

Tarot

helped me to beat DEPRESSION

by Tilly Tarot – Tarot Card Reader and Empath

Incense filled the top attic room of my friends home where she was about to read my Tarot cards for me, for the first time in over two years. Anxiously I sat cross legged on the floor hoping and praying for an insight and guide as to what to do next. I would never have dreamt it would all be so profound, magical and have such a powerful impact on my life.

It was March 2006, I met someone new and to my demise and later regret, got romantically involved with. Being a spontaneous person I moved in after just two months and after realising he was not at all a kindred spirit, did not bring along any of my Tarot for fear of judgement. I pushed this part of my life to one side because I was so engrossed in the new excitement of everything and really regret this, even to today. From being a student and working in pubs and restaurants (which I forever enjoyed as people always seemed so joyful) I began to move into more executive employment as a human resource assistant with a local company. Earning much more money than ever, I felt this would help me and bring me extra happiness in my life.

After living there for six months I gradually became conscious of how things had begun to transform. My inner strength and feeling of balance was diminishing... I had lost my personal mysticism and felt so far away from the true me. Feeling spellbound and trapped I began to regress into myself, felt desperate and spent many days in tears. I felt that if we became engaged then I would be a part of the life around me and not just another possession in his life. In November we did get engaged but it all

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felt so immoral and wrong... it is only now when I look back that I can see this. Prior to when it was happening I was in a constant daze and trance. Living with this man became torture and even today events that happened are still regressed inside me. We were together up till May 2007 until my parents came and took me home. I begged and pleaded not to go as I did not realise that I was mentally and physically ill from abuse both violently and mentally debilitating, I had lost the will to live and set into a great deal of depression. Still I could not see what was wrong and I even began to think I had cancer... my hair was falling out, I had got so thin the bones in my body were pushing out and I hardly ever slept and if so never without nightmares. I lost my job because of my absence and inability to even step outside the door anymore.



A month or so afterwards a good friend of mine, my former Native American Lecturer from University, invited me round with also another close friend to perform a Tarot Card Reading for me. The reading was full of the suit of Swords (negativity) and harmful messages and images from my past and present... but for the future I received the card of hope... The Star. At the time I did not realise how momentous this card would be to me and today I still think back onto the dreamy evening we spent unveiling it all. It brings tears to my eyes now writing this and remembering how overcome I was and how it has been such a positive influence on my life.

Moving back into my parent's house felt like taking a step backwards but in time. I found it to be a really inspiring and secure sanctuary. Since then I now perform readings on a daily basis for myself and others and will never abandon the Tarot for anyone ever again. I hope to connect with many individuals suffering with depression, as I have, so that I can turn around their lives before it gets to the phase I was in. Don't suffer in silence, never change for anyone and always listen to your emotions... Tarot guided me out of the black hole that depression throws you into so abruptly. You feel escape is not an option and the inner negative voices only get louder. Friends will divide and you will find out whom you are spiritually connected with and those with whom you are not will fall by the wayside. The Ancient practice of Tarot has been used for centuries and from reading this article you have been drawn to it yourself. I am eternally indebted and will never close up my mind to Tarot or my inner Spirit Guide ever again.

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