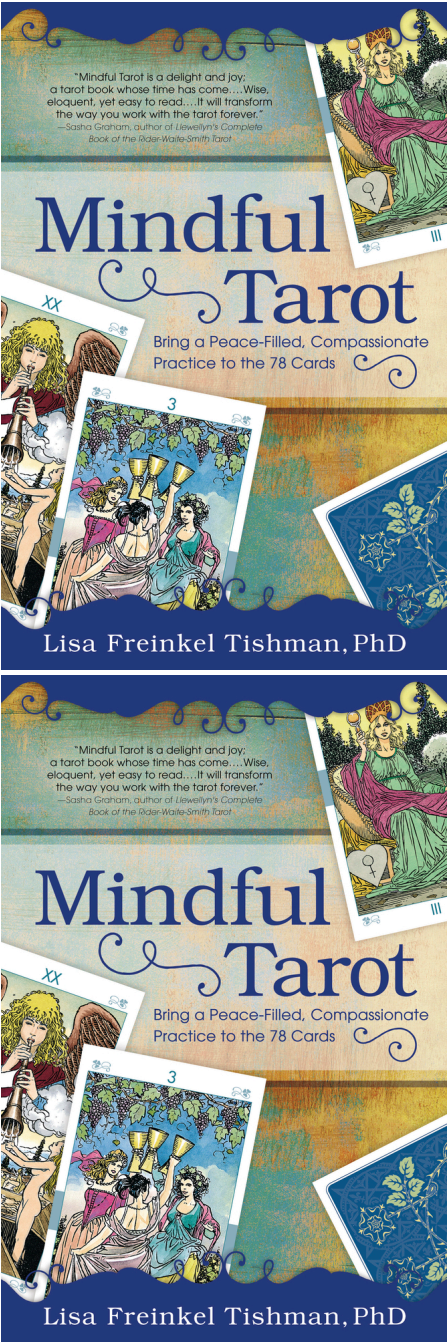


Mindful Tarot - Tishman



BRING A PEACE-FILLED, COMPASSIONATE PRACTICE TO THE 78 CARDS

Rating: Not Rated Yet  
**Price**  
Salesprice with discount

Sales price \$17.99

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#### Description

Read Tarot in the Present Moment, Full of Joy, Prosperity, and Peace

Fill your heart with abundance and ease by uniting Tarot with the modern mindfulness movement. Combining the card archetypes and meanings with today's well-researched methods of meditation, this groundbreaking book shows you how to find a clearer path forward through compassion.

Mindful Tarot cultivates our capacity to live and love what is unknown and unresolved. It is a practice of patience and openness, encouraging you to embrace the present moment: complete, lavish, and unconstrained. Lisa Freinkel Tishman teaches you to develop skills on three levels: mindful awareness of yourself and your querent, a deeper relationship with your cards, and a transformed understanding of the Tarot system. She also provides exercises, analyses of all 78 cards, and step-by-step examples of her own daily practice.

#### Reviews

There are yet no reviews for this product.