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Life Cards

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INTRODUCTION

I was inspired by All That Is to create these cards as a simple way for anyone to raise their vibration and to clear out everything in their life that no longer serves their highest self. My wonderful cousin Pelagia has assisted me in this endeavor. We thank Rick, John and Hayley for their insights.

All That Is is always with you and is the Creator of everything, not just the Creator of some things. Some stuff is just lower energies that are stuck or don't know they can raise their vibration. All That Is can transform and transmute anything and is bigger than anything. All That Is is not just the Creator of all things, All That Is is all things. Therefore you are a part of All That Is. That means you have access to everything. Think about that for a long time.

Outer is a reflection of inner, so if you don't like something in someone else delete it in yourself and it will go away.

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We all have free will. We give away our free will when we let advertising decide what we buy. We give our free will to health care professionals when we let them decide what will happen to us. Anytime we let anyone tell us what to think, how to interpret something, what to buy, what to do, etc. we are giving away our free will. Free will is about every single decision we make in each and every day, not just about the big spiritual decisions.

That everything will be revealed means more than God revealing the big things to us. It means also that everything we think, feel, desire, do, etc. will also be out there for all to see and know. Anything you think you are hiding is available for anyone who wishes to see or know. So you might want to clean up your thoughts and your life.

When you raise your consciousness and vibration you raise that of everyone around you also. It's a win-win.

All cards where inspired in us by All That Is unless otherwise noted.

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The Disclaimer: These cards are provided as general information to help you in your quest for emotional and spiritual well-being. We do not accept responsibility for your using these cards or for anything resulting from their use. All responsibility from using these cards is yours.

In his book Power vs. Force, David R. Hawkins, M.D., PhD talks about energy fields of consciousness. He puts shame at 20 and fear at 100. Willingness is at 310, reason at 400, and love at 500. He calibrates enlightenment at 700 – 1,000. We recommend reading the book and noting the Map of Consciousness on pages 68 and 69 for the full, detailed list of all the levels and meanings and the explanation and significance of them. You can find the Map of Consciousness on the internet, however, reading the book will provide greater understanding and insights.

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Our purpose is to assist you in raising your vibration/calibration to Christ Consciousness (1,000). We all calibrate at different levels for different things in our lives and our calibration fluctuates all the time. You can calibrate yourself and anything in your life (including inanimate objects) by asking where it calibrates using muscle testing (card 7). Just say: Does this calibrate above 100, 200, 300, etc. And muscle test at each number for a yes or no. We promote that using these cards to clear out that which no longer serves will raise your vibration/calibration. By calibrating yourself at different times you will gain clues as to what it is you need to clear to take your life higher and happier.

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1. HOW TO CHANGE YOUR MIND

Realize things aren't quite right in your life.

Recognize what you are doing. (e.g. Living in fear, putting off being happy until something you want comes into your life.)

Be very objective and non-judgemental. Look at what you do. Do not look for reasons, just observations.

Decide you will not do that anymore. (e.g. I will not do fear anymore.)

Watch yourself all day every day and when you catch yourself doing that say “cancel, cancel” and replace the thought with a different positive thought or image. You may have to prepare the positive thoughts ahead of time so you can call them up quickly.

Focus on love and if you can't love it, thank it for coming into your life and helping you realize what you do love, or want, or want to change.

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The trick is to look objectively at your actions and thoughts. Leave judgement and emotion out of it. Then it becomes easy to just say “Oh, that's not working for me, I'm not going to do that, I'm going to do this instead”, and then do it in a matter-of-fact way and without fanfare.

Keep in mind that you can delete and release all you want but in the end you have to actually want to change because YOU want a different OUTCOME. Wanting to change because you think you should change or you want to make someone else happy doesn't work.

Also, and this is important, if you want your body, the universe, All That Is, and your brain to take you seriously, to know that you actually mean it, you have to actually take relevant action.

When you are in alpha and theta states of mind (learning and meditative states) change is natural, easy, normal.

When you are in beta state of mind (normal waking state) reasoning and logic prevail and change is resisted.

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2. CONNECT & EXPAND YOUR ENERGY

Take your awareness 300 feet up. At that height there is an opening to the Light.

Imagine a continuous stream of Light flowing into your head, through your core, out your feet in a full circle and flowing up all around you and back in through your head forming a continuous flow. Your energy, this energy, flows in 2 torus fields through and around your body forming an incredibly beautiful, colourful, complex, moving field, your aura. (You also naturally bring energy into your field from all around you not just in through your head.)

You are now connected and grounded and the Light will continue to fill you and flow through you in this way. Now ask the energy to expand out bigger than the county you are in, bigger than the country you are in, and then bigger than the Universe.

Do this first thing every morning, and anytime you feel your energy contract during the day just ask it to expand out again.

3. SET YOUR DAY

Hold your hands about 8 inches apart, as if you are holding a ball that size. You may feel energy between your hands.

This is a Blessing Ball of Light.

Label it your day.

Now fill it with everything you want in your day.

It is nice to put Blessings of Pure Love and Light for all the people you have contact with during the day.

When you are done, gently push the ball into your chest and watch it gently radiate out from your heart.

- This method is from Christie-Marie Sheldon.

4. BLESSINGS

I Bless you with Pure Love and Light.

Blessing everyone and everything will vastly improve life.

- This is from Christie-Marie Sheldon.

5. ENTITIES

All That Is, please send these entities (or all entities in this building, area, etc.) back to their Divine Beings with Blessings of Pure Love and Light. Thank you. Thank you. Thank you.

Entities are parts of ourselves that we leave in places where we lived, or that were meaningful or traumatic. We also leave parts of ourselves with other people that we were connected with, such as in a marriage. We can and should call these parts back to ourselves (see card 18). These parts know they belong with people but they don't know where to go so they are confused and sometimes angry and can cause mischief, and so we send them back to their owners with blessings, which is a loving and respectful way to help yourself and the entities, and helps get everything back where it should be.

Entities love tech and electrical so clear all equipment in your home and business.

6. ELEVATOR FROM HEAD TO HEART

Imagine you are getting into an elevator in your head.

Ride it down into your heart.

Do everything from your heart, especially talking to people.

Go into your heart to receive and accept healing.

Involve your heart in everything that you do.

The heart chakra is your base of operations for everything.

- This method came from our friend Silvia.

7. MUSCLE TESTING

Clear entities from yourself and the area you are in first (see Card 5).

Put thumb and first finger of left hand together in a circle.

Insert thumb and first finger of right hand into center of the circle.

Use opposite hands if you are left handed.

Ask your question making sure not to use subjective words like good or best, and make sure it is worded to receive a yes/no response.

Pull the thumb and first finger of your right hand apart, if the circle holds the answer is yes, if the circle comes apart the answer is no.

You can ask anything you want to, nothing is too petty or too big.

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If you feel unbalanced or emotional or unsure if you are getting the right answer, thump on the center of your chest with your dominant hand as if you are knocking on a door.

This method is widely taught.

If you pay close attention to your body you can become aware of other consistent responses your body has when the answer is yes or no.

When buying food or supplements, hold the product and ask All That Is if it is for your highest good. First clear yourself and the building you are in of entities as they can interfere with the accuracy of your answers.

It's a good idea to ask All That Is all your questions since our brain has a tendency to interfere if we ask ourselves.

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8. CALM PEOPLE, ANIMALS, & YOURSELF

Take a deep breath and then let out a long, slow, barely audible sigh.

Do this when you need to change the energy in a room of people, when you need to calm an animal, or when you need to reduce your anxiety level.

9. GRATITUDE

You are in true gratitude when you are being your true self.

The goal is being your true self.

Reread the introduction.

10. DELETE ENERGIES, BELIEFS, PATTERNS, & PROGRAMS

This _____ and all the energy it is and everywhere it is, delete and release with Blessings of Pure Love and Light.

Use this to remove beliefs that are blocking you and limiting you.

Patterns and programs are ways of reacting to people and our environment, etc. that we have learned from others or developed ourselves over time. Many were developed when we were very young.

You can ask All That Is which beliefs, patterns, or programs you need to clear in order to get your desired result.

11. DISCOVERING YOUR LIMITING BELIEFS

Whenever you say “but” you are expressing a limiting belief.

For example: I would exercise but I don't have time.

The limiting belief is that you don't have time.

Do “delete and release” (as per card 10) that belief and then say it again: I would exercise but _____.

Keep doing that until you get to the core “but”.

You may be surprised what comes up.

12. FIND YOUR BLOCK

Specify your goal, what you want, your happy end result.

Then state the worst thing that could happen if you have that.

That is your block.

Clear it using the previous method for deleting and releasing (card 10).

- This is from Christie-Marie Sheldon.

13. HOW TO PRAY

Say Thank You for whatever result it is you want.

For example: All That Is, thank you for keeping my children safe tonight. Thank you. Thank you. Thank you.

14. SORROW AND ANGER, AND FEAR

All That Is thank you for releasing all the sorrow and anger from every organ of my body. Thank you. Thank you. Thank you.

All That Is thank you for releasing all fear from me that no longer serves my highest self. Thank you. Thank you. Thank you.

15. HEALING YOUR SOUL

All That Is thank you for healing and repairing
(name's) soul. Thank you. Thank you. Thank you.

16. FORGIVING

(Name) I completely forgive you for
_____ and I Bless You with Pure Love
and Light.

17. GROUND YOURSELF

You ground yourself by taking your awareness into your heart.

All That Is advises that we ground this way now and not ground into the Earth anymore.

Make sure you balance your chakras as per card 25.

18. CUTTING CORDS

All That Is thank you for reuniting all my soul fragments and cutting all cords that no longer serve my highest self. Thank you. Thank you. Thank you.

Cutting cords means that you are releasing the dysfunctional parts of your relationships, be they with people, animals, or objects. The cords that you are cutting are created from fear.

If you have trouble you may need to delete some fear or forgive someone.

Delete fear as per the delete and release card (10).

Forgive someone as per the forgiving card (16).

19. SEND BACK OTHER PEOPLES' STUFF – ENERGY, EMOTIONS, THOUGHTS, OR TRANSMUTE THE ENERGY OF AN ACTION YOU DID

Ask if this energy is yours or someone else's.

If it's someone else's say: All That Is thank you for returning this energy to the sender with a Blessing of Pure Love and Light. Thank you. Thank you. Thank you.

If it's yours: Direct White Light at it until it feels light or delete and release as per card 10 and thank All That Is 3 times.

- These methods are from Christie-Marie Sheldon.

20. CLEARING A SPACE (BUILDING, OBJECTS, SPACES)

All That Is thank you for removing all energies that calibrate below 500 from this space and for filling this space with Blessings of Pure Love and Light. Thank you. Thank you. Thank you.

21. HOW TO CLEAR OUT MATERIAL STUFF THAT YOU NO LONGER NEED

Ask by muscle testing yourself (card 7): Is it a nurturing and rewarding choice to let go of, donate, give away, or sell anything in this (room, closet, drawer, etc.)?

If yes, then keep breaking into smaller units and asking until you pin point what goes and then ask if it is to be donated, sold, or given away (and to whom).

- This is an example of one of the many ways to use muscle testing.

22. FREE FLOATING MEMORIES

All That Is thank you for deleting and releasing all free floating memories from (name). Thank you. Thank you. Thank you.

Free floating memories are the memories all your senses acquired while you were unconscious (drunk, knocked out, anesthetized, etc.).

23. THE KEY

The Key is: God Loves You.

Put the Key in your heart and then turn the key until it unlocks.

Do this for yourself and give it freely to others and tell them how to use it.

Also give this to ghosts and spirits who are stuck.

24. WAYWARD SPIRITS

All That Is, thank you for giving these wayward spirits the key that “God Loves You” and showing them how to put it in their heart and turn it, and blessing them with Pure Love and Light. Thank you. Thank you. Thank you.

25. BALANCE CHAKRAS

Gently, mentally ask your chakras to balance in the highest and best way for you.

Ask, by muscle testing (card 7), if you have any imbalances in each chakra consecutively from the root chakra up.

If yes, then ask how many for each chakra.

Then ask what they are.

When you become aware of what they are, delete and release them (card 10).

It is important to work from the root chakra up, balancing each one in turn before going on to the next higher one. If you don't do them in order the imbalances may come back because each chakra is affected by the one below it.

**26. CLEARING/CLEANING ROCKS,
CRYSTALS, GEMSTONES, ETC.**

All That Is, thank you for cleaning this
_____. Thank you. Thank you. Thank you.

27. CONNECTING WITH YOUR ANGELS AND GUIDES

Connect and expand as per card 2.

Then ask your guardian angels and guides to give you clear, accurate, specific, and concise information.

Ask your question.

You can also run everything they say by All That Is for accuracy because angels and guides have their own opinions.

Thank them.

Angels and guides are generally by your right shoulder.

28. HEARING OTHER PEOPLE'S THOUGHTS

If you hear other people's thoughts and it is bothersome for you then imagine you have a remote control then press the mute button whenever you do not wish to hear other's thoughts.

You can also imagine a radio and turn down the volume.

In these ways you do not shut down the ability, you learn to manage it.

29. STOP PEOPLE FROM DRAINING YOU

(Person's Name), I Bless you with Pure Love and Light. I Bless you with whatever you think you need from me.

Body, please stop healing (Person's Name).

This means you are asking All That Is to give them what they think they need rather than them getting it from you.

People don't even realize they are doing this and don't know they can get whatever they want from All That Is.

As soon as your children are old enough to understand you must teach them to get their energy and everything they need from All That Is and not from other people (see card 40).

To know if anyone is draining your energy ask, by muscle testing (card 7), then ask how many and who.

- This is a method from Christie-Marie Sheldon.

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30. CHECKING FOR SHORTAGES & BLOCKAGES

Muscle test every 3 months to ask if you are short of any of the following:

1. Minerals
2. Vitamins
3. Proteins
4. Carbohydrates
5. Lipids
6. Nucleic Acid
7. ATP (Adenosine-5'-triphosphate), energy in the mitochondria

Ask exactly what minerals, etc. you are short of, then adjust your diet and seek professional help.

You can get lists of each of these categories from the internet.

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Then ask if there are any blockages in your chakras, ask for each chakra individually and ask how many in that chakra and what they are, then clear them (cards 25 & 10). If you have a shortage in one of the above 7 then you will have a blockage in the corresponding chakra.

Clearing the blockages and adjusting your diet and lifestyle will get you back on track. Diet and lifestyle are beyond the scope of these cards but it seems to me that the simpler, the fewer ingredients, and the fresher, the better you will feel.

It is recommended that if you detect a shortage you consult your health care professional in addition to doing the above.

You can also ask Archangel Raphael to go through all foods and supplements with you and tell you which ones are in your highest and best interest to eat/take (see card 7 also) and work with your health professional so you end up with the best possible choices for you.

31. TIME TRAVEL

If you are having a problem and think that going back in time will help you gain clarity then time travel may help you.

Ask, by muscle testing, which year or years it would benefit you to revisit.

Sit on a stool.

Look at the air around you and you will become aware of one or more bubbles.

The largest one is the most important year for you to revisit.

Simply gather the bubble with one hand pulling it toward your chest and gently press it into your heart.

You will go back to that year to whatever you need to revisit there.

Be prepared to steady yourself as your upper body will probably lean backwards until you are finished the visit.

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You may not be aware of being in that past year the first time, just trust that you got what you needed.

The second time I did this my conscious awareness went also, so that I was aware of everything I was experiencing and aware of receiving the insight and clarity that I needed.

- This is from our friend Silvia.

32. HEALING 1

All That Is heal this person and delete and release, from all levels, all blocks they have to this healing, now. Thank you. Thank you. Thank you.

Change the outcome, not the event.

33. HEALING 2

Send energy that is the colour, clarity, and intensity of a blue diamond from your third eye (visionary chakra) and white light from your palms to the person (or to yourself in your imagination). Completely fill them with this light, then focus the light on specific areas that need healing.

When done say thank you, thank you, thank you to All That Is.

34. CLOSE OPENINGS TO THE SHADOW SIDE

All That Is thank you for closing and eliminating all openings to the shadow side that are around me and Blessing them with Pure Love and Light. Thank you. Thank you. Thank you.

35. DARK ENERGY – WHAT TO DO

If you come across a dark energy being, send a Blessing of Pure Love and Light to it, and keep walking and leave the area.

As you walk away say: All That Is thank you for transforming and transmuting that. Thank you. Thank you. Thank you.

36. DOING HEALING WORK

All That Is thank you for clearing me. Thank you.
Thank you. Thank you.

To clear your energy before coming back into your
space after doing healing work on a client.

Do this when you are working from the 7th plane.

When you are working from the 8th plane you do not
need to do this.

37. CONNECTING BODY, SOUL, AND MIND

All That Is, thank you for connecting my body, soul, and mind. Thank you. Thank you. Thank you.

38. PROJECT LOVE

Imagine Pure Love flowing from your heart to the person, place, or thing you wish to send it to.

39. FEELINGS

All That Is thank you for giving me all feelings which align with my highest self. Thank you. Thank you. Thank you.

40. RECEIVE UNLIMITED ENERGY

All That Is thank you for providing me with unlimited energy. Thank you. Thank you. Thank you.

41. SURRENDER

Simply surrender all your thoughts, the energy before your thoughts, your judgements, your beliefs, and everything else to Divine. Surrender in the moment and retroactively. Do it all day every day. You will see change.

SUGGESTED READING

- The Reconnection, by Dr. Eric Pearl
- The Silva Mind Control Method, by Jose Silva
- Theta Healing TM, by Vianna Stibal
- Power vs. Force, by David R. Hawkins, M.D., Ph.D.
- 2012: You Have A Choice, by Sri Ram Kaa and Kira Raa (www.selfascension.com)
- Transformational NLP, by Cissi Williams

SUGGESTED COURSES

All courses by Christie-Marie Sheldon, especially the Love or Above course.

Find them online by searching Christie-Marie Sheldon, or Love or Above, or MindValley.

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