



Arcturian Rainbow Healing

Activation Cards

by Frankey Craig

www.arcturian-rainbow-healing.webs.com

Thank you to my husband Tim for your continued Love & Support

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Arcturian Rainbow Healing Activation Cards

Light Language takes many forms and it is used to communicate directly with your DNA and transforms your entire being into light. It aids your ascension process. The language of light is passed through the symbols, shapes, colours and tones in the light language names on each card.

You can use this form of communication to enhance the next phase of your spiritual and energetic evolution. They connect us to the joy of being and enable us to communicate and heal more fully.

Arcturian Activation Cards activate our ability to emanate the vibration held within light language and to experience and express being and “being-ness” on a previously inaccessible level.

When you have been activated by these symbols you are able to pass these energetic triggers to others simply by speaking its name and showing its symbol. If you are attuned to these symbols, they will be received by you.

These cards will facilitate your Arcturian Rainbow Healing and assist your spiritual growth and development. They will help you remove blocks and allow your spirit to shine.

Each card comes with instructions on how to use to receive the greatest benefit.

Speak the names of the cards aloud, in bits, to yourself or use them as a meditation

Sing them if you like

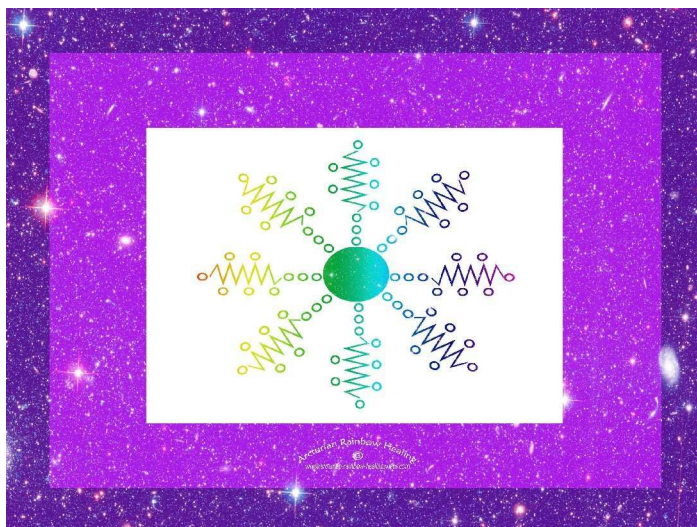
They will help to activate your ability to use the Language of Light to raise your vibration, to self activate and to heal.

Did you pretend you could speak in foreign languages as a child & chatter away? Do this till the words evolve into a dialect of light language and the speech becomes spontaneous for you.

You will then begin to feel the energy on them.

Practice “babbling” in the shower or the car, or by singing aloud as you walk. This will help to stimulate the ability and to “tone” the throat chakra.

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Amplified Healing

Light Language Name: Akar Dem Himah Len Ka

Description: Working with this card will gently begin to amplify your ability to heal yourself and others. This is a very gentle and gradual process. The healing abilities you are amplifying enable you to heal and repair DNA which is healing at the deepest level as it eliminates all negative patterns from the past. Also, by healing DNA you are unlocking codes that will return your soul memory and its abilities.

During the time that you work with this card you are gaining amplified rainbow healing abilities and will begin to hear high pitch frequencies as a result of this.

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This is the beginning of your new healing ability. You will be able to feel and hear a person's frequency and you will know what frequencies to use to re-balance them.

You will open to your higher self and receive training from your Master Teachers. It is done on the soul level - what you call your subconscious.

Don't be surprised if you start seeing the DNA helix (especially when healing others) as a result of working with the energy of this card.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation, place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others and for clearing spaces.

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Connection to Council of Nine

Light Language Name: Ammit Cam Dulah

Description: Council energy groups have been set up/designed/dedicated to support you on Earth in your Light-working duties. Basically your own intergalactic support council. There are 8 different energies when working with the nine – you are the ninth.

So, for those of you who feel drawn to consciously work with your Council you can use this card to strengthen your connection with them and they will begin to start giving

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clarification as to who they are and how each of them is going to work with you.

This symbol helps you evolve through pure positive and loving acts of compassion and unconditional love for everyone, you develop a beautiful energy. This can and will be felt by others.

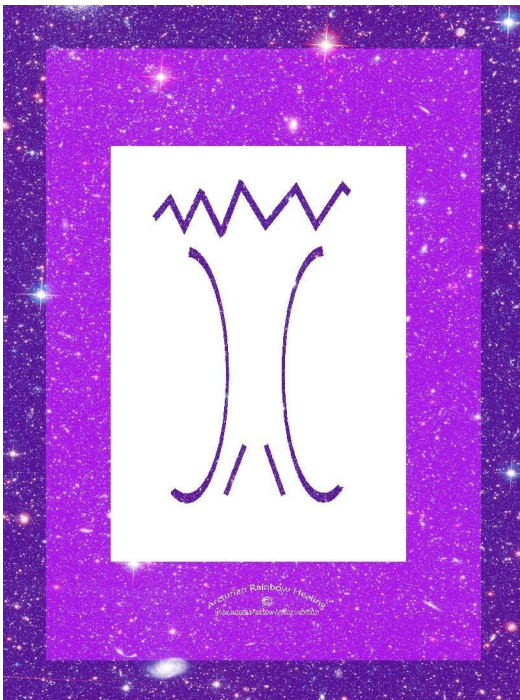
Much of your communication with your Council will be telepathic – thoughts will pop into your head that are not your own. This is so gentle that much of time they are mistaken as your own thoughts. Meditation can really help you start to differentiate all the different energies around you.

This card helps you to build a strong connection with your higher-self before you begin to channel your Council.

Working with the Arcturians energy is such a gentle experience. Nothing is rushed; everything is gradual but always growing, developing and progressing.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation, place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others and for clearing spaces.

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Grounding & Connection to Nature

Light Language Name: Namah Zam Immit Loot

Description: This card aligns you with the Crystalline Core of the Earth and connects you with Gaia. Its energy keeps you grounded, protected and secures your aura in the physical world.

Many day to day activities have the potential to ungrounded you such as; computers, phones, long distance

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driving and having no contact with Nature can be very ungrounding. Spiritual work can also make you feel ungrounded so afterwards it's a good idea to use this card.

As you connect with the energy of this card you draw from the Earth the vibration that enables you to become grounded and discharge into the Earth your excess energy.

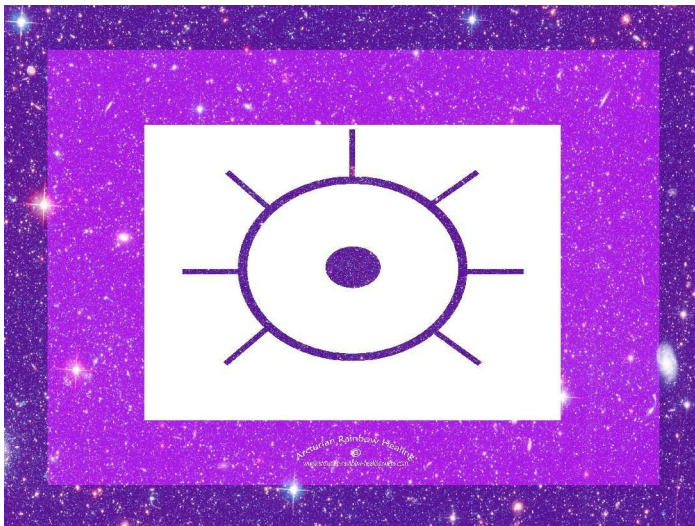
This card heals the foundation of your being and acts as an anchor into physicality.

You will gently be attuned to nature, the trees, plants, flowers and animals that will all begin to share their messages and medicine with you.

You will begin to think about ways to heal Gaia and in doing so she will support you and ensure good comes flowing back to you in many forms.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation, place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others and for clearing spaces.

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Astral Travel & Shamanic Protection

Light Language Name: Lakah Arra Ham Meet Noir

Description: Working with this card protects against negative thought forms, psychic vampires, unrested spirits and astral imprints.

Believe it or not most astral attacks are not caused by curses or witchcraft. Half the time astral attacks are not intentional. They take place on the subconscious level and are the result of negative thinking, verbal abuse that goes round and round in the head or stale energy that has been left behind in a place.

Thoughts are like seeds ...once planted and allowed to

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grow they can take root and choke the potential out of your life.

The use of this card is to keep your psychic garden free of the spiritual equivalent of suckers, weeds and anything else that might abort your spiritual growth, personal will and soul freedom.

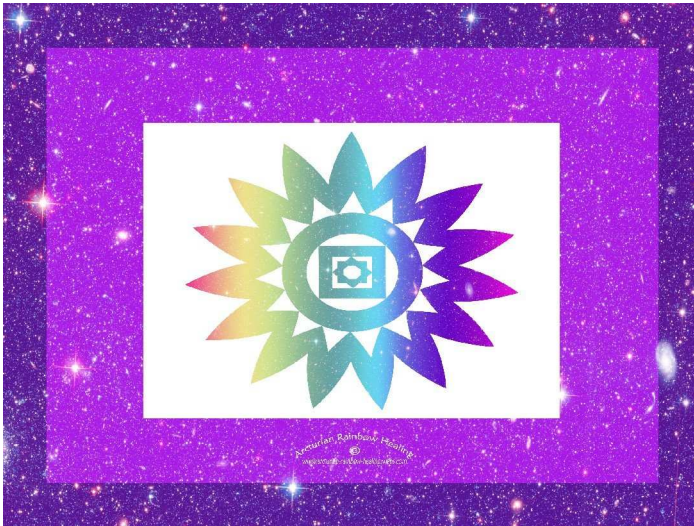
This card gives you the tools you need to understand the true nature of negative energy, so you can develop the protection necessary to live a full and rewarding life unencumbered by those negative energies.

The more you connect with the energy of this card you will learn to identify the patterns created by negative energy in your life and develop a toolbox of protection techniques that you can apply for the rest of your life.

You will also be guided to find out how various traditions view the relationship between good and evil and how to recognize the many ways that you unconsciously express evil spirits through your own behaviour, so you can prevent negative energies from working through you.

How to use this card: Use before bed, meditation an astral/shamanic journeys. Sit with this card and allow yourself to relax and be absorbed by the image during meditation, place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others and for clearing spaces.

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Transformation

Light Language Name: So Lay Ek Eh Mu Let Am Et Ek

Description: Working with this card will transmute anything negative that is lodged anywhere in your spiritual or physical being. Its high vibration penetrates the nervous system, your entire physical body and psyche, going to the cause of any disease or psychological/emotional problems and helping the healing process.

This card will help you to learn how to move on, how to grow and how to improve the stage you are at. You will be shown the most important issues in your life and will be guided to the appropriate changes to make.

Working with this energy will enhance your clairvoyant

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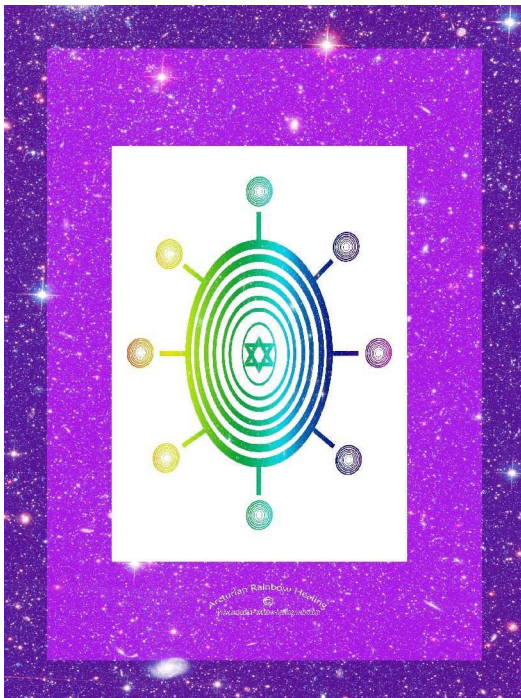
abilities and you will begin to tune into and perceive the ultraviolet wavelengths of light and higher dimensions.

You will begin to see how extraordinary and amazing you are.

Expect lots of synchronicity when connecting with this unique energy.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation, place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others and for transforming spaces.

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Psychic Protection

Light Language Name: Var Ram Mah Cit Lenk Dit Du Ah

Description: This card has been created for the purposeful use of love and light and its high frequency will repel negativity from your aura or living/work space.

Use when meditating, healing, doing readings or as part of your daily protection routine. Think of this card as an anti-virus/ fire wall against negativity! It is a powerful force field of Arcturian Rainbow Healing energy that reaches every

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part of your being and expands outwards more and more as the day goes on.

Many of us are sensitive and susceptible to negative psychic vibrations in the environment or people around us. We may react to these influences on an unconscious level and feel ill, drained or even threatened. Psychic Protection spray will stop negativity from entering your energy field.

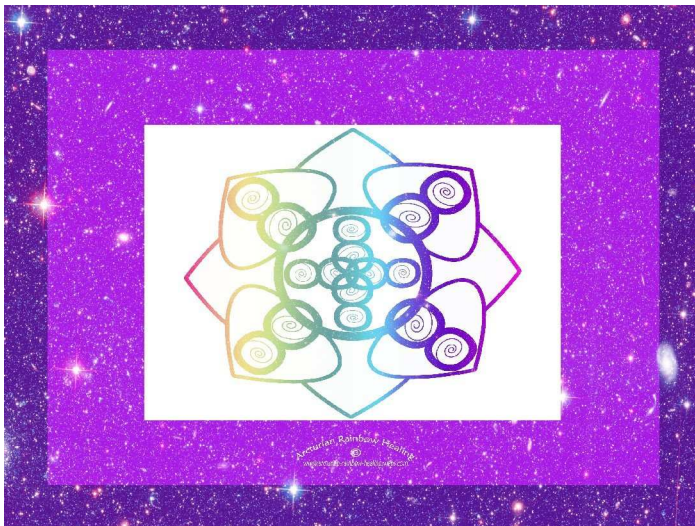
This card will also defend against your own dark emotions.

Once you are protected in this way you will feel much more at ease.

Provides courage, strength, reduces feelings of depression and helps you to tap into your inner power.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation, place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others and for clearing spaces.

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Awakening

Light Language Name: Ik Ert Lent Dic Nam Ah Ban Zik Kay

Description: Working with this card helps to show you the way to truth and to the path of awakening.

You will begin to take an interest and research ancient civilizations, sacred texts and sites, movement of the stars and all kinds of esoteric knowledge.

The energy of Awakening encourages you to find your own truth in any situation.

When someone first moves into awakening, the profound smack of bliss and release from attachments is

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amazing!

As you continue to awaken and loose your illusions and the old way of being you will find that there is much for you to let go of.

With Awakening you find your fulfillment, and your path to what to do next becomes clearer.

You will experience a shift in paradigm – how much depends on how awakened you already are.

If you had a traumatic awakening this card will help to heal that trauma.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation, place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others and for lifting the energy of spaces.

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Unlock Past Life Memories

Light Language Name: Tee Kat Vim Mar Rat Tu Nah

Description: This card helps to gently unlock past life memories that are for your highest good to know.

You will not suddenly be flooded with information instead, this is a gentle process and past life recalls will begin to occur during dream time, day dreams, de ja vu or thoughts that 'pop' into your head.

Hidden within each of us are many buried memories that can be unlocked by using this card. These memories are lessons, experiences, insights and the recording of our souls journey.

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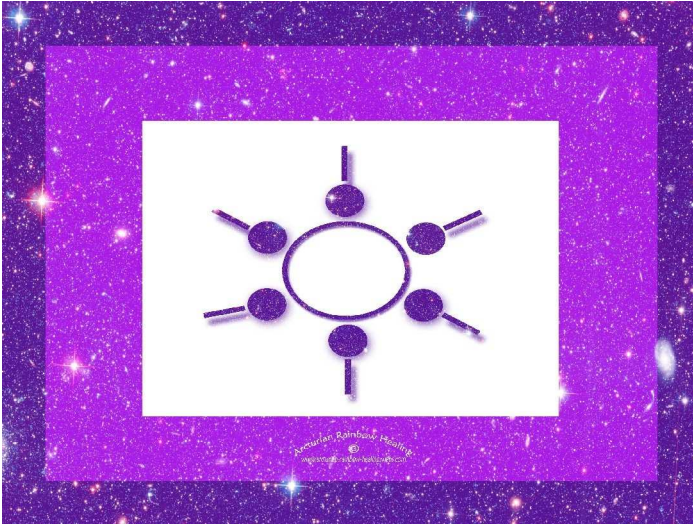
This card will certainly bring interesting insights and help you to collect the memories of the past that will help you to become more in tune with your intuitions.

It helps to release karma and patterns of behaviour that no longer serve your highest good. It helps us to deal with early life memories, recurring dreams and even feeling weepy for no reason, heaviness, loneliness and feeling like you don't belong.

TIP: Use before bed and keep a dream journal to record your experiences. When you write your dream in your dream journal, just write whatever you remember even if it is only one word, an image or a feeling. This can be very revealing over time.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation or before bed, Place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others and for clearing spaces.

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Mothership Connection

Light Language Name: Mika Am Zeet Lak En Do Ah

Description: The Arcturians are open and available to anyone who would like to connect with them. Many of you resonate deeply to their energy for many reasons. Some of you originated from their planet, Some of you have spent time on their planet, and others can connect deeply to the energy of their vibration for Arcturus is a model for the future of beautiful planet Earth.

Telepathic or channeled communication is something that is possible by everyone, and they will provide you with a basic template for connecting with them. They do want you to understand that each of you will receive their

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energy or information in a way that makes sense for you. Some people will receive information with them through writing, others through images and still others through thoughts and words. Because you are individuals with preferences, you will need to find the way that works best for you. They will provide you a basic template for connecting, and you can use this template and practice.

When connecting with the energy of this card it is like putting a light beacon over your head to let the Arcturians know that you are ready to connect with their Mothership that quietly resides between the planets Jupiter and Saturn.

This ship is also known as Marigold City of Lights which is indescribable in our human language.

You will be brought to the Marigold during the dream state where you will be worked with, healed and helped. Marigold has a room that strengthens the vibration of all who enter and has many other healing rooms.

The Arcturians are well known for their healing abilities. They also are experts at managing our energy systems so that we are balanced and aligned across all dimensions.

Arcturians work in very direct and deliberate ways often using sophisticated technologies and with a deep understanding of spiritual energies and how they interact with us.

The Arcturians will assist you in entering the fourth and

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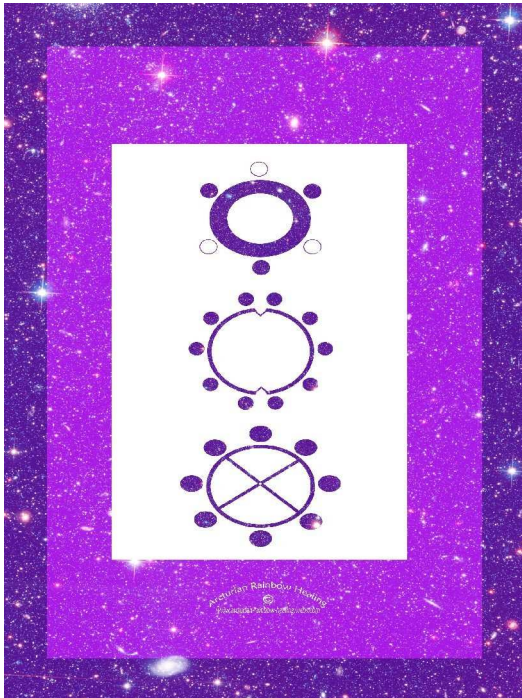
fifth dimensions of reality and in raising your vibrational frequencies. They stand as the guardians and protectors of higher consciousness in the universe.

The Arcturian civilization focuses on harmony and cooperation with the Ascended Masters and other star nations assisting in Earth's evolutionary leap. The Arcturians are prohibited from interfering with a civilization unless they are specifically requested to come by the members of its race.

Great appreciation goes out to the many Lightworkers who invoke the assistance of the Arcturians to the Earth.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation or bed. Place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others.

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Meditation & Altered States

Light Language Name: Salika Emp Tay Dammar Let Ouley

Description: Working with these symbols is a healthy way to reduce stress, they can slow breathing and heart rate, normalize blood pressure and in some cases actually slow down the aging of the body. They can bring about clarity of thought and expand your mind.

These symbols together will help you to develop skill in

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meditation practice and can result in the experience of altered states of consciousness. These altered states can be used to examine and understand the nature of perception.

The symbols will help your brain waves move outside the range of normal waking awareness. Going from Beta waves (normal waking awareness) down to Alpha, Theta or Delta and can potentially result in lucid dreams or out-of-body experiences.

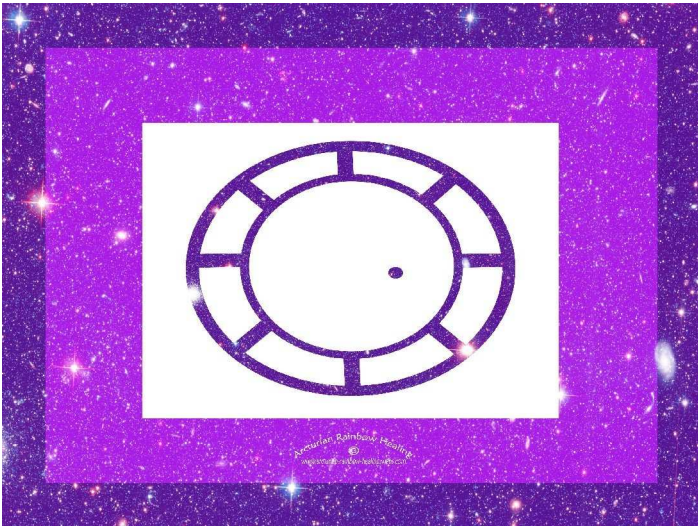
When working with this symbol you will create an inner space and clarity that will enable you to control your mind regardless of circumstances.

The goal of these symbols is to allow you experience a permanent inner peace or "nirvana". They provide you a strong connection between your physical body and your astral body and will facilitate connection with guides.

The more you connect with these symbols the deeper sense of well-being, you will become more aware and conscious of the present moment, non-judgementally and mindful peacefulness occur at the most silent and peaceful level of consciousness - the inner self.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation or before bed. Place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others.

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Master Astral Travel

Light Language Name: Kalik Zen Tay Vamma Om

Description: This symbol has been created for Arcturian Rainbow Master Healers. It will assist you when you are teaching your students in their astral bodies and will provide you with powerful protection in the astral realms.

It will amplify your astral body experiences and aid with deepening your exploration and practice of interplanetary travel using the Astral Body with your students and helps with adjusting your Astral Field to be able to receive the most amount of information from your destinations that you can.

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Exploring astral realms is safe and very rewarding for you and your students. The knowledge you gain from your travels can be used to enhance the quality of life now and it also gives you greater understanding of the underlying reasons why things happen as they do.

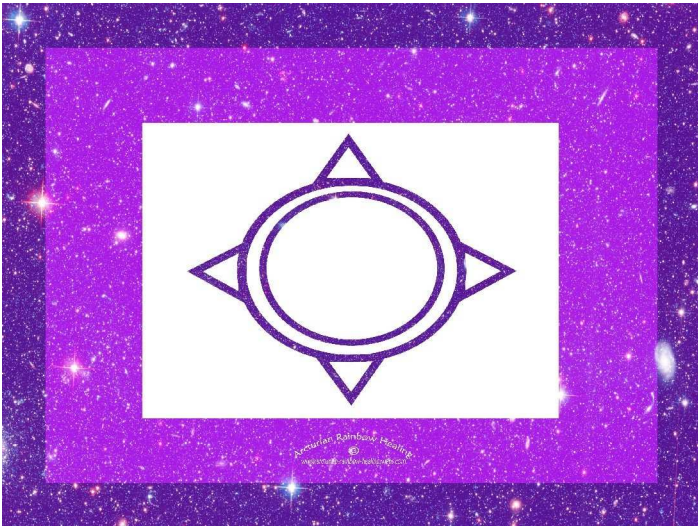
Many of your existential questions Who am I? What am I here for? What is my purpose? etc. can be answered through working with this symbol.

The more you astral travel the more you will infinitely expand your knowledge of the cosmic realities in which all exists.

Déjà vu (having been here before) experience is a common way you can prove to yourself that you have genuinely had astral travel experiences and this should happen more often the more you work with this card.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation or before bed. Place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card, use for activating others.

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Light Body Expansion

Light Language Name: Shemah Dun Lan Kah Zaf Kumah

Description: This symbol helps to strengthen and expand your light body. Your light body is an energy body that exists at a higher level, closer to your Source, than your chakras.

When connecting with this symbol you awaken the light body that can help you regulate the amount of energy you take in from your environment, change less harmonious energies into harmonious ones, and use all the energy around you for your highest good.

You will begin to experience a stronger sense of personal power and an increased ability to stay centered and to release stuck emotional energy.

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Working with this symbol will take you to the higher mental realms and other dimensions that are beyond time and space.

As you work with this symbol you will add light to your thoughts and open your channel to the higher dimensions.

You will experience many illumined, expanded states of awareness that can feel deeply insightful, blissful, and take you beyond thought into direct experiences of being-ness.

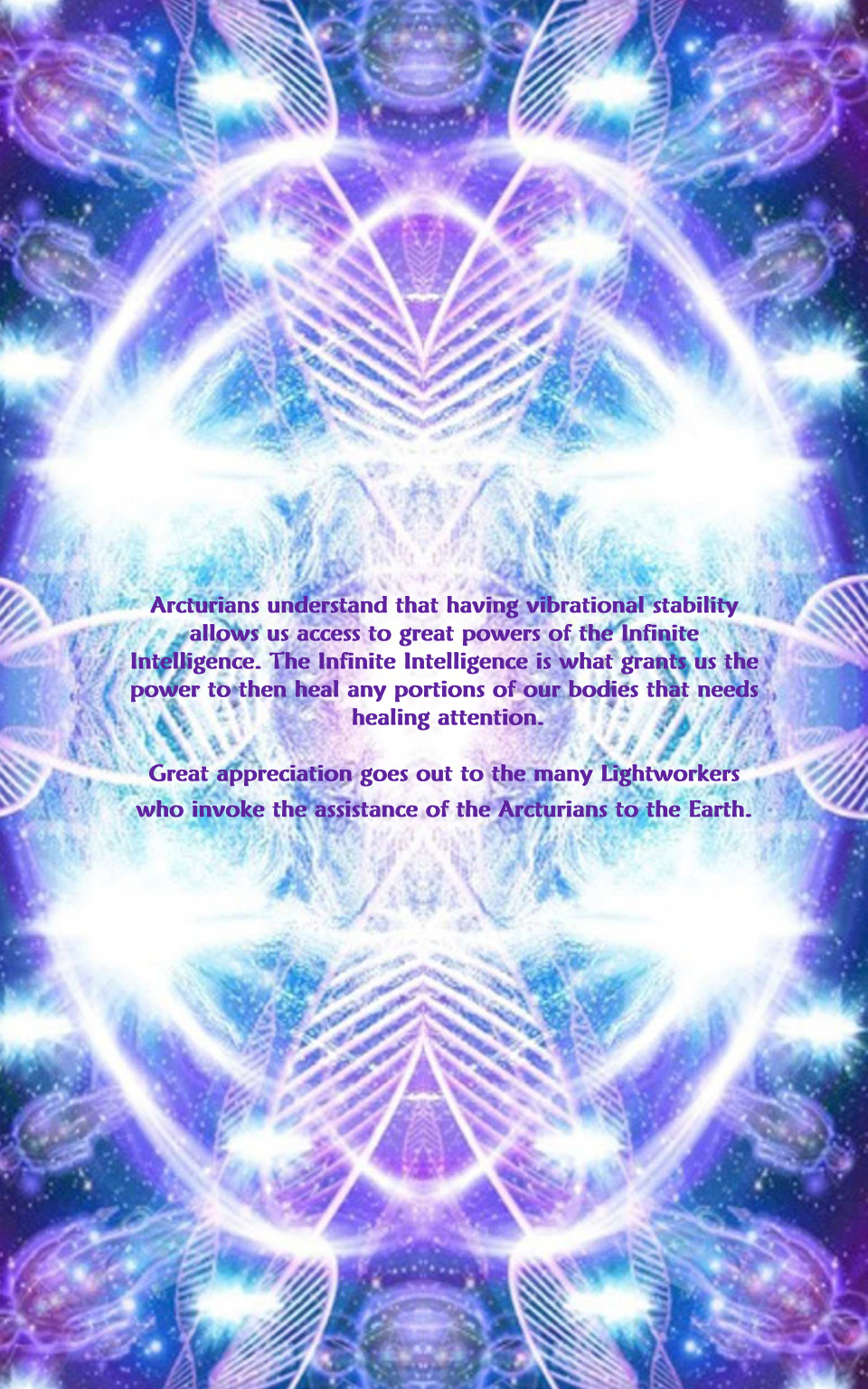
As you connect with your Source, you can increase the balance, clarity, and harmony in your life.

Expanding your light body is like having a new kind of vision, where you can see, sense and feel the higher, more beautiful energies and make them a part of your daily life.

How to use this card: Sit with this card and allow yourself to relax and be absorbed by the image during meditation, place it somewhere you can see it each day when activating yourself, chant the Light Language Name of the card and use for activating others.

Namaste





Arcturians understand that having vibrational stability allows us access to great powers of the Infinite Intelligence. The Infinite Intelligence is what grants us the power to then heal any portions of our bodies that needs healing attention.

Great appreciation goes out to the many Lightworkers who invoke the assistance of the Arcturians to the Earth.