

## How to Use the Seashell Power Cards

1. Print and cut out the cards. Use card stock if you have it.
2. Decide whether you prefer to choose cards deliberately or from a state of surrender.
3. Deliberate method: look through the cards for the specific ones you would like to work with.
4. Surrender method: shuffle and choose “randomly” so that the card chooses you.
5. I usually choose several cards each day, using a combination of both methods so that there is a happy blend of conscious choice and surrender to higher guidance.
6. Gaze at the cards regularly and ask to connect with their deeper energies.
7. Place the cards over specific points on the body, as you are guided.
8. You can also wear them on your body—I put mine in a medicine bag. A friend tapes them to his t-shirt. Be creative! If they get wrinkled, you can always print more.
9. Take a moment to notice how it feels as you interact with each new card or combination of cards. Take them out and look at them from time to time throughout the day while contemplating their energies.

10. Notice the uplift that comes as you play with the cards. If you do not feel anything, rearrange them or choose again.

11. Sometimes I change the cards in the middle of the day or in the evening before bed. And sometimes I work with the same set of cards for several days.

12. Sleep with the cards under your pillow so that the named shells cards are facing up.

### Mini Cards to Wear or Carry



## Full Size Cards



Permission  
to Heal



Physical Clearing



Vitality



Love

## Diving Deeper into the Seashell Energies

If the energies of the cards ever seem to fade, that is a sign that you are ready to go deeper.

Here are ways to dive deep:

- Get the unabridged Seashell Healing Guide at <https://seashellhealing.com/books> .
- Get the full set of 239 Seashell Medicine Cards:
- Recorded seashell activation attunements for all of these shells and more are available at <https://seashellhealing.com/seashell-attunements> .
- Learn Seashell Reiki: <https://www.seashellhealing.com/seashell-reiki> .
- Sign up for my newsletter and follow me on social media for ongoing updates about new seashells and more. Sign up at <https://seashellhealing.com/>

**Let's keep spiraling up together!**

