

The Senet Tarot Cards and Techniques of Yoga

Some Examples (Beyond the Archetypes of the Deities and Talismans)

Tarot Cards	Deity or Talisman	Techniques and Poses
The Trumps		
Sun	Amen Ra	MahaMantra, Samadhi, Meditation, Boat
Tower	Tem, Atem	Phallic Masturbation, Bindu Techniques
Emperor	Shu	Om Namah Shiva, Pranayam, Emptiness
Strength	Tef-nut	Tapas, Dumo, Power Yoga, Light Giving
World	Geb	Plow, Back Stretch, Deep Bow, Twist
Star	Nut	Mountain, Wheel, Heaven Stretch, Bow
Chariot	Heru	Martial Arts, Dynamic Yoga
Empress	Hat-hor, Mut	Cobra Pose, Compassion, Pure Love
High Priestess	Aset (Isis)	Clitoral Masturbation, Sitting Poses
Temperance	Neb-t Het (Nephthys)	Kundalini, Shakti Shake, Puja
Lovers	Avatars	Partner Yoga, Dance, Maithuna
Judgment	Mes-khenet	Cunnilingus, Tiger, Lion's Roar, Yawn
Moon	Ser-qet/Renenet	Scorpion/Locust, Moon Pose*, Mantras
Devil	Set, Am-mit	Kirana Kriyas (Isometrics)
Hermit	Ben-nu	Kaya Kalpa, Self Cultivation, Honesty
Wheel of Fortune	Shai, Kh-nemu	Sphinx, Whirling
Fool	Qef-tenu	Spontaneity, Play
Death	An-pu	Jubilation Mudra**
Justice	Ma@t	Balance Poses, Peacock
High Priest	Jehuti	Nadis, Marmas, Study, Guru
Magician	Asar (Osiris)	Standing Pose, Prayer Pose
Hanged Man	Heru-Khen-ti-Khat	Squats, Head/Shoulder Stand, Suckling
Court Cards		
King of Wands	Am-set/Mes-ta	Karma Yoga, Attention Exercises
King of Coins	Duamutef	Corpse (Mummy) Pose, Yoga Nidra
King of Cups	Hapi	Shatkarmas
King of Swords	Qeb-hu-sen-nuf	Reflex Training, Mnemonics
Queen of Wands	Maa	Trataka
Queen of Coins	Saa	Massage
Queen of Cups	Hu	Initiations, Cobra Breath, Kechari
Queen of Swords	Sejem	Mental Japa
Knight of Wands	Ab	Yantra, Anahata (Dwi Kona Vajra)

Knight of Coins	Khaibit	Dhyana
Knight of Cups	Ren	Chanting, Singing, Bhajans, Prayers
Knight of Swords	Ba	Pranayam
Page of Wands	Ka	Bandhas, Ka Mudra
Page of Coins	Khat	Asanas
Page of Cups	Sekhem	Yogic Belly Breathing
Page of Swords	Aakhu	Surya Namaskara, Surya Meditation

Selected Pips

5 of Wands	Uas/Ja@m	Tribandha, The Jaam Mantra
6 of Wands	Shesep	Sphinx Pose
7 of Wands	Ser-q	Scorpion (Locust) Pose
8 of Wands	@r@t	Cobra Pose
9 of Wands	Aten	Trikona, Hand Stretching
2 of Coins	Mer	Plow, Tantric Poses, Love Mantra
3 of Coins	Jed	Chiropractic Adjustment
5 of Coins	Khaut	Puja
7 of Coins	Khepera (Scarab)	Kowtow Pose with Ka Mudra
8 of Coins	Jefa	Duck or Crow Waddle
9 of Coins	Ur-sh	Various Resting Poses
10 of Coins	Nub	Total Appreciation, A Bliss Technique
2 of Cups	Sema	Yoga Samadhi, Tantric Union
3 of Cups	Mer (Pyramid)	Lotus Pose
4 of Cups	Sha	Samadhi
6 of Cups	Un-nu	Rabbit Pose, Skipping, Hopping
7 of Cups	Sobek	Crocodile, Ashwa, Crawling Poses
9 of Cups	Heq	Guru
10 of Cups	Ha@pi	Another Bliss Technique
4 of Swords	Aakhet	Samadhi
5 of Swords	Sep-det	Goal Orientation, Punctuality
6 of Swords	Am-su, Nekhekh	Pranayam Techniques
7 of Swords	Nefer	Music Making, Ragas, Art
8 of Swords	Shenu	Mental and Physical Repetitions
9 of Swords	@n-kh	Ayur Ved
10 of Swords	Pet	Service, Expansion, Bow Pose

* Moon Pose is the Standing Stretch Pose with Back Bend of Surya Namaskara.

** Jubilation (Amrit) Mudra is Hero Pose with left fist raised in Ka Mudra and right fist placed over the heart. In ancient Egypt it represented triumph over Death.