

# ENERGY HEALING CARDS

Supplementary Information  
For Chakra Cards



by Emily Matweow

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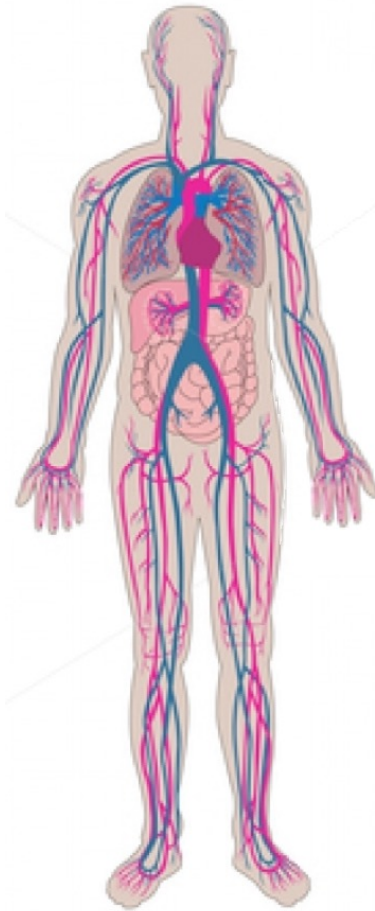
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## EVERYTHING IS ENERGY

A human body with no energy running through it is said to be dead. It's called a "cadaver". It takes "energy" to animate a cadaver - to have it get up and walk around, to be alive. Not just any energy - life energy.

The Western world's medicine, or "science of life", was founded in large part by dissecting dead bodies. Much was learned about the mechanics of how bones worked with tendons and muscle tissue, how blood was circulated, that a network of nerves permeated the body, and much more. Anchored in this kind of early research, Western medical practitioners became excellent "mechanics" - trauma experts of the first degree.

However, what was absent from the cadavers, and what students of early Western medicine couldn't study was... energy. You see, by definition, there is no energy in a dead body. The energy pathways disappeared upon death. How life energy flowed in the body remained unknown to these people of the knife.



The "science of life", studied for centuries in the Oriental world, saw human beings as "living energy systems". Acupuncture evolved as a direct physical intervention into a body's electrical grid aimed at balancing out of whack electricity that was creating specific problems in the body. The electrical charge and contents of different foods and drinks all became part of an Oriental medical practitioner's arsenal of healing tools - he was an "electrician" for the body.

## WHEN LIFE WORKS, ENERGY FLOWS FREELY

Over hundreds of years of studying living human beings, the most fundamental discovery of oriental physicians was that the human body has seven powerful energy vortices, invisible to the naked eye, but real nevertheless.

The first is located at the base of the spine, the second in the lower abdomen area, the third in the solar plexus area, the fourth in the center of the chest, the fifth in the throat area, the sixth in the center of the forehead between the eyebrows, and the seventh is located at the crown top of the head.

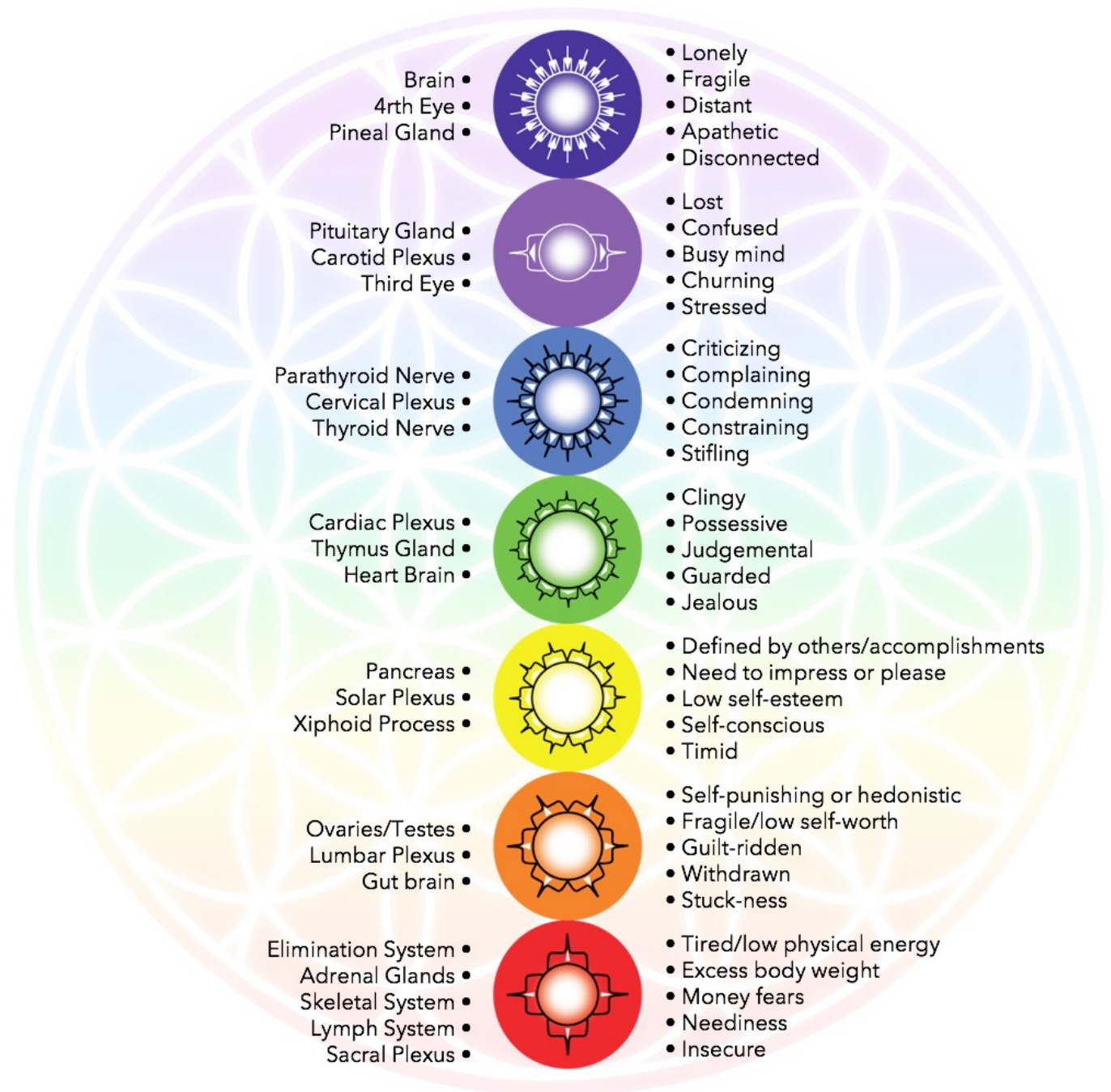


Each of these seven vortices (called "chakras") are associated with (oriental physicians would say "govern") specific glands of the human endocrine system, which produce hormones that regulate all of the body's functions - just like a specific light switch on one's home controls a specific set of light or circuit (e.g. kitchen lights, bathroom lights, or outdoor lights etc.).

In a healthy body, each chakra spins at great speed, moving life energy (called "chi" or "prana") upward and through the endocrine system. But when any of the chakra energies become slowed down or blocked in any way, then the associated hormone producing glands (and the physical and emotional responses they affect) also become dysfunctional. We call that condition "disease".

The diagram on the next page illustrates the kinds of conditions a person might be experiencing linked to the related chakras that are "out of balance" or "blocked".

## Mental/Emotional Signs Associated With Specific Unbalanced/Blocked Chakras

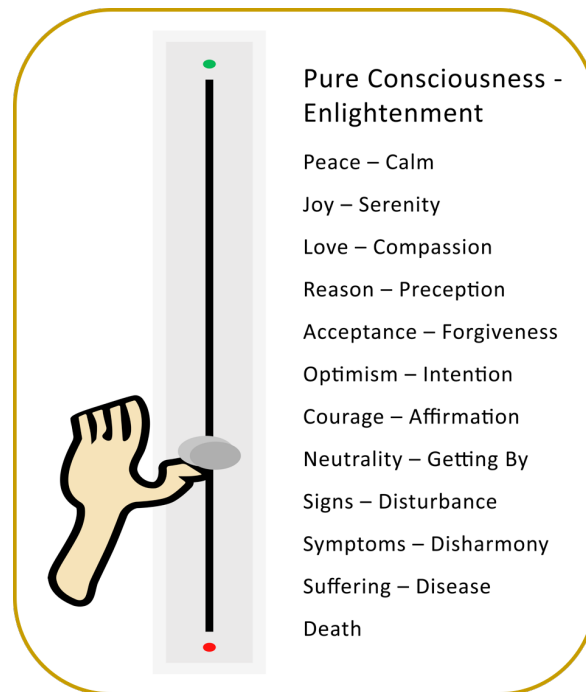


## EM REWRITES LIFE CODES

I have spent over 30 years working as an Energy Healer. I help my clients to see the beliefs and blocks held by the Life Codes that are in the way of them feeling balanced, happy, and successful within themselves, and within their family relationships, business operations, or their artistic or sports pursuits. We rewrite the Life Codes that have held these barriers.

When the regular flow of a chakra energy center is disrupted, slows down, or is otherwise interfered with, it's much like a dimmer on a light switch being activated. Less electricity flows and the lights on that circuit get "dimmer". Great if you want a romantic mood created at home one evening, but not so great for the body.

Less energy flowing from a specific chakra to the parts of the body affected by that chakra's energy causes degeneration of those bodily functions - sometimes called disease (dis-ease), or on a subtler level over time, called accelerated aging.



Turning the dimmer switch back onto full, letting a chakra's energy flow freely again, can "heal" and revitalize those parts of one's body that were ill-affected, returning one to a sense of well-being. That's what I've been doing for my clients over the past few decades.

There's lots of broadly available information in the Western world about how to take care of our physical bodies - from exercise regimes, to diet and nutrition, to supplements and medication, and much more. However, not much is shared about how to take care of our "energy bodies". What would it take for Western people to embrace their energy bodies and include them in their pursuit of health and well-being?

I use many different types of energy interventions in my work. However, I have discovered that over the years, one or more of the below 11 interventions was needed and used on every one of my hundreds of individual clients. These interventions have been proven to work, and have kept showing up again and again as Foundational Interventions useful to everyone being run by their Life Codes.



At this point, I won't go into lengthy explanations about how each of the Foundational Interventions work to re-balance chakras, restore overall health, and provide someone a sense of well being. Instead, it's probably simpler to show how powerful the negative side of some of them are - in our own personal experience.

Affirmations are repetitions of a phrase. Have you ever cursed someone under your breath, or even out loud, or spoken negatively about someone to others? Did you notice how that made you feel? Did you become upset, agitated, angry or even cold-hearted? Saying particular things has power on given energy fields - positive AND negative.

Food refers to what you put into your mouth. Did you ever eat or drink something that made you feel badly? Maybe stomach nausea, disorientation, or headachy? Certain other foods and drink can also have the exact opposite effect on specific chakras.

Nature: Ever walked through a dilapidated building full of foul odors, in a run-down part of town? What kind of a mood overcame you? Imagine being in nature, walking through a forest by a clear mountain stream, after a warm summer rain. How different do you imagine that experience of nature would have on you compared to walking through an abandoned cityscape?

Universal Laws: Did you ever do something that you knew deep-down in your heart was wrong? How did you feel at the time, and how did you live with that feeling over time? Did you know the energy damage originally done to the associated chakra can be reversed and repaired through a chakra intervention, allowing you once again to live "light-heartedly" with that specific subject matter? Forgiveness of yourself often results.



## HACKING OUR ENERGY BODY'S BUILT-IN KNOWLEDGE BASE

In this age of “smart phones” and other smart hardware, our human bodies are super smart-systems. We cut our finger, and our body, “like magic”, heals itself. It might be a mystery to us about what’s going on as a scab forms and eventually falls off leaving a repaired skin surface. But there’s no denying it happened – and we expect it will happen again and again as needed.

How our body let’s us “know things” is just as amazing as the body repairing a cut. Have you ever listened to someone playing a piano chord or strumming a guitar and noticed that something was “off” with the sound? You’ve had no musical training, but can somehow naturally tell that what you heard was closer to noise than it was to music. And when the musician starts tightening a guitar string and strumming his chord, you can instinctively tell when the guitar is tuned – no special training required. Our body somehow “just knew”. This innate knowing is sometimes referred to as “inner wisdom”.

Our energy body is a “smart system” as well. It’s inseparable from our physical body. Without the energy body, our physical body is called “dead”. In the Western world, the idea of an “energy body” is considered, at best, a superstition. As a result, very few people have even imagined they could tap into the inner wisdom of their energy bodies.

Are you willing to suspend your skepticism for a moment and try an experiment? It’s called “muscle testing”. We’re going to bring a selection of foods into your energy field, then find out which food is “good” for you (by immediately strengthening your muscles). You’ll personally experience what your body is telling you – and there will be no room for doubt. This will be one simple example of hacking your energy body’s inner wisdom.



## Muscle Testing Exercise ~ Requires 2 People

You take your dominant arm (left or right), lift it to your shoulder level so it is parallel with the ground and out to the side of you. Your friend will now try to push your arm down – you try to resist that downward pushing with all your strength. Do this for maybe 2 or 3 seconds. It sets a “benchmark” for what your muscle strength is “all by itself”.

With your other hand take a piece of food – i.e. a vegetable, a fruit, an egg, a package of bacon, bag of chips, a can of fish, or even a drink of some kind in a glass or its own container. Hold that item to your heart while extending your dominant arm out to your side as before. Have your friend now try to push down on your extended arm while you resist with all your strength. Try this with your cellphone – especially if you are not wearing, or using, EMF protection!

With some items, you’ll feel weaker, not having the same strength you had when holding nothing. You will feel the loss of strength. Your friend will feel how much easier it was to push your outstretched arm down. Other items may have you feel stronger (i.e. less effort to hold your arm parallel to the floor). Your energy body is telling you something is “good” for you or “weakens” you. No denying what happened, and nothing to discuss.



It is best to do this muscle testing exercise standing. The only photos I was able to find online were as above.

## HOW EM'S HEALING CARDS WORK

If you did the Muscle Testing exercise above, then you had a first-hand experience of how your energy body and your physical body can communicate with each other. There's no explaining it. It just happened. Some things put into your energy field made your muscles stronger. And other things made your muscles weaker.

For the App: Open the Healing Cards app and hold your device within your energy field – for example, resting in your hands or just in front of your heart. Focus inward and ask, "What do I most need right now?" When you're ready, tap the "Shuffle and Draw Card" button. Trust the selection process unfolds exactly as it should. Nothing is random. If you receive a card more than once, your body has been calling for it.

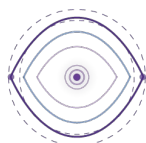
For the e-Book: When reading from the e-book, pause for a moment and center yourself. Hold your hands over the image of the deck on the screen or visualize the cards before you. Ask, "What do I most need right now?" Then either scroll through the e-book pages and stop where you feel drawn, choose a card description intuitively, or let a number or name come into your awareness. Trust your instinct – your deeper wisdom knows where to lead you. If you receive a card more than once, your body has been calling for it.

However the card comes to you, recognize your energy body has guided the app to display precisely what corresponds with your current need – the frequency, message, or chakra alignment that will support your balance and well-being. There's no need to analyze or question it. Simply receive and engage with the guidance, noticing how it feels in your body and emotions. Healing often begins with releasing old energy, so it's natural if some discomfort arises before relief and clarity follow.

If you do not have a crystal, essential oil or herb as recommended by a card, and you are experienced working with energies, you may ask your inner wisdom (High Self) to download the frequency of the item into your energy fields.

Your inner wisdom always know what is most needed by you at any given time – it's just that most people have not been shown how to listen to that inner voice. This exercise with Em's Healing' Cards provides a bridge between the innate wisdom of your energy body's chakras and the intervention most needed to help you heal.

Every symptom is a message.  
Every pattern of limitation is a piece of code – Life Code.  
These cards can help you to decode those patterns  
that have been running you.



Thank You



Each of the seven chakras are governed by spiritual laws,  
principles of consciousness, that we can use to cultivate  
greater harmony, happiness, and wellbeing in our lives and in the world.  
~ Deepak Chopra

[www.emily.org](http://www.emily.org)