

Summer 2010
Christina Bjergo, LAc

www.taooftarot.com
cbjergo@msn.com

The Tao of Tarot Update

ISBN#978-1-84694-265-5

Tao of Tarot & Qigong Dreaming Events

June 10 Malaprop's Bookstore and Café, Asheville NC 7-8:30 pm
www.malaprops.com

June 15 Sacred Circle Books, Alexandria, VA 5-7 pm
www.sacredcirclebooks.com

June 16 Breathe Books, Baltimore, MD 7-8:30 pm
www.breathebooks.com

June 17 East West NYC, New York, NY 7-8:30 pm
www.eastwestnyc.com

June 27–July 1 International Association for Study of Dreams Conference, Asheville, NC
www.asdreams.org

July 18-25 Glastonbury Tour, England
www.sacredsitesjourneys.com

August 20-22 National Qigong Association Conference, Minneapolis, MN
www.nqa.org

Tao of Tarot Book Review
<http://bonniecehovet.wordpress.com/2010/05/09/the-tao-of-tarot/>

April 30 Tao of Tarot Interview on the Marie Bernard Talk Radio Show
<http://www.spiritualshow.com/past.html>

The Star Card



Recent & Upcoming Magazine Publications:

Australian Natural Health (May)
Qigong: A Practice of Environmental Stewardship

Qi: Journal of Traditional Chinese Health & Fitness (Summer)
The Empress: At the Heart of Chinese Medicine

Universalist Herald (Summer)
Miracles through Dreaming

New Connexion Pacific NW Journal of Conscious Living (May-June)
Dreams in Crisis Dad Hostage in Iraq

The Art of Healing (June OZ & NZ, Sept US)
The Tao of Tarot: The Fool

NEXT!! Egypt sacred site tour in November. Australia events in December.

Visit www.taooftarot.com for youtube video links and more information.

Qigong Dream Discussion: Nightmares

If dreams come in the service of health & wholeness then why do we have nightmares? There are experiences, emotions & creative energies within ourselves that we have repressed. Unacknowledged & unexpressed energies lie dormant and chaotic within the body-mind system seeking expression as nightmares or dis-ease to get our attention. The journey to healing through dream work according to C.G. Jung involves bringing these hidden splintered energies, the shadows of the subconscious, back into conscious awareness. This innate process of self discovery can be facilitated by heating or de-thawing the energy or "qi" of the body through yogic practices like qigong. The body is the subconscious mind according to respected biomedicine researcher Dr. Candice Pert. Harmonizing our bodies through regular qigong practice our dreams enlighten as well. We transcend the nightmares that plague us for greater peace of mind & joy in sleep as well as life.