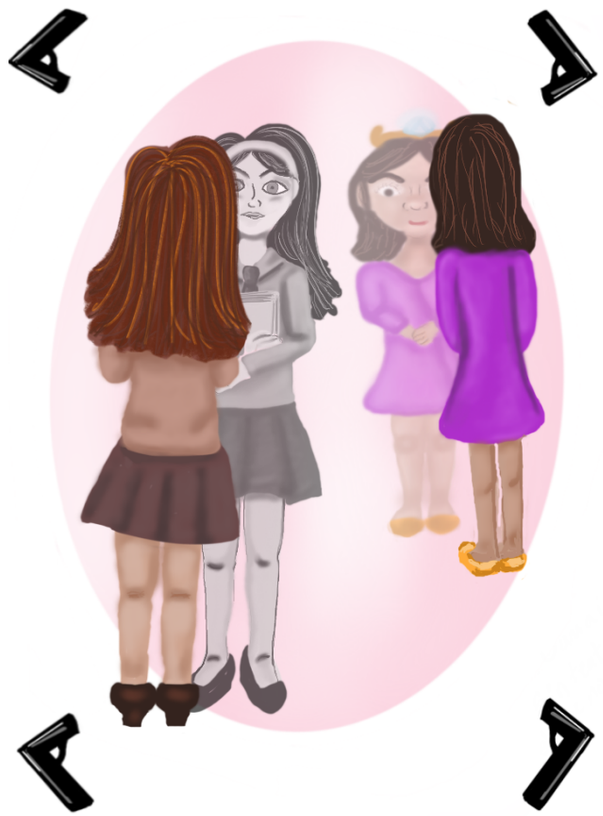
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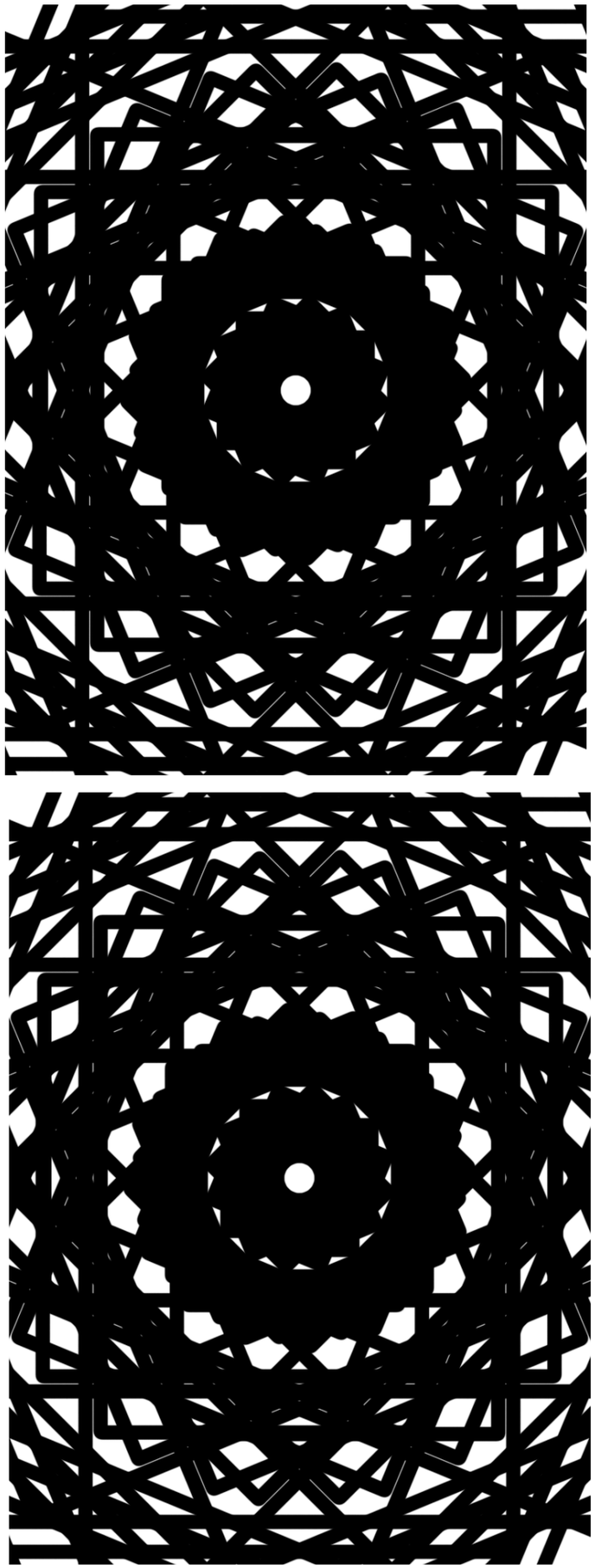
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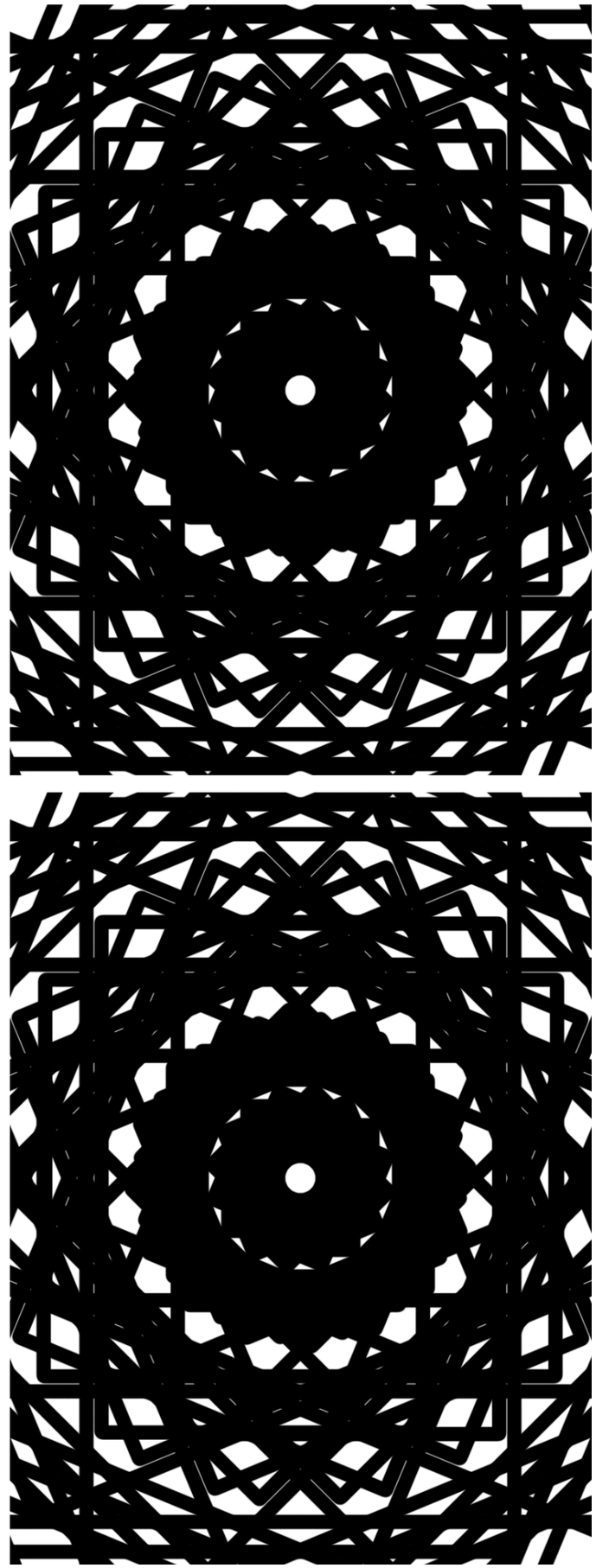


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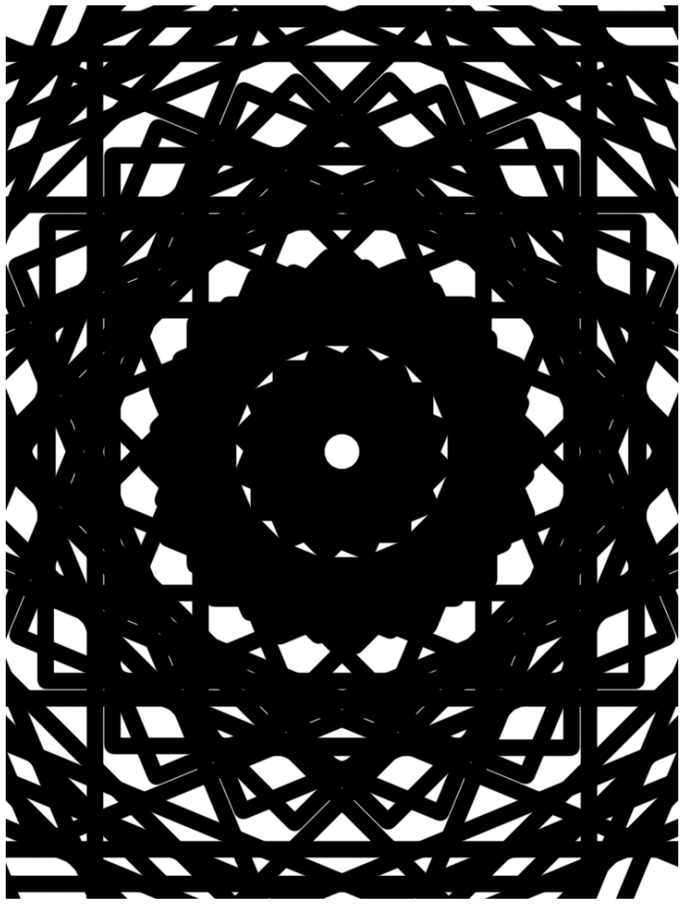
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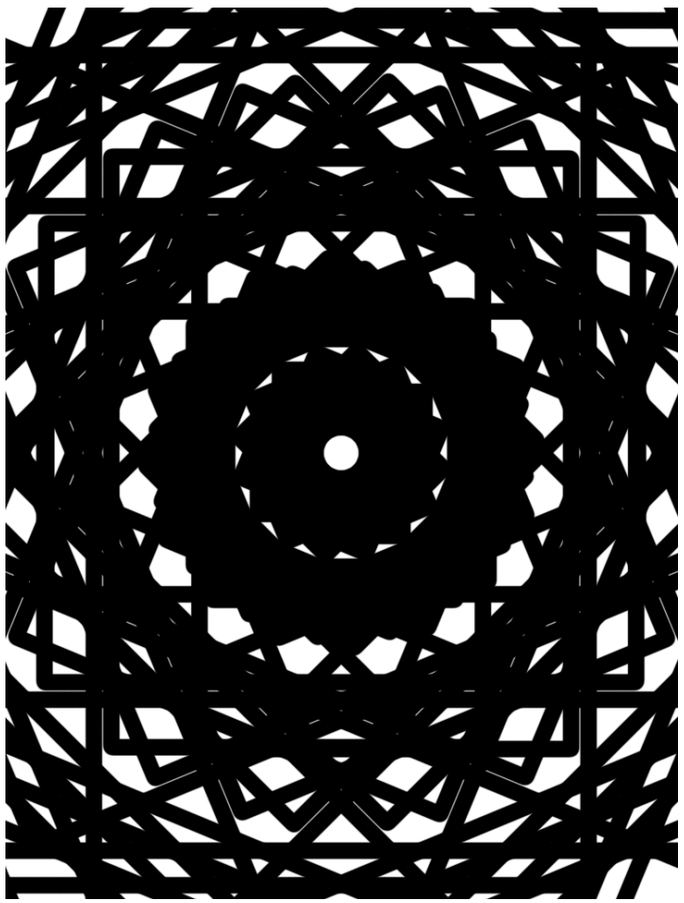


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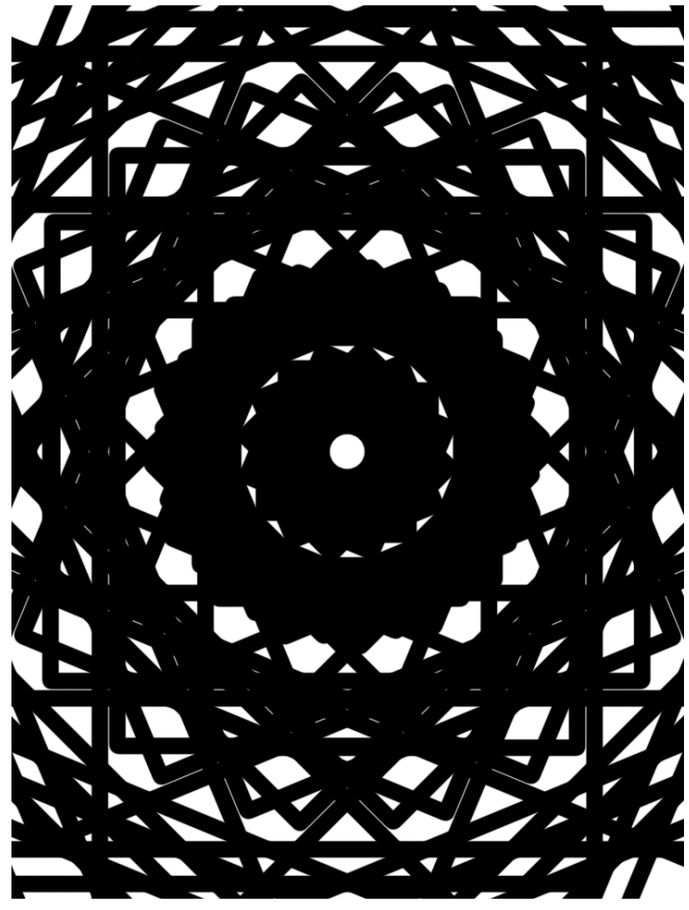


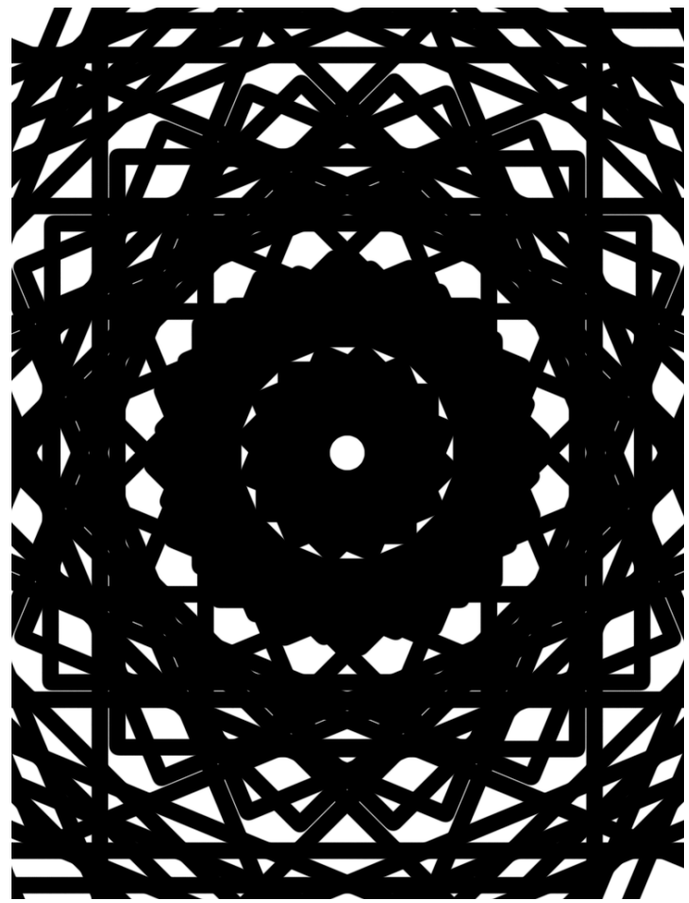
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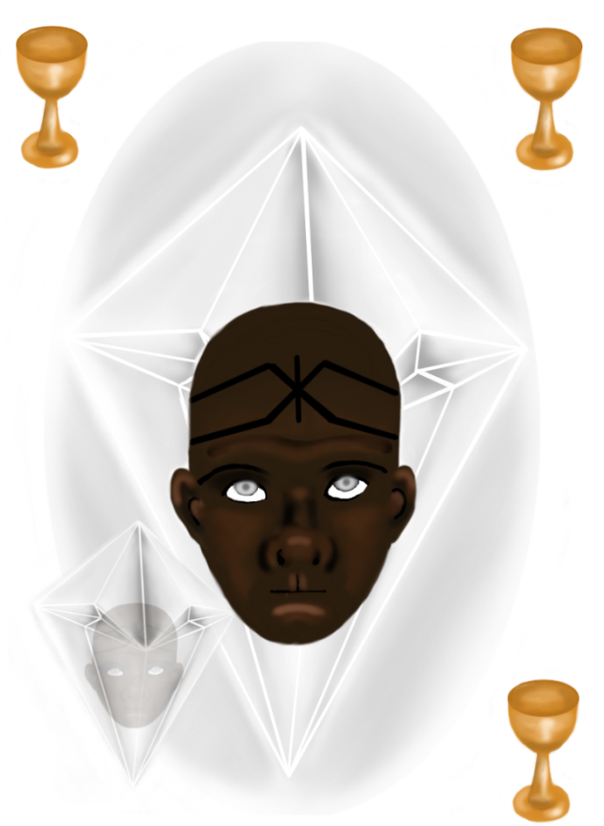
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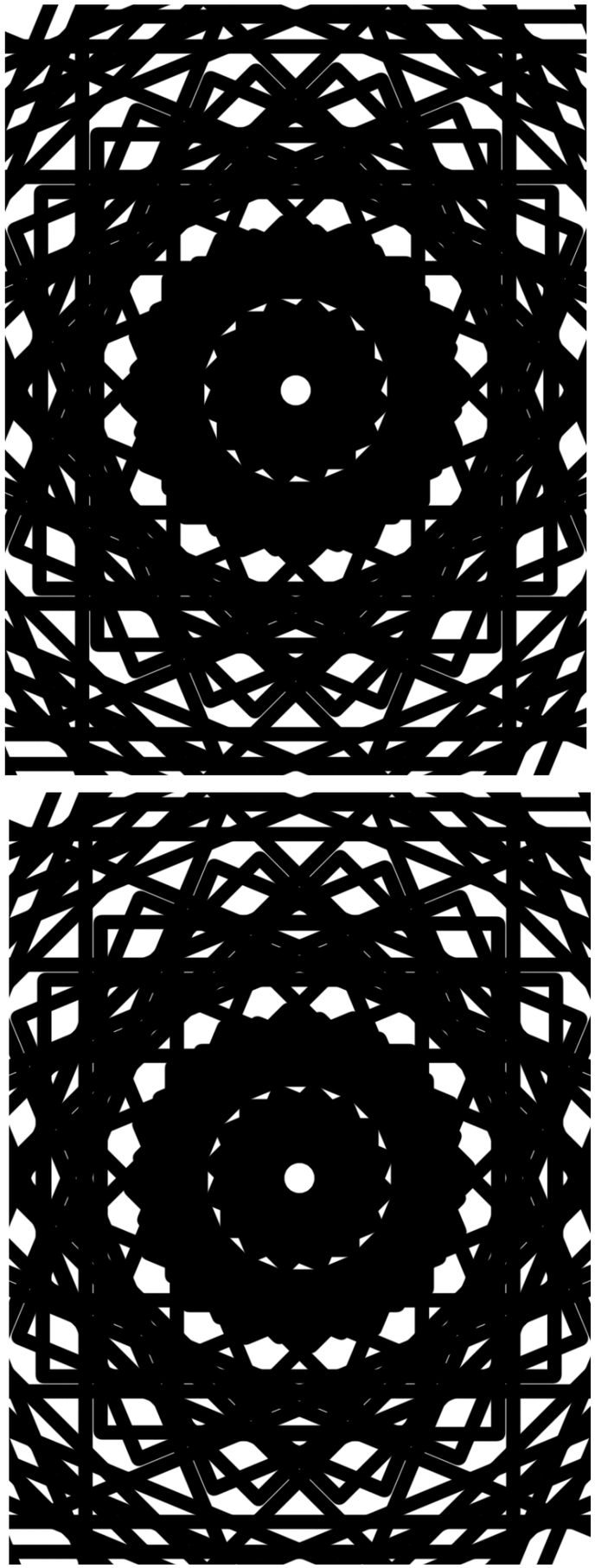


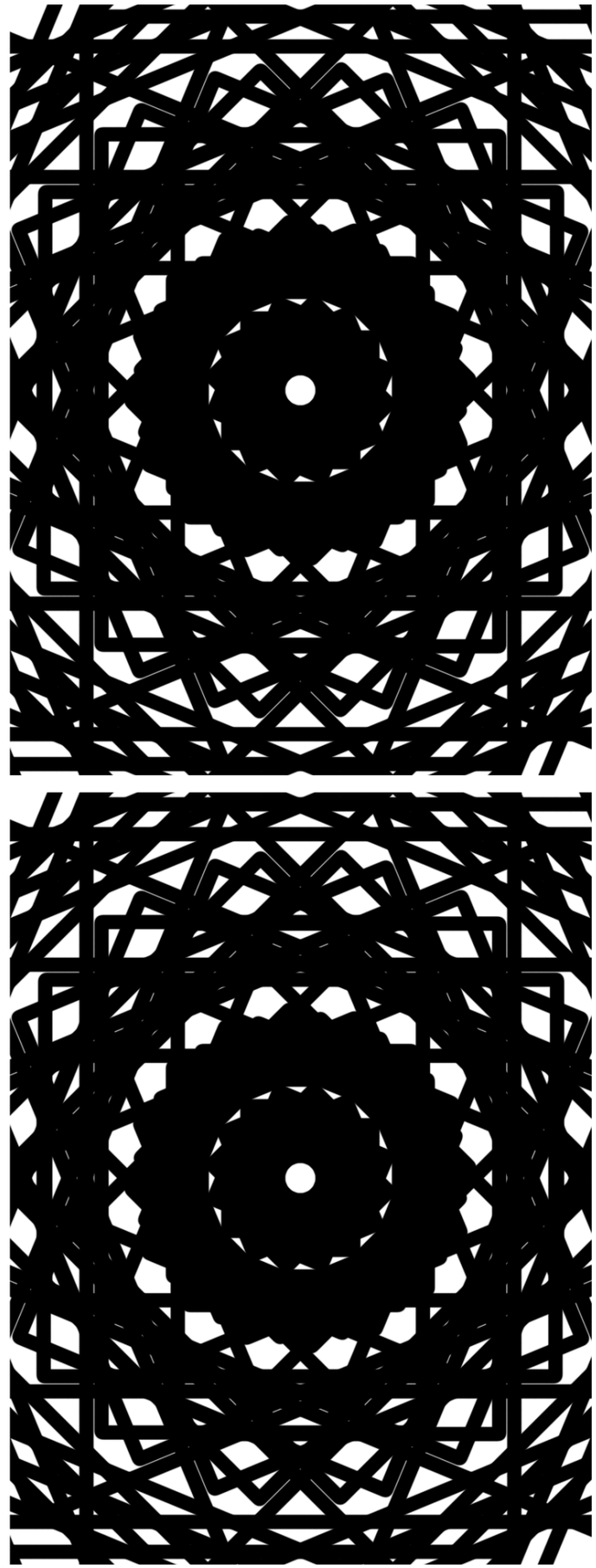
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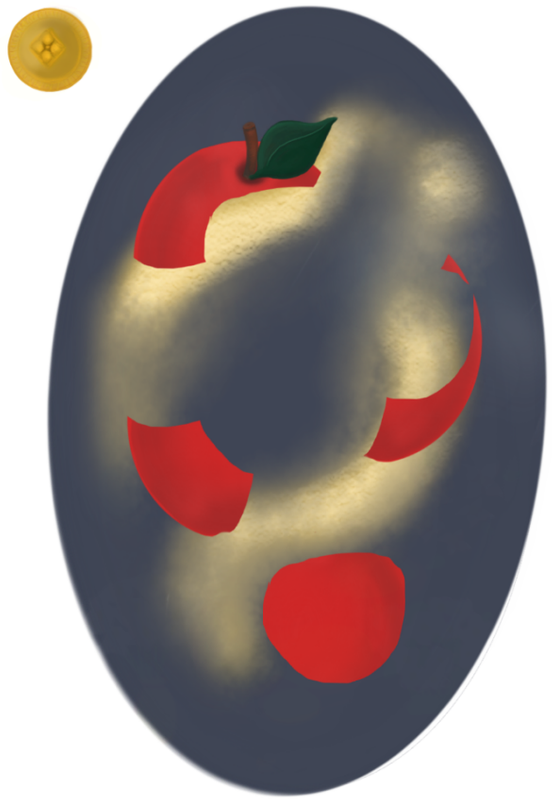
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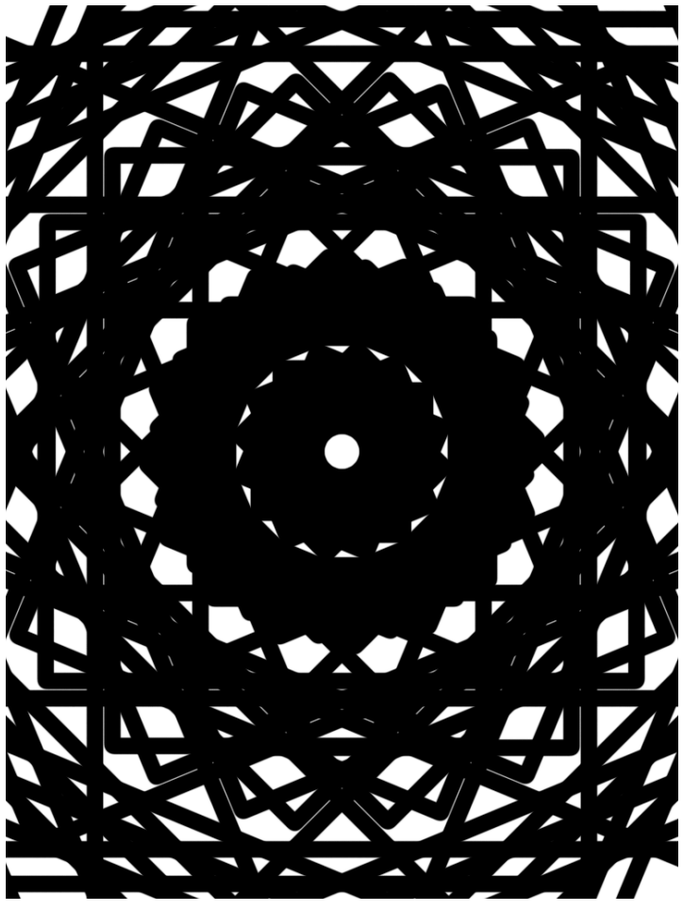
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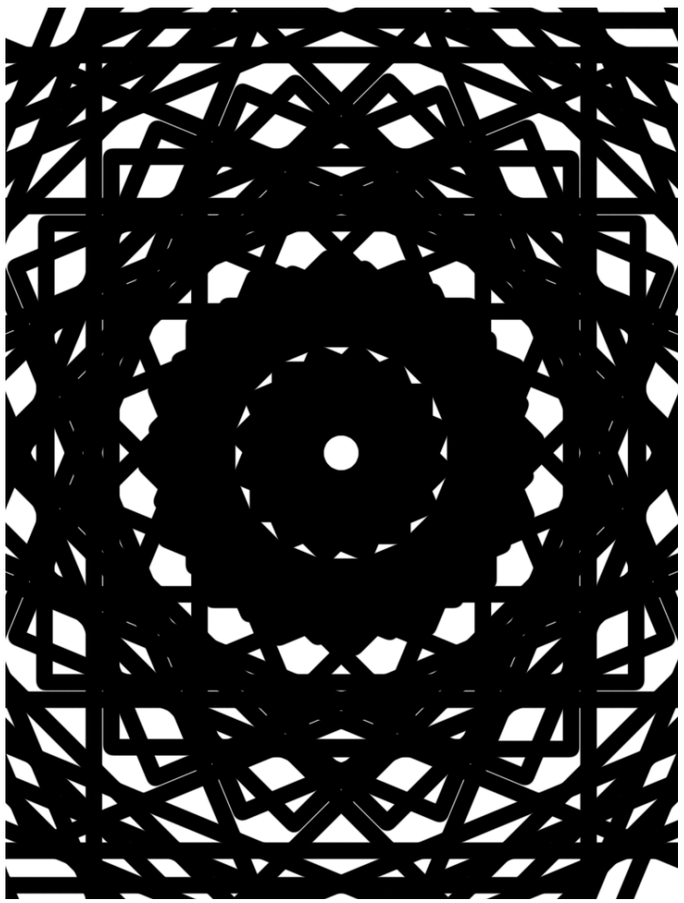


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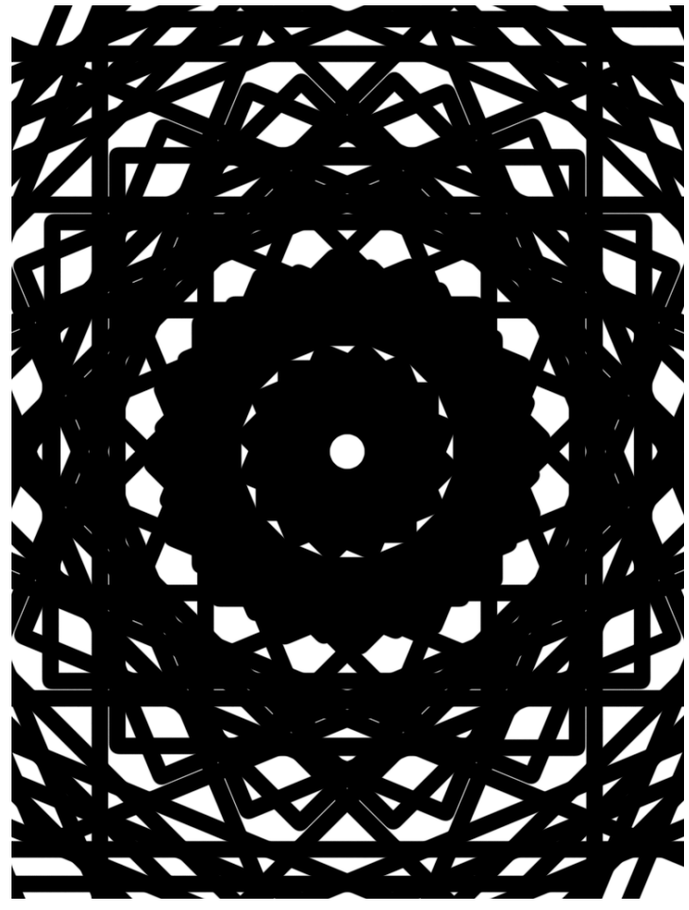


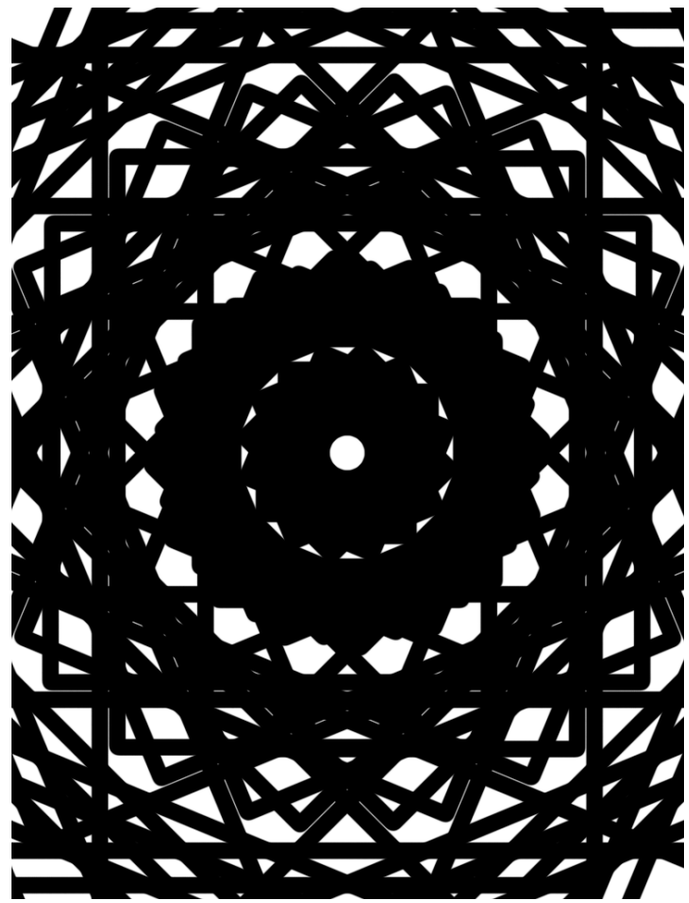
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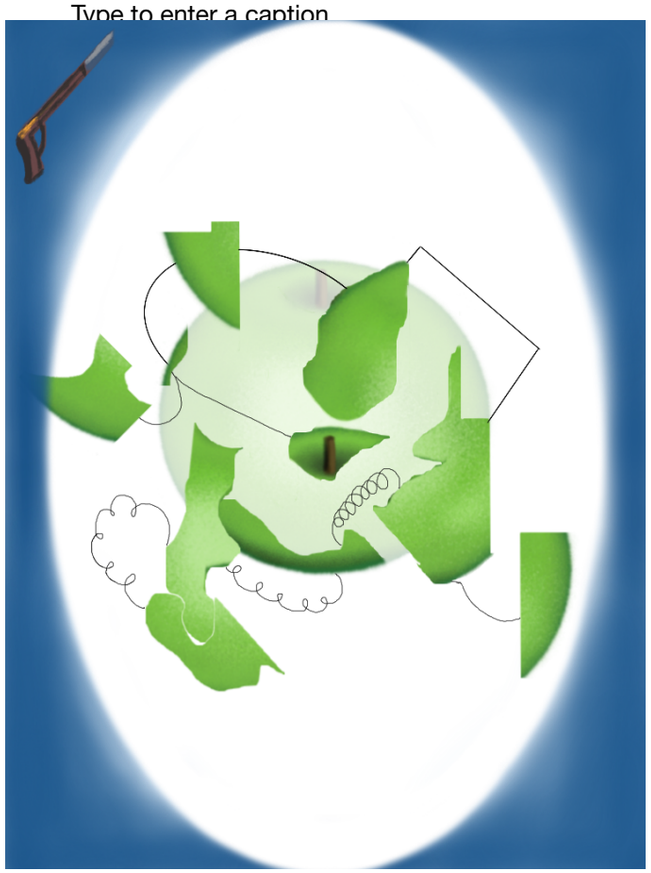


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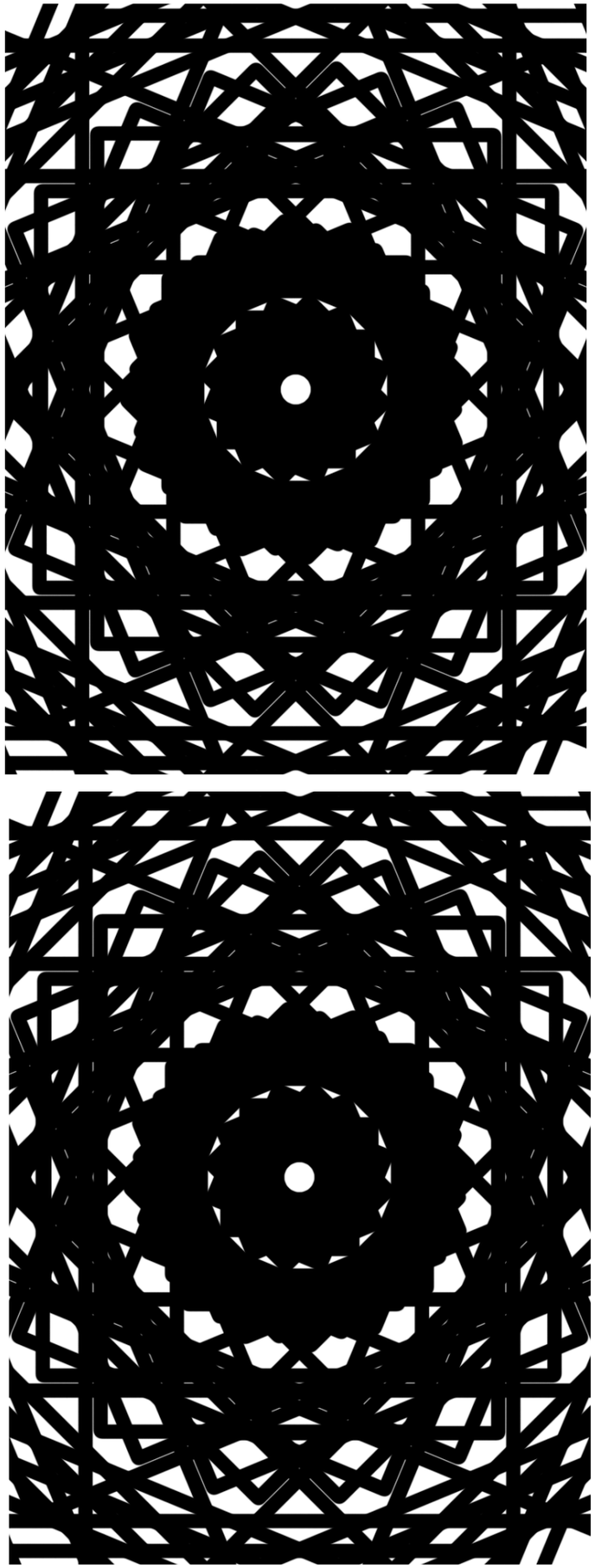


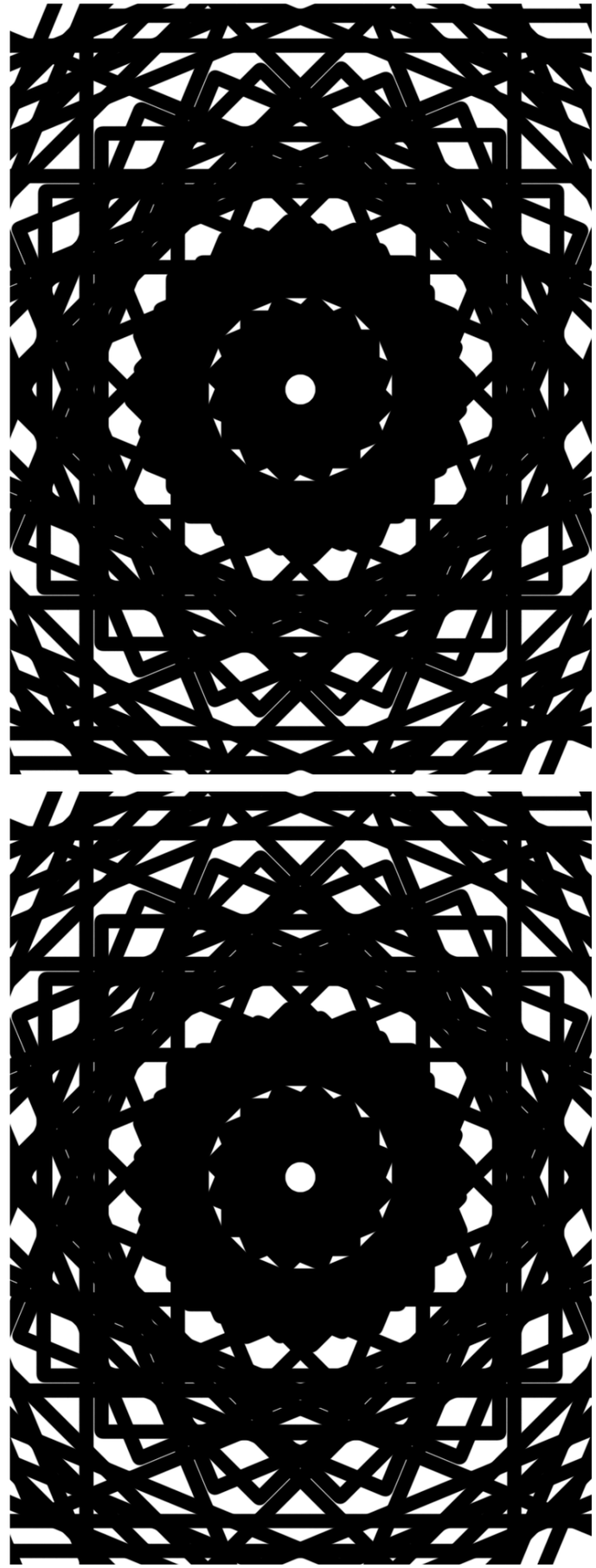
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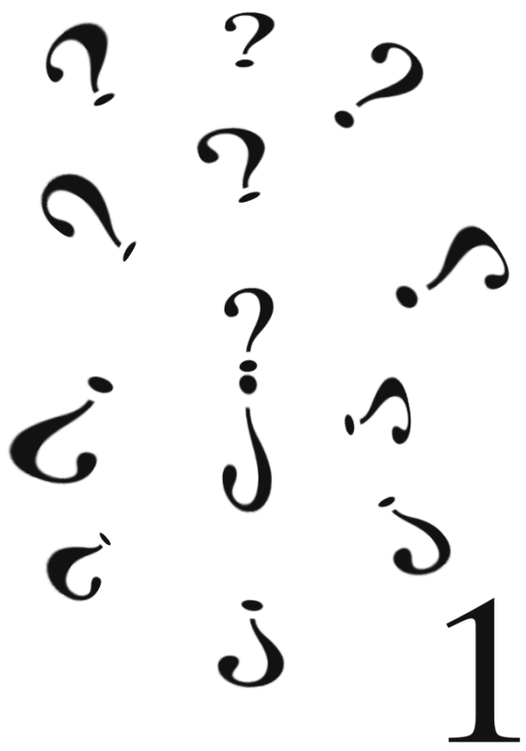
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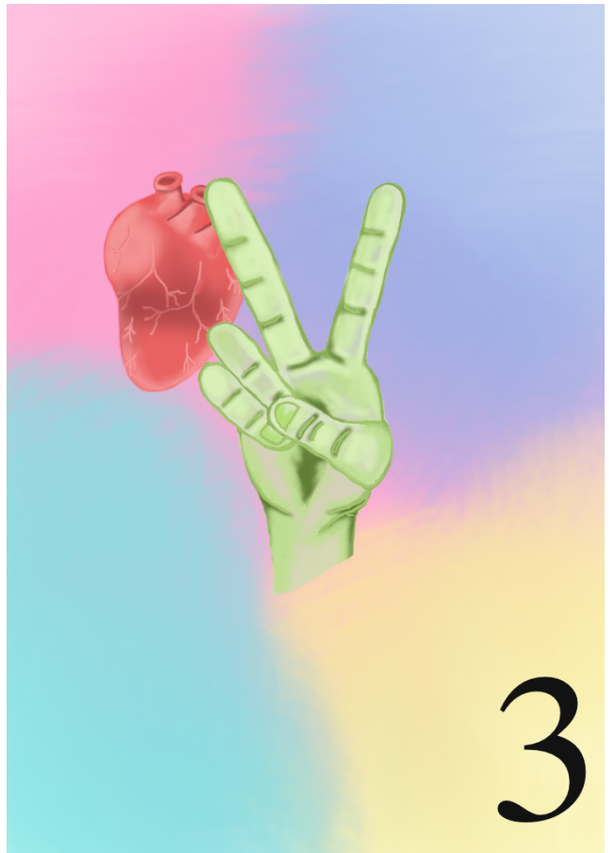
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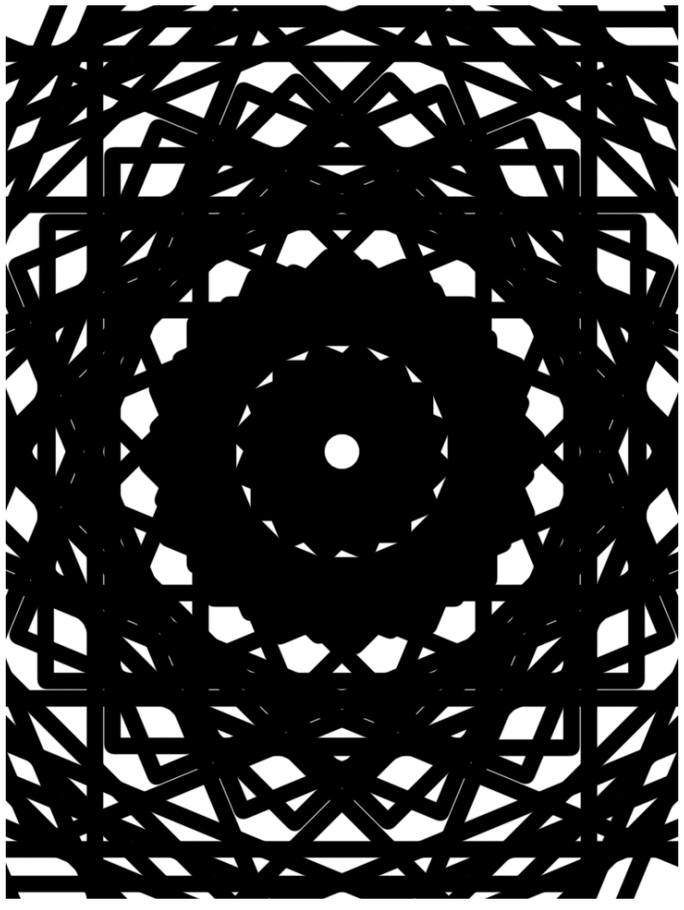


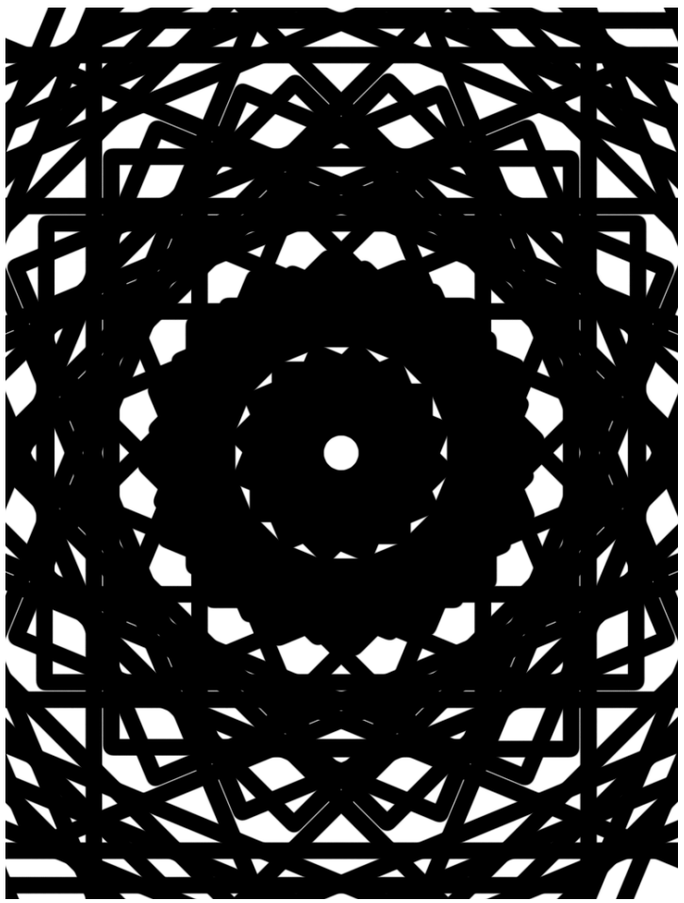
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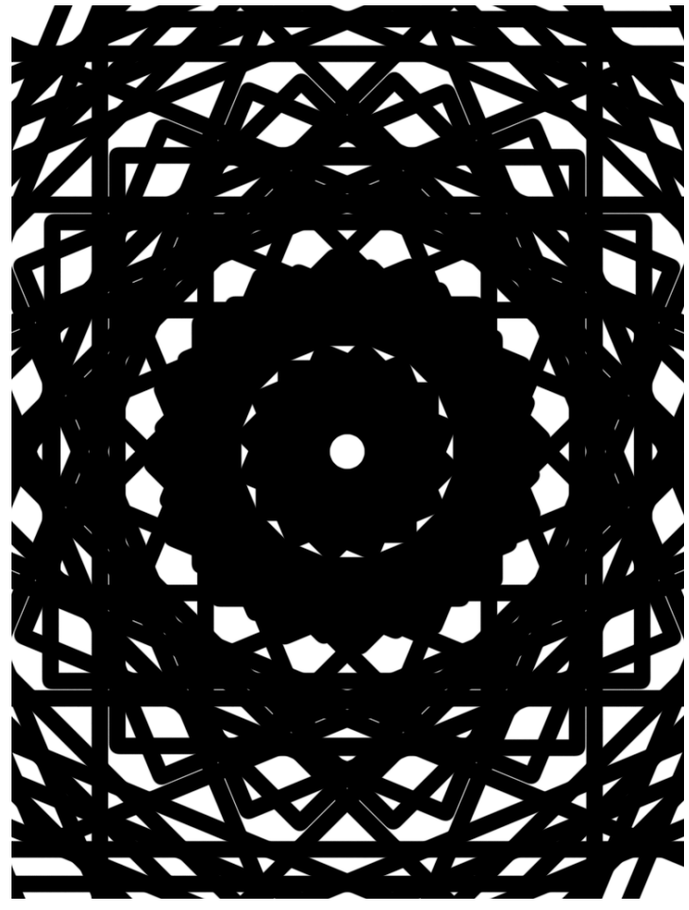
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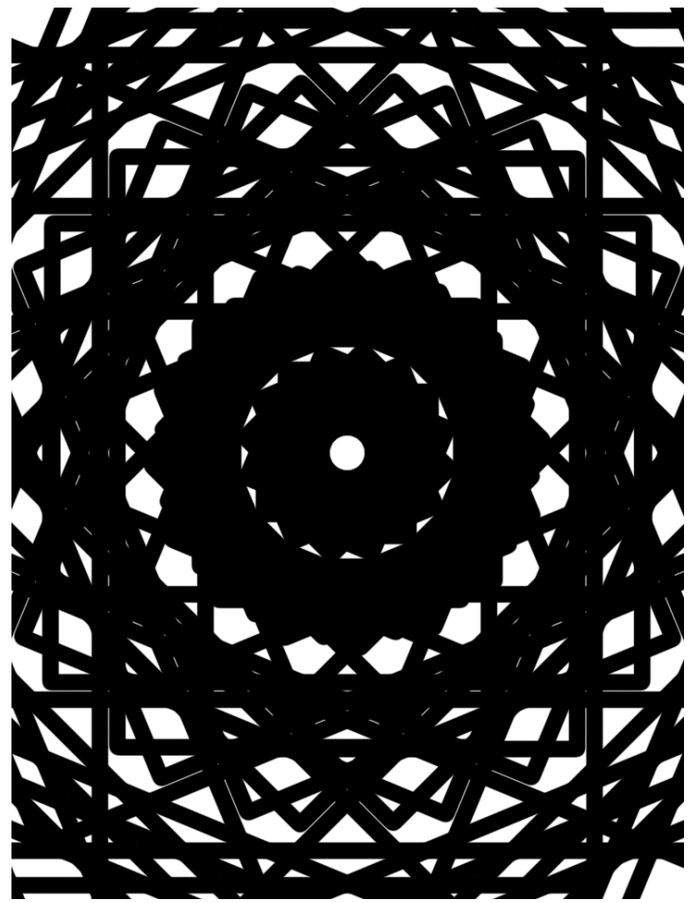
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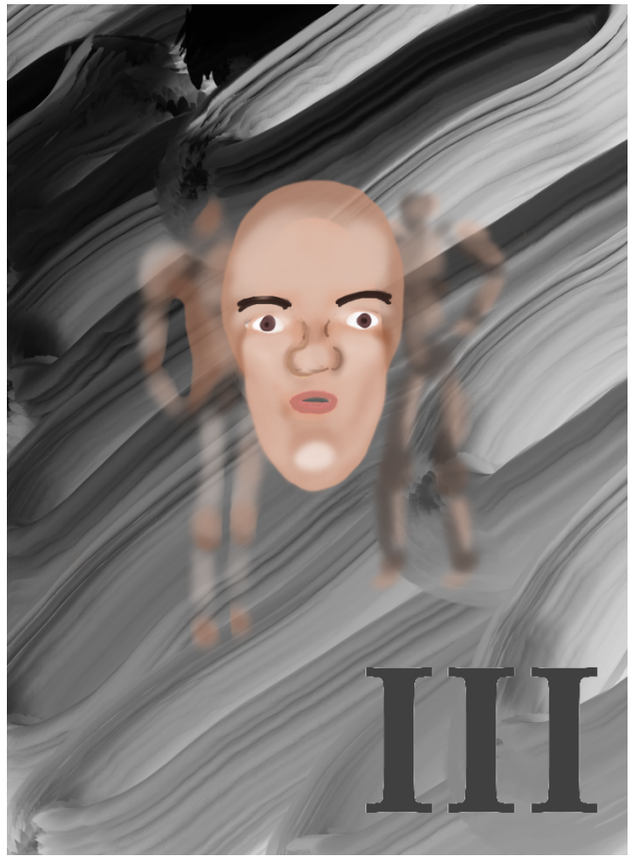




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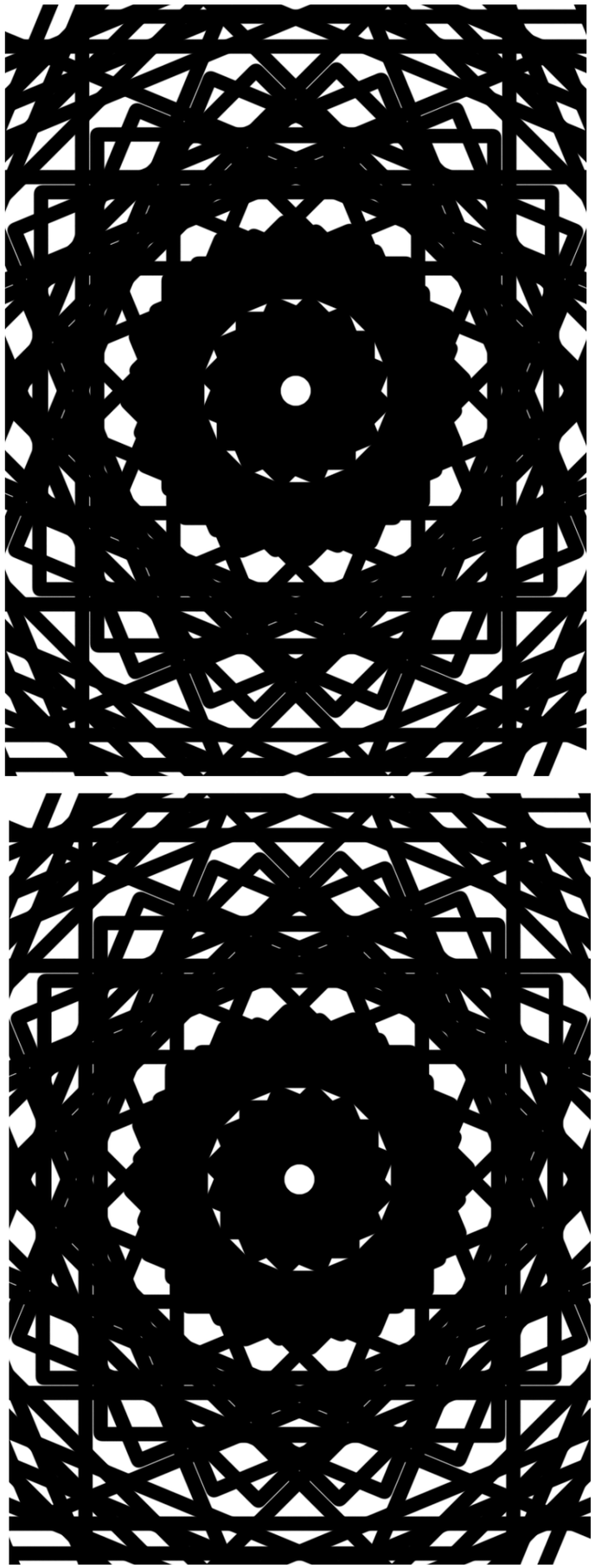
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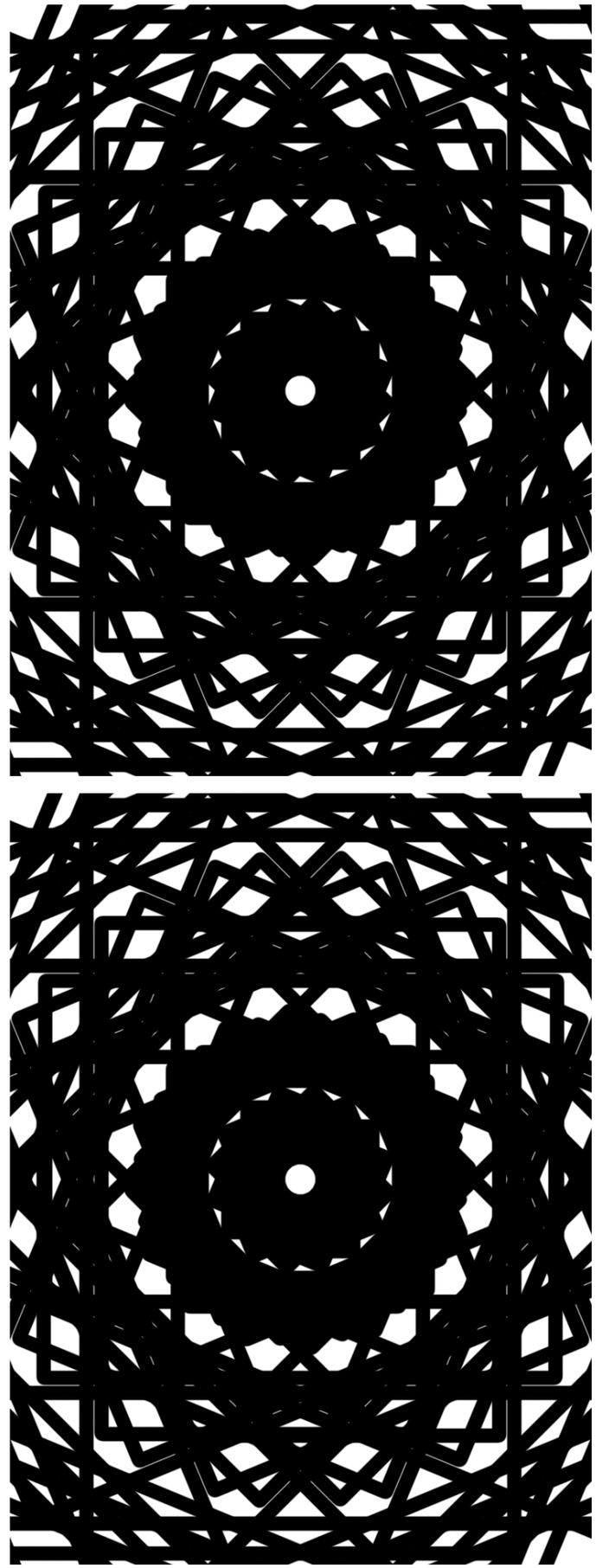
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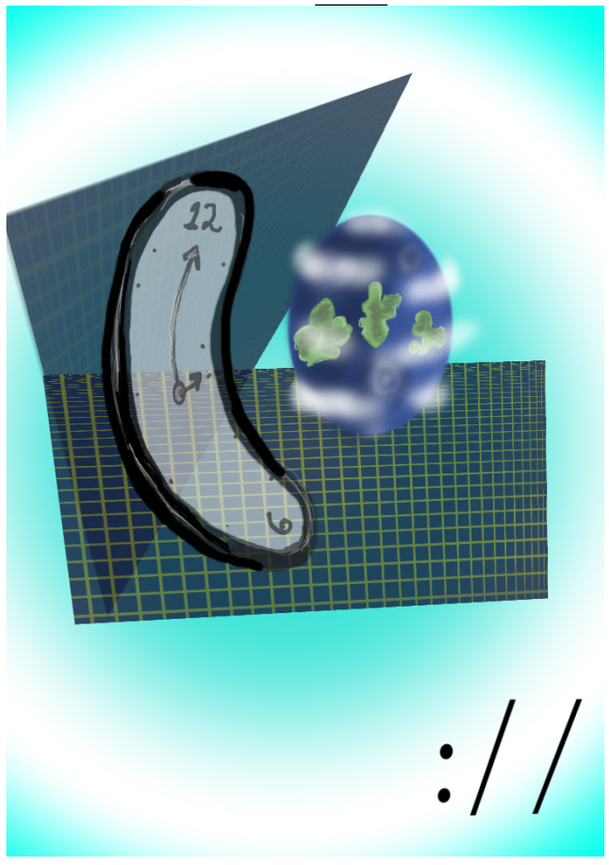
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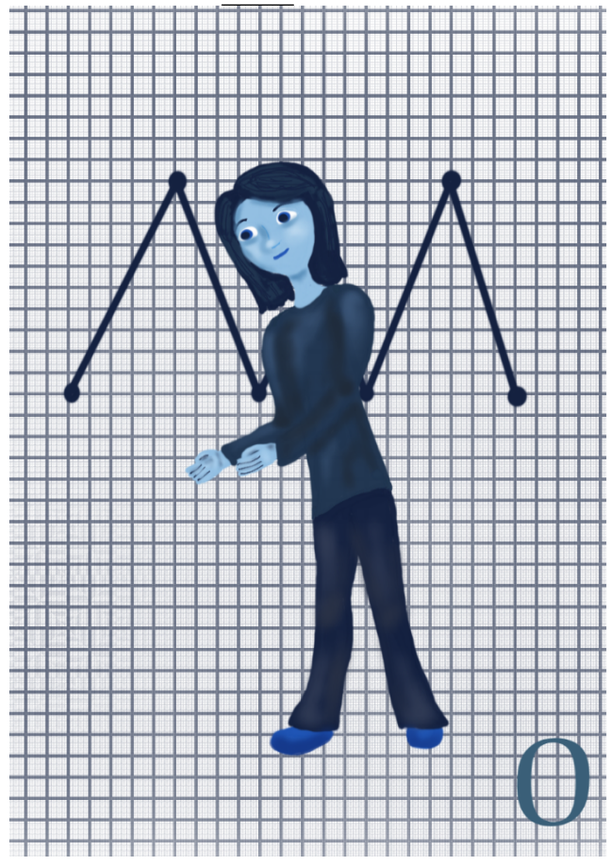


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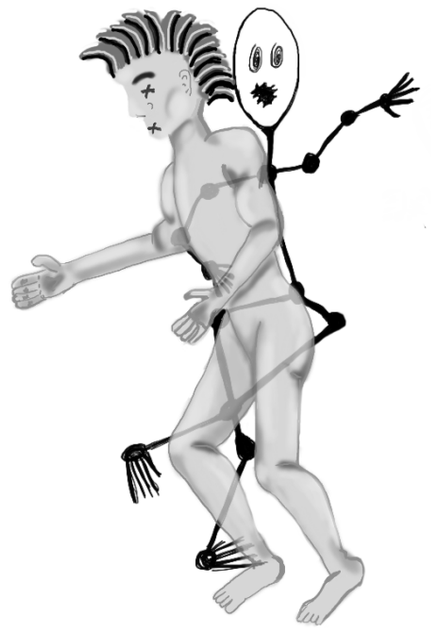


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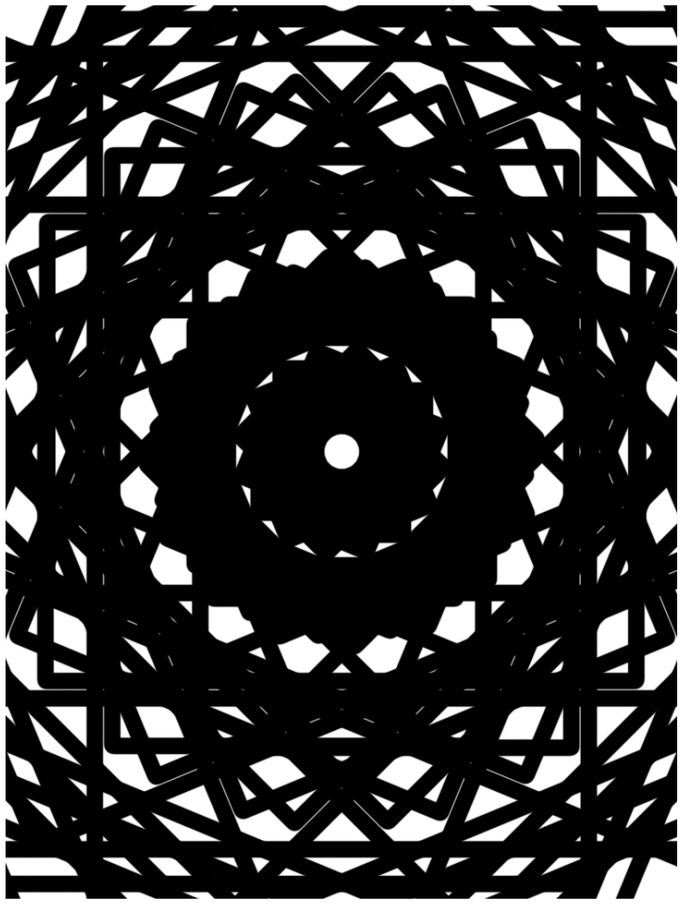


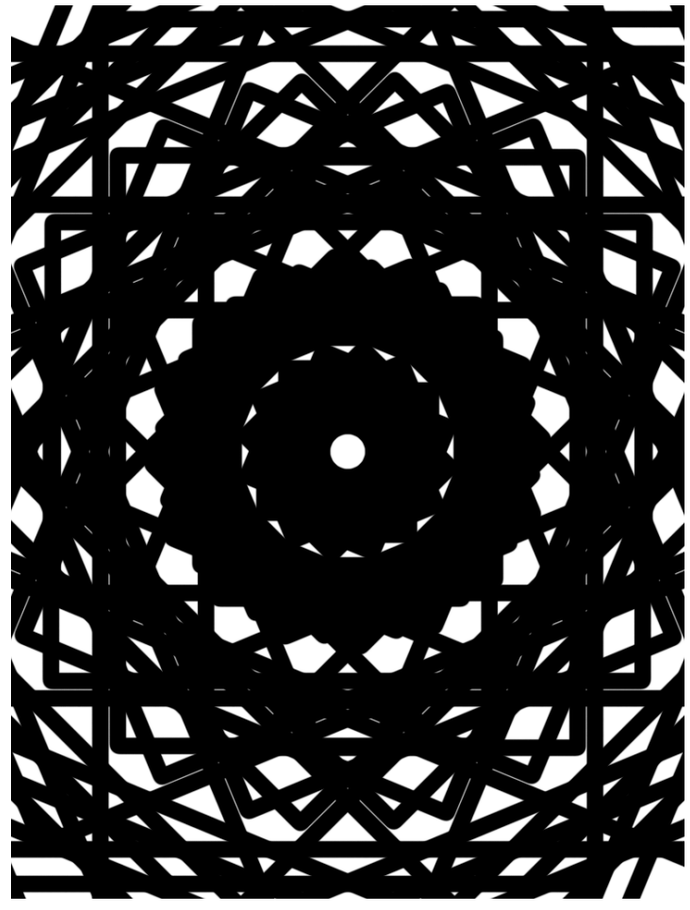
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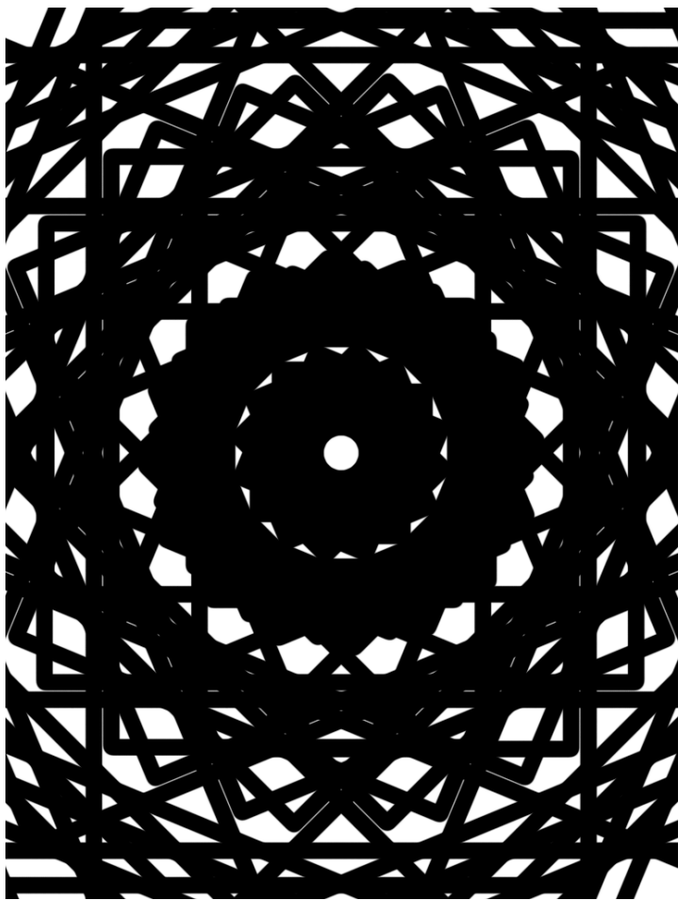


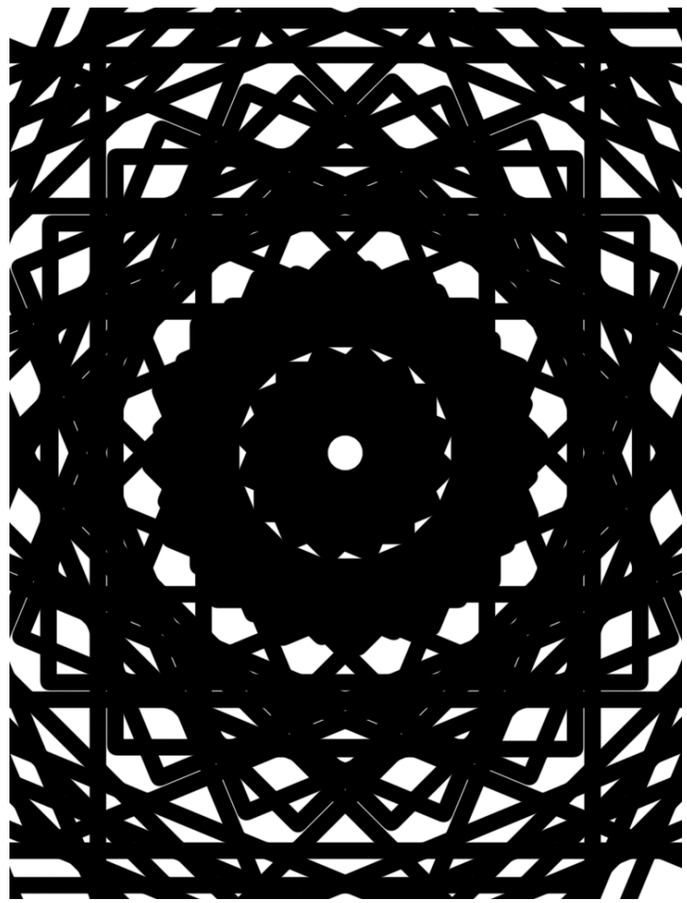
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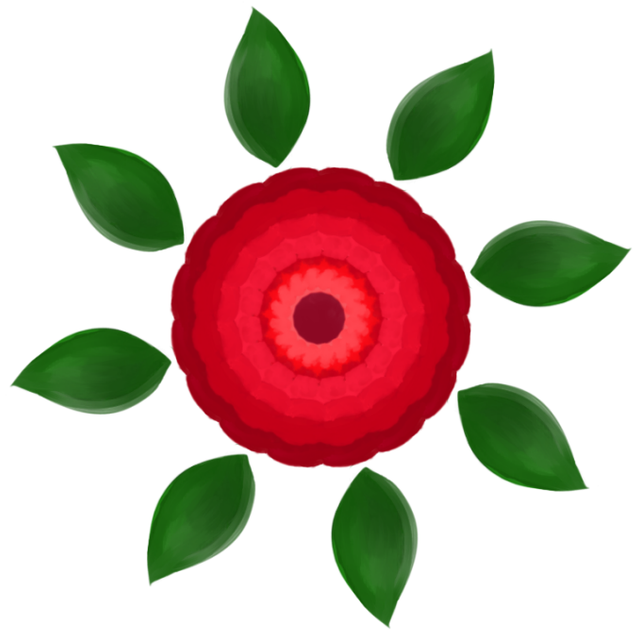




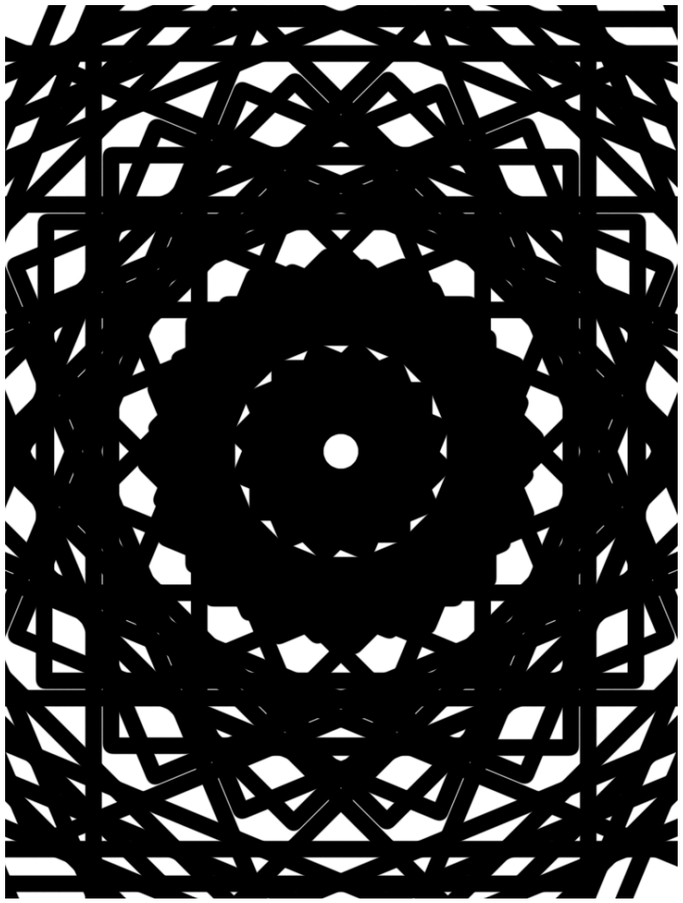
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Avery 5881

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Avery 5881



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...of Ghosts and Spirits, some songs

Boo hoo! A very old one about ghosts

In the past, people used to think that ghosts should not be around the living... but this brought about a huge confusion that has resulted in us not knowing that afterlife we all become ghostly. And it all started so long ago, that it seems we will never go back to knowing...

So after a while, we forgot about ghosts, and now we can no longer help each other... from one life to the other...

Had I only read the Talisman, before Edward Said's Orientalism
I would have understood the magic of Arabian spiritism.

The usual Western guidance: writing notes about the spirits' missing errands,
Was not the student's attitude while listening to news from the upper-lands!
So spooky I became, when Brendalina, came:

I covered her with a blanket;
I made two round eye-holes on a quilt for her to use it and appear.
I made her sneeze with pepper;
I prayed to her pretending she was an apparition.
I even asked her for a revelation!

I never understood a word she said to me...
But I always pretended she was talking to me....

I stood there seeing how she tried to appear,
Then, she spooked herself out of the world with a sneer...

And went into a trance of laughter

She was floating around; her mind a disaster!

She grabbed me to pull herself back to balance,
Then, I saw the glitter of the earrings she had hidden,
when I offered her a séance!

She likes the gleam and gold, because she is so old.
She loves the jewels and diamonds, because she used to wear fancy garments.

So I went on an on inventing and reinventing her along,
Until I noticed I was left on my own!
Who could've known?
The people resting like to be left alone!

Silvina

Many, many years ago Silvina arrived in my room. She leaned on my shoulder while I was writing an essay and began to guide my hand. As I am always distracted by the routines of my everyday life, I had not noticed she had been standing there for a while. So I leaned and signalled with my hands "tell me", for her to guide my hand to write a note about whatever she was here for. "Do you need anything?", I said.

Silvina explained that she needed my help with something very big...

She had died after a war, and she could not find peace anymore.

"The mind that tragically dies, drowns in a whirlpool of lies."
She said...

And she cannot swim away, nor can she find peace with me!

For the mind needs to recover, before going to rest forever,
And the people don't recall that the spirits are with us all!!

So, I cried and sighed and wrote to her
That I would walk down that road to help her.

And so, I read, and studied theory; trauma, psychology, and invocation,
(Now that I had found a new vocation)
I also wrote her an apology, because we offer no ghosts' therapy.

She "possessed" me for a bit, but only to explain a little:

"Please don't think 'tis a possession, to lean through-wards for cohesion,
I just need you to understand where my mind is in confusion".
And there I was "possessed" by Silvina, but I heard the noise of her trauma.

I read the cards, the coffee, and the letters
Written by a thousand wizards, ten priests, and eleven prophets,
I wandered through 20 countries.

I spoke to Gods, Devils, Angels, and psychotherapists.

I read the books remaining, I saw the photos hanging, I looked for the relatives living,

But I just could not find Silvina's true past life!
So we pondered and discovered, we could not heal by what we could not recover!

One day we both found out that she could heal by reading poetry.

The symbols, as they've always done,
Translate the thought of the dead to those who have not perished yet;

Symbol and symbol we read, trauma after trauma unravelled,

And we managed to recover just by reading: War is over!

And so, today, I have unveiled
The small secret that prevailed.
And my task has come to an end,
For my spirit, ghost, my friend,
Knows the message has been sent.

Janice

Never had it been so hard, to guide a spirit out of hell!
The blindness of her mind, the cruelty in her heart
The injury of her cry, the attack behind her curse;

The nonsense of her self-determination,
Towards self-extermination;

The memories of war buried beneath a maze of twisted notions;
The violence of her thought: a scar in all of her beliefs and emotions.

The fear; the paranoia;
Her harassment and
Her psychotic quest for enemies.

For when I saw her wounded head
The pain;
'Tis that what she must dread.
The strain.

"So what's the deal?", she said,
And the Devil she became.

Have you ever heard that story?
"When the shrink had a patient who suffered from psychopathy...
Before disclosing his trauma to him, the patient wanted to find out if the shrink had gotten it all wrong
But since he was a psychopath the right and wrong were wrung in his mind.
So he couldn't really tell,
And that is what we call hell!

The Olden Histories of Pain and Power

The first four hundred years happened during the period known as The Foretimes. Within these years, at different times, were held what we call The Meetings.

Nothing is left from those ancient times, but for the paintings buried within the pages of ancient books. These, I have tried to reconstruct, to bring back to men and women The Histories of Pain and Power, which I now begin to sing...

Pain: Oh, who shall me deliver whole
From this Tyrannic will for woe?
Which warms and moves this needless frame
For hopes and wishes so utterly insane?
And when my enemy comes close
I crawl my thoughts under his nose?

Pain: My tragic destiny I tend to mock:
A mindless sylph whose words are wounds...
For all I tell is a cruel joke
And my life's labour's to provoke!
I twist and bend with every sound
To create an image not yet found:
A paradigm of words and notions
With which to switch all thought and emotion,
Until I steal imagination
To help destroy my whole nation!

Pain: Can you think rationally with such tension?
Riddle, riddle, is that prose?
Riddle, riddle, is that my candle?
Maime, maime maime!!
Gotya!
Cutyo!
Hotyo!

Power: Oh! Who could help me be that man
Who climbed to knowledge with one hand?
For me to fool this silly claim
And, thus, this stupid sylphus tame?
For all he does is twist my head
With tales and lies of all his dead...

Power: But all those lies, and dreams, and gibes,
About what you deem was your past,
Could never see nor think, nor mind
About the nightmare that you cast
Upon the rest of the Land!
And trapped in a maze of discussion
About your pain, your grief, your ailment,
Created to save you an armament!
And, thus, gained what you call power,
Which is nothing but a prison
That all reason can devour!

Power: But who could ever guess the intention
That you always fail to mention.
You never see beyond your nose and you try to cling a pose…
It is not a riddle to get always in the middle.
You're not listening to me Pain!
I can hear you... You are trying to make me hurt you...

The self as the other

Mirror, mirror, show them all!
What's the mirror I should call?
Mirror, mirror of them all,
Show me me, myself, my whole!
Mirror, mirror of the self
Show me all the selves I've held
Show me truth and lie, and foe
Show me nothing of my woe
Mirror, tell me what's the truth
Behind all my months of youth.

Mirror, mirror never see
All the ugliness in me.

Mirror, mirror cast upon me
The reflections of my soul
When I have them right before me
I will always see them in me
Then they'll never be without me
If I die, so shall them all
If I live, so shall we all.

The other as the self

Mirror, mirror of my soul
Can you mirror me for all?

Mirror, mirror of my soul
Can I be my purest self
To, once mirror, me for all
Act on behalf of mirrors all
And discover the true fall
Of every action, thought and consequence...

Mirror, mirror of my soul
All I need is to feel for all
Then I'll know what's to befall
Every word, action, thought
Blow, consequence, threat, and loss
To defend me from it all,
I shall a mirror be to all.

The end