

# THE FOOL

## TAROT

**KEYWORDS:** Beginnings, Innocence.

**TAROT CARD MEANING:** New beginnings of unbound potential, with a deeper spiritual meaning. Purity in spirit; open-heartedness of a child; innocence and naiveté. Beautiful, creative soul; foolish belief in the accomplishment of impossibly beautiful goals. Eternal youth. Could also mean that a choice is offered, one of great significance. Choice before the Seeker seems minor, but it is a choice that could affect a lifetime, so tread with caution (otherwise might fall off the edge of a cliff).

**REVERSED MEANING:** Seeker has been contemplating a new start or release from the past, but Seeker must be cautious, as this decision may not be the best choice. Could

THE FOOL  
BEGINNINGS



FOOL  
EXCITEMENT

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#### TAKING OFF YOUR ARMOR

Imagine the metaphor of wearing a metal knight's armor to protect yourself from the surroundings. You became a knight constantly in war and the armor became part of your skin. Now the war is over and you stumble motionless around in your armor in the longing to be held and loved. Time to take off your armor for a new beginning.

THE OBSERVING SELF

also indicate that Seeker has been acting in reckless disregard of consequences. If in relationship, it is spontaneous. If work related issue, there is uncertainty as to whether it will be hugely successful or a huge failure.

## ASTROLOGICAL AND JUNGIAN ARCHETYPES - LIFE VALUES

**ASTROLOGY:** Uranus. ☽

The energy of individuality. Being independent. A new direction. Personal revolutionary transformation. Fresh start.

**JUNGIAN ARCHETYPE:** Fool, lives in the moment. The Jester, Enjoyment.

**LIFE VALUE:** Excitement: to seek, create and engage in activities that are exciting, stimulating or thrilling.



## MODERN PSYCHOLOGY - ACT HEXAGON - PSYCHOLOGICAL FLEXIBILITY

**ACT METAPHOR TITLE:** Taking Off Your Armor

**CORE THERAPEUTIC PROCESS:**  
The Observing Self



THE OBSERVING SELF

**ACT METAPHOR SUMMARY & ESSENCE:** Imagine the metaphor of wearing a metal knight's armor to protect yourself from the surroundings. You became a knight constantly in war and the armor became part of your skin. Now the war is over and you stumble motionless around in your armor in the longing to be held and loved. Time to take off your armor for a new beginning.

### TAKING OFF YOUR ARMOR

The metaphor Taking Off Your Armor may be particularly useful with a history of trauma who have become attached to a conceptualized self that's guarded and untrusting, yet who value closeness and intimacy in relationships. The goal is to help you see that the armor no longer fits. Doesn't it seem as though your early life was such a battle that you had to put on strong armor to defend yourself? You became a knight, constantly at war and therefore keeping your armor on all the time. You got so comfortable in your armor that it was like an extension of your own skin and you kind of forgot you were wearing it. And it really worked. It stopped you from being so hurt. Look at your life right now. Are you still in a battle with people around you? Could it be that the war is over, but you're still clunking around inside this suit of armor? How free are you to move? What is the armor really costing you? While it's true that keeping the armor keeps you from being hurt, is it also stopping you from really having the feeling of being held, being loved? What would it be like to take off this suit of armor that seems to no longer fit?