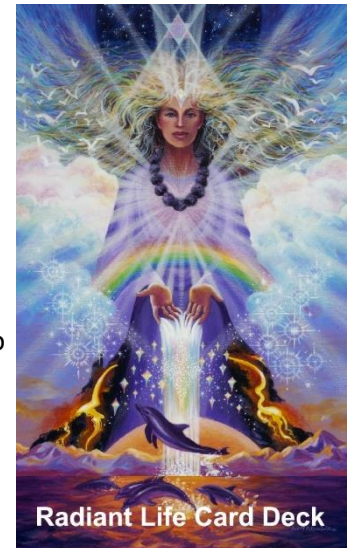


## Radiant Life Card Deck Instructions

This card deck is a self-help tool anyone can use to lift your spirit and create a more radiant life! Dr. Stone has collaborated with Sacred Visionary Artist Eva M. Sakmar-Sullivan to put together this powerful card deck. Visually stunning, Eva has infused each painting with a special blessing and light language to help you step into all that you truly are, into the radiance and fullness of your soul.

The 56 cards include an instruction card, eight cards with centering corrections to help the work go deeper, and 47 cards with inspirational, helping patterns to use during prayer, meditation and healing work.



### INSTRUCTION CARD

#### SPIRITUAL PREPARATION

Make a circle around your heart center with the palm of your hand, going down on the left and up on the right while saying the affirmations, **“I accept myself and the life I have been given. I set my intention to elevate my vibration and bring more joy into my life. I love myself as I am.”**

Circling the heart chakra clockwise (down on the left, up on the right) lines up your heart with positive emotions. All the other chakras entrain to the heart chakra, which has a huge magnetic field and attracts into your life whatever emotions you focus on in your heart. Instead of letting fear, anger, and resentment take over to lower your vibration, filling your heart with the positive emotions of self-acceptance and love raises your vibration and attracts more joy into your life.

#### Octahedron



Ask to be surrounded with a golden octahedron of love, light, and protection. An octahedron is a four-sided pyramid above ground and an upside-down four-sided pyramid going from the floor down into the earth, down into the subconscious mind.

Ask Beings of Light to help you find the cards you need right now.

### ORANGE CARDS

Getting your energy field centered and balanced is an essential step to open up to the flow of joy in your life. Pick three of the orange cards, which have centering and balancing exercises. (Of course, if you want to do more than three, that is fine too!) Some of them are from Paul and Gail Dennison’s Educational Kinesiology, sometimes called Brain Gym.

#### The Centering Exercises:

**Buh!** Saying this Hawaiian word for earth while stomping the foot quickly grounds the energy field.

**Collarbone Breathing Exercise** helps with mental clarity.

**Cross Crawl** integrates the left and right hemispheres of the brain.

**Five-Finger Quick Fix** balances the electrical flow of energy in the body.

**Hara Alignment** draws in the energies of both the earth and the sky.

**Over-Energy Correction** calms and reduces anxiety.

**Sore Spot Massage** unblocks the flow of lymph fluid and balances the heart center.

**Scarecrow Cross Crawl** integrates brain energy with heart energy.

Each card tells you what to do. If you would like to see someone doing the correction, I have YouTubes showing the exercises on my YouTube Channel and links to the YouTube videos on the home page of my website at [www.SoulDetective.net](http://www.SoulDetective.net) at the bottom of the left column titled "Centering the Human Energy Field."

Seven Centering Corrections

<http://www.youtube.com/watch?v=ClplrezFWgg>

This YouTube does all the corrections in a row without explaining what each one does. If you would like more information on how to test to see which corrections are needed, you can watch the rest of these YouTube videos which explain muscle testing and proper energy flow for each vector of the human energy field: up-down, front-back, and left-right.

Muscle Testing Tips

<http://www.youtube.com/watch?v=1BnOZdefNMO>

Proper Energy Flow Up-Down:

[http://www.youtube.com/watch?v=6KuqiP4y\\_CY](http://www.youtube.com/watch?v=6KuqiP4y_CY)

Non-Polarization and Corrections:

<http://www.youtube.com/watch?v=64qc8THwLtA>

Proper Energy Flow Front-Back:

<http://www.youtube.com/watch?v=cED982CQrvA>

Proper Energy Flow Left-Right

<http://www.youtube.com/watch?v=y1FTr24KY0I>

Heart-Brain Integration

<http://www.youtube.com/watch?v=p6XLeby90gg>



## PURPLE CARDS

Draw as many purple cards as feel right. The artist, Eva M. Sakmar-Sullivan, has infused Light Language into each drawing. One by one, gaze at each card deeply and let it speak to your soul. Then hold the card to your heart, asking for a download of what you need from that card. Look at the card again, noticing where your eye is drawn first, and then whatever else you notice as the imprint of Light is infused into your soul. Notice the message the card brings you.

Eva's website is [www.stardolphin.com](http://www.stardolphin.com)

Seventeen of the cards are images of spiritual helpers, including Archangels, Saints, Higher Beings of Light, Ascended Masters, and Divine Mother. Thirty cards have specific beneficial programs to promote spiritual evolution and living a happy, joyful, radiant life!

Below are the cards in alphabetical order. Some descriptions are self-evident, like “Peaceful Sleep.” Others might be new to you and will have more explanation of my concepts of each one; however, trust your own direct experience of what the card says to your heart over whatever may be listed below.

## **PURPLE CARD DESCRIPTIONS**

### **Archangel Ariel**

While angels are gender-neutral with balanced masculine and feminine energies, Ariel is often conceptualized as more feminine, an angel who specializes in emotional healing.

### **Archangel Chamuel**

Chamuel’s name means “He who sees God.” His mission is to bring peace to the world, and he is a specialist with elemental energies—fairies, leprechauns, water nymphs, tree spirits, and other elemental beings from the realms of fire, air, earth, and water.

### **Archangel Gabriel**

Gabriel blows his trumpet in this drawing and is traditionally thought of as bringing good news. Many different religions teach about Gabriel being God’s messenger. He is the chief angel in Islam, sometimes spelled Jibril.

### **Archangel Metatron**

Known as the angel of life, Metatron’s specialty is sacred geometry, using the building blocks of the universe for creation. Over his heart and above his head are two intersecting triangles, one pointing up and the other pointing down. In two dimensions, they form the Star of David. In three dimensions, each triangle represents a pyramid with a triangular base, their intersections form the Merkaba, symbol of the human energy field. Metatron is thought to have had a human life as the prophet Enoch.

### **Archangel Michael**

Michael holds a sword and has the whole world in his hand. Sometimes called Saint Michael, he has legions of lightworkers at his command, ready to help humans when we call for help and protection. As with all the Archangels, Michael can be everywhere at once.

### **Archangel Michael Win-Win Prayer**

The Beings of Light are not allowed to interfere with our free will, which is a law of the universe. If we want their help, we need to ask; however, sometimes a situation feels so complicated and dark that we do not even know what to ask for. This prayer to Archangel Michael and the Great Creator of All gives them a blank check to do “Whatever Is Necessary” to resolve the problem in a win-win situation for everyone and everything.

### **Archangel Raphael**

Raphael is associated with physical healing and balancing of the energy centers. His name means, “God heals.” The drawing shows the seven energy centers in the body, going from a red sphere at the base of the spine up the rainbow colors to a violet sphere above the crown.

### **Archangel Uriel**

Uriel’s name means, “Light of God.” Notice how bright the drawing is. When a situation feels as if it is filled with darkness and confusion, invite Uriel to shed Divine light on it.

### **Ancient Wisdom**

Legends speak of earlier cultures on our planet whose wisdom has been lost through global catastrophes—in particular, Atlantis and Lemuria. This card accesses the body of wisdom held in collective consciousness from others who walked this earth. We can draw from this wisdom directly through our intuition, without a written record.

### **Andromedans**

The closest galaxy to our Milky Way is Andromeda, which is 2.5 million light years away and has a trillion stars, compared to our galaxy which has 200-400,000 stars. Our two galaxies are being drawn toward each other through magnetic pull and will intersect in approximately 4 billion years. Andromedans are thought to be brilliant scientists. Perhaps because many orbits will shift with this merging, far in the future, some people have reported that advanced beings from the Andromeda galaxy have come through stargate wormholes to visit us to help with our evolution.

### **Angel of Divine Prosperity**

In the drawing, a shower of golden coins comes from the angel. This financial abundance gives people the feeling that all our needs will be met, and we have plenty to share with people in need. Other forms of abundance are having an abundance of time, energy, and love.

### **Arcturians**

Arcturians are beings from planets that revolve around the star Arcturus, one of the brightest stars that can be seen from earth. The Arcturians have ascended from the third-dimensional world of duality and power struggles our planet is now going through into the higher realm of the fifth dimension, where they see the inter-connectedness of all life and work for the highest good of all. Arcturians have come to help lift us up, out of our fear programs into the radiant joy of unconditional love and unity consciousness, knowing we are all connected in the web of life.

### **Ascended Masters**

Some people come to earth and master the lessons of love and total forgiveness of oneself and others. They do not need to reincarnate to balance karma or learn lessons, but they choose to surround us in the spiritual world to help us and guide us in our evolution. We can call upon them to ask for help when problems come up in our lives.

### **Atlantean Wisdom**

Legend reports that a continent called Atlantis once existed in the Atlantic Ocean. People in Atlantis learned how to use crystals for healing, understanding the special properties and healing capacities of each variety: clear quartz, malachite, hematite, citrine, amethyst, etc. Atlanteans had highly developed crystal technology, which they used to power their cities and transportation. Perhaps you feel yourself drawn to crystals and love holding them. Drawing this card may awaken an ancient memory of this wisdom, and you may instinctively sense how to use crystals for healing.

### **Connecting with my True Self**

Sometimes called the Higher Self, the True Self is the direct connection to the Godhead that each person gets to access. Higher Self may sound as if it is something above you, but True Self is a direct pipeline to Divinity that is anchored into the physical body. This connection comes without the intermediary of a priest, minister, or rabbi. When we know we have this connection and listen to the voice of the Divine that comes from within, we stand in the power of who we truly are—our True Selves.

### **Choosing What Is Right for My Soul**

Sometimes we face difficult choices in life. This card encourages a person to make the choice that might not be the easiest path, nor have the biggest financial reward at the moment, but the choice is right for one's heart and soul, the part of us that is immortal. Everything we do returns to us, whether for good or for ill. Choosing what nourishes the soul carries an eternal blessing.

### **Christ Consciousness**

From time to time, a piece of the godhead will incarnate into human form, so we can more clearly see and understand the Divine. Great teachers such as Krishna, Buddha, and Jesus Christ are beings which carry this Christ Consciousness of unconditional love for everyone and everything. We can each develop the Christ Consciousness within, by loving and accepting ourselves and others, unconditionally.

### **Dolphins and Whales**

Thought by some to be the first life forms on our planet, dolphins and whales (collectively called Cetaceans) carry the records of all life on Earth. Cetacean brains are relatively larger than ours, making them more intelligent than we are. The average human IQ is 100, and the IQ of a sperm whale is estimated to be around 2,000. Cetacean brains have a fourth lobe in addition to the three lobes humans have, giving Cetaceans the ability to process information faster than we can. As a kingdom, they are based in unconditional love. Swimming in the wild with dolphins or whales is an unforgettable experience. We can ask for their help, and they bring an effervescent joy!

### **Divine Inspiration**

Special angels called Muses inspire people to write and play beautiful music, produce beautiful works of art, design inspired architecture, create a new invention, and/or write an uplifting book. Usually Muses come in pairs, maybe so one can whisper into each ear, as in the drawing!

### **Divine Mother**

The energy of the feminine side of the Creator is called by different names in different cultures: Mother Mary in the Catholic tradition, Kwan Yin in the East, and White Buffalo Calf Woman in Native American culture. She holds the energy of unconditional love and nurture for all. In the flower kingdom, roses carry her essence. Sometimes when Divine Mother visits, she brings the scent of roses.

### **Expressing My Creativity**

Everyone is unique and brings special gifts to the world. Sometimes we are afraid to present novel ideas (like the world being round instead of flat), fearing ridicule and opposition from others. Drawing this card indicates a person would do well to value and express the creative urges that come from within. When we bring something new to the planet, using our unique gifts, heaven rejoices.

### **Forgiving Myself**

One of the greatest pieces of magic in the universe is forgiving oneself for all of one's mistakes. Beating ourselves up for past errors does not help anyone. When we forgive ourselves unconditionally, for everything, we make room in our hearts for loving ourselves and experiencing the radiance of joy.

### **Guardian Angels**

At least one guardian angel is assigned to every person on earth, from conception throughout life and through the transition of death. While anyone can call for the help of any angel at any time, guardian angels are present with us 24-7. Depending upon the mission we have chosen and our life circumstances, some people need additional help and may be assigned extra guardian angels.

### **Healing My Inner Child**

When a person has a traumatic childhood, the part of the personality that carries the joy and exuberance of a healthy child may wall itself off. This inner child holds the pain for the whole system. Healing the inner child frees a person to become more fully present to life and to experience joy again.

### **Heart Healing**

The heart center, sometimes called the heart chakra, is the biggest energy vortex in the body. All other energy centers eventually entrain to whatever the heart feels. Nobody gets through life without some heartbreak, and drawing this card brings healing to heartache. We close our hearts when we feel hurt, and when we heal this pain, we can open our hearts again to experience love and joy.

### **Holding My Space**

Setting comfortable boundaries with other people is essential to healthy functioning. We need to let others know what we are comfortable with and what we are not comfortable with. When a person has invaded our boundaries, we need to be clear with that person about where we draw the lines. Holding our own space, caring for our own needs and wellbeing, is essential to having a happy, radiant life.

### **Increasing Intuition**

The drawing shows an indigo jewel on the forehead just above the brow line at an energy center called the Third Eye. Intuition is the action of this inner eye to perceive and understand truth that we do not see with our physical eyes. Drawing this card encourages a person to develop inner awareness by paying attention to the thoughts and images that come through this inner eye.

### **Inner Peace**

This angel helps a person come to peace with oneself. Sometimes we find different parts of ourselves wanting different things. One part wants a highly successful career. Another part wants a deep, intimate relationship with another person. Other parts want to create new life, to have children and families. For a radiant life, we need to decide on our values and set our priorities so we are at peace with ourselves.

### **Integrating Inner Masculine and Feminine**

Every woman has an inner masculine side, and every man has an inner feminine side. The masculine side is outgoing and problem-solving and uses the left side of the brain for thinking. The feminine side is receptive and nurturing and uses the right side of the brain for sensing the world through feelings. We all need both sides, thinking and feeling. Bringing the mental body and the emotional body into balance brings completeness and fulfillment.

### **Lemurian Wisdom**

Legend says that once a giant continent called Lemuria existed in the Pacific Ocean. When the flood covered the earth, all of Lemuria was submerged underwater except the tops of the highest mountains, which today are the Hawaiian Islands. The people in Lemuria were less oriented toward technology and more oriented toward emotional development and living in harmony with nature. Drawing this card helps a person draw upon the ancient wisdom we see still evidenced in the beautiful Hawaiian culture.

### **Loving Myself Unconditionally**

Loving oneself is one of the hardest things to do in the whole world. Accepting ourselves and then having love and compassion for who we are is a great spiritual accomplishment. We tend to be hard on ourselves, criticizing ourselves, but deciding to love yourself, pimples and flaws and all, is a gateway to allow radiant joy into your life.

### **Loving This Planet**

Our planet, sometimes named Gaia, is a living being. She is the spaceship carrying all cultures and races through our orbit around the sun. Gaia needs love and tender care. Loving her means walking lightly upon the earth and supporting environmentally sound practices. We pray for her well-being, that the people in power would see how vital her health is to our own lives.

### **Mental Clarity**

The artist named this drawing, “Mind Like an Ocean.” Drawing this card helps the mind be clear and focused. The Centering Exercises also help with mental clarity, especially the Over-Energy Correction, 5-Finger Quick Fix, and the Collarbone Breathing Exercise.

### **More Sparkle for My Life!**

Who doesn't want more sparkle? The water elemental being in this drawing and the fairies in the background bring the sparkle of fairy dust into your heart. The elemental kingdom is a world just out of view that pulsates with life energy. Spending time in nature helps fill us with this sparkle.

### **Nectar of Divine Essence**

While water quenches physical thirst, the nectar of Divine Essence quenches spiritual thirst, the longing to feel the presence of Divine Love in one's heart. Flowing from the flower in the drawing, this nectar deeply satisfies the soul and is available to everyone. Ask for a goblet of it and visualize drinking it up!

### **Peaceful Sleep**

Restful, restorative sleep is a key to mental health and well-being. Rather than the terror of dark nightmares, the white unicorns in the drawing bring sweet feelings so a person can rest deeply at night. Doing the Over-Energy Correction on the orange cards also quiets the mind and helps a person transition from a busy day to deep, peaceful sleep at night to regenerate our bodies and energy fields.

### **Pleiadeans**

The Orion constellation is a hunter, most visibly seen from the three stars in his belt. This hunter shoots an arrow into the shoulder of the bull, which is the constellation Taurus. The wound in the shoulder of the bull has seven stars, called the Pleiades. Shirley McClain and others have talked about meeting people from the Pleiades who looked a lot like us, only a little more translucent, who have come to help us. The Pleiadeans are very creative, loving, and joyful. They want to assist our evolution.

### **Protecting Our Planet**

When you draw this card, please join others in prayers and actions to protect the planet Earth from the devastation that technology is doing to our atmosphere, causing weather disruptions and catastrophes. We pray the Beings of Light would gently awaken us to all live in harmony with our environment.

### **Quan Yin**

Riding on a green dragon, Quan Yin is a Bodhisattva, a person who in the Buddhism has reached soul perfection and could move into the higher realms, but instead stays on the earth plane to help relieve the suffering of others. Compassionate Quan Yin is sometimes called “The Goddess of Mercy.”

### **Rebirthing Myself**

While rebirthing implies reincarnating in a new form, this card can also be a metaphor for something new being born in your life—perhaps a gift or talent that has been lying dormant and is now ready to come into your life. Let your soul flower and be who you truly are!

### **Reclaiming My Innocence**

When children are abused, they falsely assume they were at fault as a way to maintain the illusion that they have control over their world. They lose their innocence because they blame themselves. At other times, people lose innocence by consciously choosing something they know is wrong. Fortunately, for true guilt, we can admit what we did, ask forgiveness, and make amends to reclaim our innocence. For false guilt, we can simply shed the illusion and reclaim our innate goodness and innocence.

### **Remembering My Soul Mission**

Before we incarnate, we plan what we want to learn and accomplish in this lifetime. Then when we are born, we forget everything and need to remember why we came. Ask your Spiritual Guidance Team to help you remember why you incarnated into this body at this time in history and to support you in fulfilling the mission your soul planned before you got here!

### **Repairing DNA**

Many illnesses are the result of genetic mutations—cystic fibrosis, muscular dystrophy, cancer, and other disorders of the immune system. DNA is fluid and can be repaired. The beautiful white dragons in the drawing are symbols of higher-dimensional beings that can repair DNA. Note their tails form a double helix spiral, which is the form DNA takes. If you draw this card, ask the Creator of All That Is to restore the DNA in the cells of your body back to their divine perfect blueprints.

### **Saint Francis of Assisi**

One of the most beloved of all saints, Francis of Assisi grew up in luxury as the son of a wealthy man. He loved to party and became a knight to win glory in battle; however, on his way to war, God told him to turn back and that his values were wrong. Dedicating himself to prayer and meditation, Francis embraced a simple life filled with joy. He was particularly attuned to the natural world of plants and animals. He founded the Franciscan order and wrote a famous peace prayer.

### **Saint Germain**

Some say that Saint Germain had human incarnations on this planet as Saint Joseph, the husband of Mary; Merlin, the advisor to King Arthur; and Sir Francis Bacon. After his last incarnation, he joined the ranks of the Ascended Masters and is thought to be a key figure in the coming ascension of our planet into a higher dimension. The drawing shows him in the violet flame, which burns away anything we no longer need, leading to freedom and world transmutation.

### **Sanat Kumara**

The four great Kumaras, headed by Sanat Kumara, are incarnations of God that come to help us in our evolutionary path. The other three Kumaras are popularly known as the Christ energy, the Buddha, and Horus from Egyptian mythology. When drawing this card, feel free to ask Sanat Kumara to help set you free from fear and limited thinking and to fill you with unconditional love for everyone and everything.

### **Taking Back My Power!**

Every person has the birthright of infinite potential as a son or daughter of the Divine. If we do not claim our power, or if we give it away through feeling inferior, others will take that power. Not claiming your power is like letting your hundred-dollar bills lie on the ground around you. Someone will pick them up! Drawing this card encourages you to take back your power of free will, to be the master of your own life.

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