

**Messages from the Archetypes:  
Using Tarot for Healing and Spiritual Growth**  
By Toni Gilbert, RN, MA, HNC

Review by Lynn Keegan, RN, PhD, AHN-BC, FAAN

From the first paragraph in the Introduction to the final paragraph in the Epilogue, *Messages from the Archetypes* is a page turner. Being a skeptic, I began reading the book with an open, but critique oriented mind. The very first paragraph captured my attention. Wow, the author is right up front with us and she's speaking from her heart. Someone who is so open with an unknown readership is laying all her cards on the table. How fascinating then to move on to the books' content which is about literally lying cards on the table.

The case stories in Chapters 1 and 2 relates real person, client issues to the art of Tarot card reading. One gets a sense of the appropriateness of when, where, and how Tarot might be used. Excitement grows in Chapter 3 where each of the illustrated cards comes alive with text descriptions. The history of Tarot brings the modality into even clearer perspective. Chapter 4 with more descriptions and illustrations effectively describe conscious archetypal energy and healing. What fun.

The entire Section Two of the book offers a great practical guide for how to actually use the cards: layout, more case stories, and applications. By this point I really wanted to give Tarot a try myself. Section Three continues in the same well written, highly descriptive and illustrated fashion. By now I really want a session myself. The book concludes with research, references, and sources for more information.

*Messages from the Archetypes* was an immensely enjoyable, educational read. Anyone who seeks ongoing learning and wants to try something here-to-fore little recognized deserves to do him or herself a favor. Read this fascinating book.

Lynn Keegan, RN, PhD, AHN-BC, FAAN is a well known leader the holistic health arena and currently works as Director of Holistic Nursing Consultants in WA State. She has authored or co-authored 15 books and numerous journal publications. Her books include *Holistic Nursing: A Handbook for Practice*, 5<sup>th</sup> ed., *Healing Nutrition*, *Healing with Complementary and Alternative Therapies*, *Healing Waters: The Miraculous Health Benefits of Earth's Most Essential Resource*, *Profiles of Nurse Healers*, and *The Nurse as Healer*). In addition she has delivered scores of presentations in numerous countries throughout the world.