





THE FOOL

Astrological Correspondences : Uranus, Air

Key Ideas : Possibility, the journey not the destination, inner truth vs. cultural norms, faith, unexpected opportunity, beginnings, no-thing.

Nouns : Young person, initiate, wanderer, animal guides, plant allies.

Adverbs : Foolishly, quickly, suddenly, openly, unconsciously.

Adjectives : Lackadaisical, unknowing, brave, carefree, open-hearted, expansive, trying.

Divinatory Meaning : *I Begin.* We could say that the Fool is the first card of the tarot deck but we'd miss the point of the Fool's numerical value of zero. The card has a no-time, no-place, all-time, all-space vibe. The Fool challenges us to expand our perception - which is what the tarot aims to do. Is the person in the card about to fall off a treacherous cliff or is there a step below? We don't know and neither do they, which makes the Fool the bravest card in the pack. They don't know what lies ahead but they're still going there. They only bring what they can carry (including one of their herbal allies, Rose) and their animal companion (sometimes interpreted as their inner voice or the outer critical voice of the overculture or an ever-present reminder of time).

The Fool represents an opportunity to adopt a radically new perspective on your health and wellbeing. Instead of asking "How?" the Fool suggests that you ask "Why not?" The question changes from "How can I be healthy?" to "Why not try...?" and thereby allowing curiosity and adventure to enter into the way you perceive and understand your wellbeing. Your personal "Why not?" might be trying on a new mindset (*I enjoy going out in all sorts of weather*) or a new health practice (*I drink water first thing in the morning*). The Fool teaches us that bravery is not knowing what lies ahead and going anyways, but real bravery is *not knowing* what's coming but still taking the next step.



Herbal Allies : Dandelion (*Taraxacum officinalis*), Astragalus (*Astragalus membranicus*), Borage (*Borago officinalis*), Cacao (*Theobroma cacao*), Elecampane (*Inula helenium*), Peppermint (*Mentha piperita*), Rose (*Rosa* spp.), Red Clover (*Trifolium pratense*), Star Anise (*Illicium verum*).

Essence + Crystal Allies : White Rose (*Rosa jacare*), Aspen (*Populus tremula*), Borage (*Borago officinalis*), Clematis (*Clematis vitalba*), Dandelion (*Taraxacum officinalis*), Red Clover (*Trifolium pratense*), Amethyst, Aquamarine, Chrysanthemum stone.

Magickal Workings : Beginning the healing journey. Opening to possibility. Calling new options to you. Courage and bravery charms. Learning to trust your inner truth. Protection from microaggressions.

Questions : What do I want to try in order to experience wellness? What journey am I ready to embark on? What do I fear lies ahead? What do I hope lies ahead? What does my inner voice tell me versus what others tell me? How is my perception of my health and wellbeing determined by cultural norms (whether or not these are *your* norms)? What is the leap I must take to begin the next part of my journey?

Health Insights : Conditions of Uranus (see Uranus Planet Profile). Conditions of Air (see Air Elemental Profile). Health complaints stemming from accidents of youth. Puberty and physical transformation via hormonal change. Health complaints occurring because of major life transitions (i.e. going to college, leaving your family home, migration). The need to change locations in order to heal. Healing travel and restlessness as a guide. An urge to suddenly change life directions.

Inversions : Hopelessness. Perceiving a lack of possibility. Lack of mindfulness. Ungrounded. Excess or lack of Air. Excess Tension. Fear of the unknown (Aspen Flower Essence). Rigidity and lack of spontaneity. Ignoring the wise guidance of others. Lack of focus and inattention (Clematis Flower Essence).



Dandelion (*Taraxacum officinalis*) : The whole plant can be used in healing and it's primary skill lies in it's ability to help vitality to move freely through the body (a very Air quality). An excellent liver tonic, one of the primary ways that Dandelion accomplishes this is by clearing the blood of toxins and waste material. Combine with other herbs such as Yarrow (*Achillea millefolium*) to help the body rid itself of environmental toxins.

Dandelion is a great herb when folks are showing a lot of signs of toxicity on the surface - such as acne, rashes, warts, and excess varicosities. There is a low-grade but constant inflammation that has trapped heat in the body restricting freedom of movement. Folks who might be a good match for Dandelion are ones that are craving freedom in their lives - to act a bit foolishly and against the norm.

Key Qualities : Alterative, anti-inflammatory, bitter, cholagogue, digestive, diuretic, febrifuge, galactagogue, hepatic, nutritive, purgative, tonic.

Contraindications : Gastritis, ulcers, and bile-duct obstruction.

Dosage : Standard dosage. Add fresh leaves and flowers to salads (yum!).

The Fool's Coffee

Start the day the Fool's way with a cup of not-so-ordinary coffee. Made without caffeine, you'll still get a dose of energy from nutrient-rich herbs and a coffee-like taste. Combine the following herbs:

- 2 parts Roasted Dandelion Root
- 1 part Roasted Chicory Root
- 1 part Roasted Carob Root
- 1/4 part Cinnamon Chips (optional)

You have two options for preparation: grind it up and prepare it in a french press or decoct it for about 5 - 10 minutes. Either way is delicious!