



Life Alignment Inspiration Cards User Manual

Welcome to Your Journey with the Life Alignment Inspiration Cards!

This deck of cards is rooted in the transformative Life Alignment system but you do not need to be a Practitioner or a student to use them. They are designed for anyone who is seeking guidance for a specific challenge or question or may just want a little inspiration for the day.

These cards are powerful guides designed to support you on your personal healing and transformational journey. They are gentle, insightful, and they speak directly to your soul.

The cards are not just for spiritual contemplation, they offer you a practical **call-to-action**, showing a different way to overcome your obstacle, reclaim your personal power and embody your specific life lesson. So, it's not just about receiving guidance, you're invited to take action! The cards are designed to help you regain control over your life and remind you that you are the co-creator of your own destiny.

For example, one card might remind you to release some specific fear, while another may encourage you to communicate from your heart and speak your truth. Every card is a gentle nudge towards becoming a more empowered version of yourself.

Remember: healing does not have to be complicated – it can also be light, playful, and intuitive. When you draw a card, you are tapping into high energies, receiving not just a message, but also an opportunity to take a small but powerful step toward healing.

The cards are like a conversation with your soul, reminding you of your innate ability to transform our life.



How to use the Inspiration Cards

Flexible Options to Fit Your Personal Journey

There is no “right” or “wrong” way to use the Inspiration Cards.

You can pull a card in the morning to set your intention for the day, or you can consult the deck when facing a particular challenge.

If you are a therapist, the cards are a wonderful tool to integrate in your practice, such as Yoga or energy work. They really are a great complement to any spiritual and professional toolkit.

Before using the deck, set an intention and focus on a question, situation, or problem. Then close your eyes and ask your soul: "What do you want me to know about this?" Open your eyes and choose the card, or cards, according to this. Trust that the card you pull will offer the insight you need. You will always pull the perfect card, carrying the message you need to hear in that moment.

While reading the message that the card brings to you, you have the opportunity to make a shift, to go from feeling 'victim of circumstances' to feeling a 'spiritual warrior', empowered to change your life by changing how you perceive and respond to challenges.

To receive positive wisdom, strength and guidance from the deck, you can either pull a single card. Alternatively, you can pull more than one. Below are a number of suggestions.

1-Card: Daily Inspiration or Specific Guidance

- **Personal Use:** Draw one card in the morning or anytime during the day. This card sets the tone for the day, offering guidance on a specific issue or challenge.
- **Practitioner Use:** At the end of a session, practitioners can guide clients to draw a card, amplifying the session's impact by connecting the message to the work accomplished. This adds a sense of closure and support to the session.

2-Card Pull

- *Card 1:* What needs to be healed and how
- *Card 2:* Soul Lesson

Example. I am a coach and I want to expand my client base

CARD 1: What needs to be healed and how

ACTIVATOR 1 - Prosperity

This Card helps me reflect on my concept of prosperity. Perhaps, I forgot that I am the legitimate heir of all the material and spiritual richness that Heaven has designated for me. Have I cultivated, perhaps unconsciously, thoughts of poverty and lacking?

This card is also inviting me to activate all my resources and do my part in this world to activate the flow of prosperity, also by taking care of the needs of those around me.

CARD 2: Soul Lesson

RED FLOW – Energy and Frequency

This card encourages me to become aware of the energetic aspect of this problem. Since everything that exists is of a vibratory nature, I need to focus on my thoughts, emotions and on



the words I use. My lesson is to learn to master these three important elements as they create my reality, and to work on those beliefs that fuel negative attitudes. When I commit to transform my negative patterns, I can expand and increase my work. I also recognise this is an important life lesson for me.

3-Card Pull for a Deeper Insight

- *Card 1:* Available Resources
- *Card 2:* Positive Action
- *Card 3:* Soul Lesson

Example. My old dog is passing away and I am in pain

CARD 1: Available Resources

WATER - Purification

This Card relative to the element of Water is an invitation to cleanse negative memories and let them flow away. It is natural to experience loss and mourning as it is part of our life on earth. However, my resource at present is to choose gratitude for my beautiful experience with my dog. It's not about denying my pain but to take comfort in the joy that marked the many years we spent together. This Card reminds me that Heaven has a future filled with light.

CARD 2: Positive Action

GENERATOR – Ascension

This Card is clearly inviting me to have a spiritual vision on this farewell. As my dog's soul is ascending to another dimension, I am called to raise the frequency of this experience, seeing death as the journey into another dimension.

CARD 3: Soul lesson

ACTIVATOR 3 – Joy!

This Card is reminding me that the only immutable joy is that of the Divine. Earth is a place of duality where it is natural to experience pain. However, I can choose to connect to joy, for all the beauty I was able to experience with my dog. In doing so, my pain no longer holds him back and his soul is free to embrace the joy of Heaven. This is a very meaningful lesson for my life.

Additional creative ways to use the inspiration cards

Incorporating Life Alignment Cards into Individual and Group Activities

- **Self-Enquiries:** For exercises in pairs, one person draws a card for their partner and uses it to discuss personal challenges and insights. This can encourage users to focus on personal questions or intentions and deepens self-reflection and self-awareness.
- **Writing Exercises:** Each participant draws a card and writes about its significance, personal resonance, or any resistances that it may bring up. This method adds a layer of introspection and makes the experience more personal.
- **Group Sessions:** The facilitator draws a Card and reads it to the group and then participants exchange insights, share learnings to enhance group energy, and shared growth.
- **Individual Reflective Practices:** Encourage readers to journal about each card's message; noting how it applies to their lives and actions that they can take.

The Inspiration Cards speak the spiritual language well known to the Life Alignment world but they can be an extremely insightful tool for any therapist, counsellor or coach who wants to offer



support and inspiration to their client. Thanks to this deck, you can bring into focus specific topics that your clients will recognise as their own and suggest positive actions to support their transformation journey with lightness and depth.

Specific use for Life Alignment Practitioners

The simplest way to use the Inspiration Cards is **at the end of a balance**, when you can invite your client to draw a Card as a “final touch”. The Card will enhance the meaning of their balance, offering a deepening to what they experienced. It can also often act as a modality. The message will feel like an additional confirmation to the work they did with you.

As a Practitioner, you can also integrate the Inspiration Cards with one or more Life Alignment tools: Circle, Tree of Life, Metatron's Cube, Root Causes, Keywords, Life Fields, or Manifestation words. Although the message of the Inspiration Card alone will touch your client’s heart, you can test which of the tools may be necessary in addition to the Card(s).

This deck is very useful particularly with **clients who struggle to connect** to their emotions and are more at ease when speaking and reflecting aloud. If you are dealing with this kind of client, try using one of the reading suggestions below.

Some Clients prefer to listen to you reading the message, while others may want to read it on their own and will then comment or reflect on it with you. As their Practitioner, it is important you support them in interpreting the message, offering them different ways of connecting it to their issue.

Let's see an example with a 2-CARD pattern, combined with the Life Alignment tools.

CARD 1 - Where do I need to bring healing?

CARD 2 - What is my soul lesson?

Life Alignment Tools: Root Causes, Keywords, Life Fields, Manifestation lists, Dimensions, Circle/Tree/Metatron's Cube, Discussion with Client, Clues/Questions during Balancing

Example: Marco can't find the right partner

KEYWORD: Weight.

Marco thinks he has no weight as a man and that he is not an interesting person. At the same time, he feels that his loneliness is a burden.

ROOT CAUSE: Interference from past lives

This root cause is indicating that something is coming from past life, which could explain why he feels this "burden" particularly painful and heavy.

TREE OF LIFE: Depression

He feels frustrated and depressed.

CARD 1: Red Power - Responsibility

What does he need to heal and how? This Card guides him look at his feeling of not being important. Marco recognises this part of himself and says he wants to let go of his “victim role” by taking control of his own destiny.

Discussion. Practitioner: “Do you think there is someone responsible for this loneliness of yours?” Marco: “My mother who always told me women would only exploit me.”



Clue/Question during Balancing: Communication with mother

Sub-clue/question: Taking responsibility.

Practitioner: “What would you like to say to your mother?”

Marco: “I don’t want to give you all this power over me anymore and I take back responsibility for my life.”

CARD 2: Rainbow II – Celestial Order

What is his life lesson here? After reading the message on the Card, Marco sums it up like this: “I do my part and I entrust myself to the Celestial Order”

Clue/Question during Balancing: Visualisation

“Visualise yourself as your new self, responsible for your life and your choices, free to meet new people and opens to new and fulfilling relationships.”

In this example is interesting to observe the interaction between the Life Alignment tools and the Inspiration Cards. The keyword *weight*, the Tree of Life on *Depression*, and the Root Cause *Interference from past lives* frame Marco’s problem within a rather dramatic and challenging scenario for him, far from being a trivial or fleeting desire.

The first Inspiration Card “inspires” him to take responsibility for his life, suggesting that it is this lack of responsibility to seek blame outside—specifically, with his mother.

The Question during Balancing *Take Responsibility* and the Sub-Question *Communication with Mother* allows him to shift the message from a cognitive, mental level to that of the heart, enabling him to establish healthy and mature boundaries with his mother and distance himself from his old dysfunctional beliefs.

Once Marco is ready to take responsibility for his life, the second Inspiration Card – *Rainbow II* - encourages him to take his growth a step further: he is now prepared to take his place within the Divine Order, where everything is perfect, appropriate, and in its rightful timing. The call for trust and gratitude further affirms Marco’s role in this new vision, where even the most unexpected or challenging things can manifest at the right moment.

The final Question during Balancing *Visualisation* is the perfect support to his process, reminding him once again that he is the leading character and co-creator of his own destiny.

Of course, every person, whether a student or an established Practitioner will experience this process in their own unique way, in alignment with their expertise, sensitivity, and ability to delve deeply with their clients.

Take the Next Step with Life Alignment

Whether you are on a personal growth path or working in a healing profession, the LA Inspiration Cards are an incredible tool for bringing more light and alignment into your life.

Their messages inspires us to take responsibility for our reactions, to see challenges as opportunities for growth, and to remember that we hold the power to create our destiny. These cards remind us that everything starts within and that by changing our perception, we change the



way we experience life. They gently encourage us to take back control, offering small, manageable tips to embody our higher potential.

If you have had any particularly interesting experiences or have discovered a different way of reading the Inspiration Cards and integrating them with your practice, we would love to hear from you and add your contribution to this manual!

You can write to us at: info@lifealignmentacademy.org

And finally, if you are curious to know more about Life Alignment, visit our websites:

Life Alignment International: life-alignment.com

Life Alignment Academy: lifealignmentacademy.org

