

Info Guide:

UNDERSTANDING  
& USING

ENERGY  
CARDS

## Info Guide: Understanding & Using Energy Cards

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### What are Energy Cards?

Energy cards are intentionally designed frequency tools in card format, carrying information fields that can affect the subtle energy system of a person. Through frequencies, symbols, and energetic programming, they serve as carriers of energetic impulses that may influence the subconscious, the aura, or specific chakras.

They are not a replacement for medical treatment but can provide supportive effects on an energetic level – such as mental clarity, energetic balance, or subtle emotional stabilization.

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### How do Energy Cards work?

Each card is programmed with clear intentions and carries specific frequencies – some visible through color and design, others invisible through energetic coding.

The energetic effect can be activated or enhanced through:

- Placing the card near the body or in your space (e.g., under a chair, on a table, in a pocket)
- Using it underneath a glass, cup, or food plate to energetically harmonize liquids or meals
- Intentionally activating it with your thoughts or through gentle touch
- Combining with music, meditation, yoga, or frequency-based practices

It does not require belief in the card. What matters is the willingness of the subtle system to resonate with its energy field.

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### What can Energy Cards be used for?

Energy cards are versatile and can be used to:

- Support emotional or mental fatigue
  - Harmonize chakras or specific areas of life
  - Find clarity during transitions or challenging periods
  - Neutralize energetic disturbances in the environment
  - Accompany meditation, yoga, coaching, or healing practices
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### Example 1: Radiation Transformer

This card is designed to neutralize and transform disruptive energetic fields caused by technology (e.g., Wi-Fi, mobile phones, or power lines). It is programmed with specific frequencies to help relieve cellular stress and calm the nervous system.

Typical use cases:

- Place it under your laptop or next to your router

- Keep it on your nightstand to harmonize your sleeping space
  - Combine with detox or mental quietude cards for deeper effect
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### **Example 2: Card Set "Cycle of the Goddess"**

This set contains four cards, each supporting one phase of the feminine cycle:

1. **Retreat & Purification**
2. **New Beginnings & Upliftment**
3. **Radiance & Presence**
4. **Depth & Release**

The cards help women live in harmony with their natural rhythm, gain clarity for each phase, and gather their energy consciously.

Typical use cases:

- Use the card matching your current cycle phase
  - Combine with meditation, yoga, or journaling
  - Keep nearby during daily routines for grounding and awareness
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### **Discover More & Embrace Your Energy**

Browse all available cards and high-frequency tools in my Etsy shop:

<https://www.etsy.com/shop/OrchidSoulDE>

Join our Facebook group (German-speaking) to explore energy work, share experiences, and connect with others on the journey:

**OrchidSoul Academy – More Energy. More Balance. More You.**

<https://www.facebook.com/groups/orchidsoulacademy>

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**Disclaimer:** Energy cards are not a substitute for medical, psychological, or therapeutic treatment. They are intended as energetic companions for individuals on a conscious personal development path.

Warmest Regards  
Jonathan Sander

PS: Feel free to contact me for individual cards: [info@orchidsoul-academy.de](mailto:info@orchidsoul-academy.de)