

Yes, No & Angel

Recomposing the Melody of Our Life

Directions for working with Yes, No & Angel Cards kit:

'Yes' cards offer us positive behavioral patterns. Their role is to fuel us with energy, direct this energy to constructive channels, and show us how to react to other people in positive ways.

'No' cards remind us how not to act, how not to react to other people and also which type of energy inside us we should avoid.

'Angel' cards can be integrated into any of the suggested exercises.

Suggestions for projective work with Yes, No & Angel Cards kit:

First activity: Right, Wrong

Think about a certain aspect of your life about which you would like to receive a message. Shuffle the 'Yes' cards while focusing on your chosen aspect, and randomly draw out a card from the pack. Place the card face-down, on the table, without looking at its content. Do the same with the 'No' cards pack.

Now, turn over both cards and observe them.

Observe your 'Yes' card and try to identify the feelings evoked in you by the word written on it. Do the same with your 'No' card. Regard the cards' role as described above and try to identify the message.

Every card carries a number. Add the numbers from both cards, and then add the digits of the number you got, until you reach a one digit number. For example: $17+35=52$, $5+2=7$

Now draw the corresponding card from the Color-Angels' pack, and read it (in our example you will draw the 7th card).

Note how the message brought to you by this card enriches your understanding of the message brought to you one step earlier by the 'Yes' and 'No' cards.

Second activity: Daily Message

You may use every card pack separately.

You can draw only one card from the 'Yes' pack or the 'No' pack in order to receive a message.

You can also draw an 'Angel' card and read it.

Third activity: Keys

Choose a certain subject. Try to imagine a room in which positive things, relevant to your chosen subject, are happening constantly. Intuitively choose two cards without looking at their content: one 'Yes' card and one 'No' card. The 'Yes' card is a key which opens the room's door from the outside. The 'No' card blocks the entrance to the room. Try to see how your 'Yes' card goes into action. The action motivated through your 'Yes' card's message will open before you a world-full of positive possibilities.

Forth activity: The Force, the Barrier and the Road

Think of a certain subject that concerns you. Place the 'Yes' cards pack face-down on the table and choose a 'Yes' card to represent your force card. Turn it over and read the message. Try to imagine how your life would change if you would act according to what this message suggests.

Place the 'No' cards pack face-down on the table and choose a 'No' card to represent a barrier to action. Turn the card over, and examine how the message in your card reflects the pattern of the barriers in your life, and how it blocks your power. Finally choose one more 'Yes' card which can offer you a road around your barrier. What does this card offer you in terms of invitation to action regarding your attitude towards yourself, or the world around you?

Yes, No & Angel Cards kit can be used in any creative manner. You can use the cards to diagnose others, define your own cards by yourself or choose to do so by receiving feedback. The more you use your cards the greater your creativity will be, and the better your diagnostics abilities will become.

Create your own ways of working with **Yes, No & Angel Cards** and share your experience in our website.

For more information visit:
www.itzikcards.co.il

