



## Conversations with the Devil:

*Identifying the voice of the inner critic & engaging  
Tarot Allies to cope.*

If we think about it from the perspective of Tarot, we might say that the Devil is an archetype that is built on two things: **Illusion and Temptation**. For me, the Devil often appears when our own **inner saboteur** is working behind the scenes to ruin a good thing.

But honestly, **I find him to be the most helpful card in the deck**. He shows me right where the pain is, how the illusions we have about ourselves keep us stuck and even toxic.

However, just as you have an inner saboteur, you also have an inner ally. In fact, you have many inner allies that the Tarot represents, you just need to pick the one to help you.

For this activity, your work is to choose one aspect of your inner life where the Devil has a firm grip. Usually, these things are very old. They lurk under the surface until you do something that triggers the Devil to awaken. Often that thing is something that takes you out of your comfort zone.

**Here is the cycle as I understand it:**



## The Devil Arises

1. A triggering event awakens the Devil
2. That triggering event goes against some kind of deep seated bias or belief. Usually it is something outside your comfort zone.
3. The Devil starts putting up a fuss, making you feel fear, anxiety, or shame.
4. You dislike feeling those feelings, so you stop the thing that was triggering you, and possibly you self-soothe.
5. Congratulations. You have just done the Devil's bidding! The cycle is reaffirmed.

## Meeting the Devil

### Notice a Trigger

First, the Devil usually only erupts out of normal background operations when we have a triggering event. So first, you must identify the triggering event. It does not have to be earth shattering. It can be something as simple as not having anything to wear in the morning. **You will recognize it when you feel anxiety, fear, or shame.**

During your triggering event, stay with it. Do not try to push it aside. Imagine that the event is the Devil come to life. What does he or she look like? What are they saying?

## **Journal a description of the Devil**

How do they appear? What do they look like? Do they have a name? What are they saying? In that image, where are you and what do you look like as the Devil is talking (yelling, screaming, admonishing) you?

## **Capture the Devil's diatribe**

On a page of paper, draw a line down the middle.

Write down everything that he (or she or it) says. The Devil's words will go on the left hand side of the paper. You can do this for as long as you like, multiple pages if you need to. You can bullet point each thing he says.

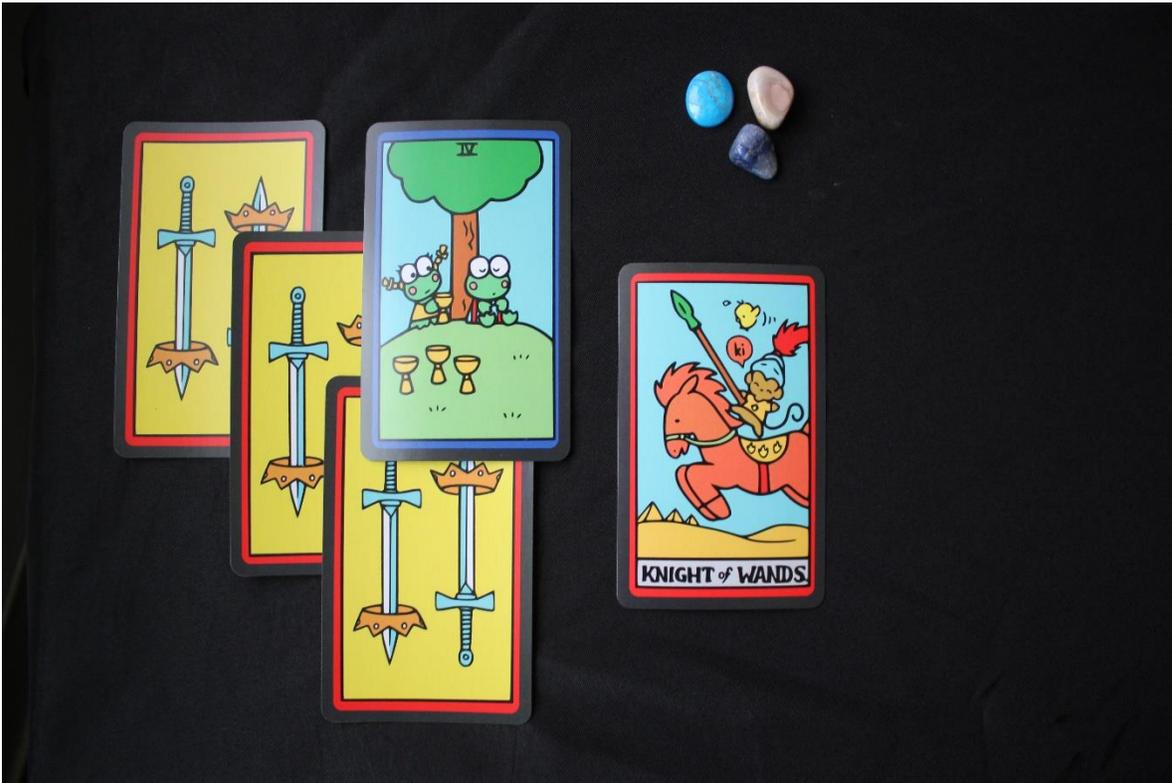
## **Do not conduct a ritual to feel better! Do this instead:**

Instead of doing your usual ritual to reduce anxiety, take your tarot deck and ask it, "Who is my Ally right now?" **Choose one card.** You can draw one at random or use your intuitive sense to select the card.

*If you get another difficult card (like Death, or 10 of Swords) that means that your anxiety is over-writing your intuitive card pull (or if you drew one at random, that Tarot is responding to the volume of your anxiety and fear). If this is the case, go do something else for a while, perhaps something you normally do that will calm you. If you got a helpful card, then please continue right away.*

**Visualize the person, or effects of this card coming into the room and arguing with the Devil.**

Who are they? What do they look like? How do they look and talk to you? What happens in the room where all of this is happening? Journal all of this down.



## Working with Your Ally

On the right hand side of your column (on the same page where you wrote down the Devil's words), write down the essential truths as revealed by your tarot Ally. Have them refute every single sentence uttered by the Devil. Keep their card out as you do this. Allow your ally to respond to the Devil's allegations.

### Then...

Write a couple of paragraphs about your Ally. Why do you think this particular Ally appeared? What is the message or truth that this Ally is bringing to you?

Not every Ally will say the same thing, but the Ally that will appear might surprise you.

*If it does not make immediate sense, sit with it. Sometimes, Allies appear who speak to our inner children. That Ally might not make sense to you right now, but the 8-year-old inside of you very much needs to hear what they have to say. Since your underlying beliefs are typically very old, the Ally that appears might be the kind who will regress and speak right to the place where it all began.*

# Write Your Truths

Once you have a list of all the helpful and good things your Ally had to say about you, **highlight the top 3 that speak to you most directly**. Perhaps you have a resistance to hearing what your Ally has to say.

*Resistance is a key indicator that this is exactly the right sentence.*

Those possessed by the Devil hate holy water, and these words are the holy water your inner Devil will hate the most.

**Once you have highlighted the top 3, create 3 Truths regarding them.** These Truths will help you cognitively restructure the underlying falsehood that has kept the Devil well-fed inside of you.

Write out your three Truths where you can see them. Write them both in your journal as well as in easy places for you to see when you get triggered. **Imagine these three Truths as incantations or spells that help to dismantle the Devil when he appears.**

In order for this to work, you actually have to do it. This is not an intellectual activity.

*Also, these Truths work best if you catch your anxiety when it is small. Do not wait until you are overwhelmed to employ them.*

Your truths will get to the essential seed that is driving the whole cycle. Once you dismantle the lies of the Devil, he is harmless. The Devil can only affect those who let him in.

## Who You Workin' With?



**Hi there!**

**I am Jenna Matlin, M.S., the clairvoyant engine behind Queen of Wands Tarot. I teach tarot classes, life coach, conduct business coaching for tarot professionals, and I am the author of Have Tarot Will Travel.**

**Want to work with me more deeply?**

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