

Spectra

Reflections of Relationships

Directions for working with Spectra Cards kit:

Spectra cards kit offers us a deep and diverse mirror through which we could reflect on the various aspects of our life. In **Spectra Cards kit** you will find 96 beautifully illustrated situation cards which are designed to symbolize situations from our life, and 96 insight cards.

Every insight card features three levels of cognition:

1. The most visually dominant level is the word of insight (+one empty card)
2. The second is depicted by a handless clock with hours only
3. The third presents the 4 elements of nature.

The empty card – when the empty card appears before you, choose out of your own world a word which best expresses your current disposition.

Suggestions for projective work with Spectra Cards kit:

Option 1 - Associations:

1. Think about a situation or a specific issue about which you wish to receive clarification or a message.
2. Articulate the question or matter you are concerned with, using simple words and simple sentences.
3. Shuffle the 2 card decks separately and place each one of them face-down on the table.
4. Intuitively pick out one card from each deck, while looking at the cards' reverse side only.
5. Turn the cards over. Observe the situation card (the illustrated card) and examine the thoughts, feelings and emotions which the illustrated situation arouses in you. How do you relate this situation to the question you asked?
6. Observe the insight card (the word-card), and repeat step 5.
7. Note that sometimes the relation between the insight and the situation is not a direct one. The insight may represent something that blocks the situation preventing its occurrence, or otherwise, it may also represent an orientation of empowerment and development. Sometimes the relationship between situations and insights points out a conflict. The situation and the insight may also reveal a concern, or a need. It is important that each person clearly describe the significance which the connection between the situation and the insight bears in his or her mind.
8. Try to find a relevant association between the insight and the situation, and examine the way by which they relate to the question you have just asked.
9. Try to understand the message that this combination conveys to you.

Option 2 - Processes

1. Each insight card contains a drawing of a handless clock.
2. Choose a goal you wish to attain in your life (advancement at work, improvement of your relationships, achievement of more tranquility in your life, etc.) Imagine that the digits on the clock are steps to be taken along the road towards your goal (for example: the number 1 position may represent the first stage in the process. The number 12 may represent the end of this process).
3. Place yourself somewhere between the number 1 and 12, at the place which best represents your current position relative to your goal. For example, if you chose the number 6, representing your position as midway to your goal, this means that the numbers 1-5 represent steps you have already taken along the process. Encourage yourself for achieving these steps and examine which internal skills you used in the process. Now, decide which action you need to take in order to further advance the process you are going through – and achieve one more step forward towards your goal.
4. What number have you reached?
5. Look at the word on your insight card and try to understand how it is related to your goal.

Option 3 – Elements

The four elements on the insight cards represent the forces of nature which are active inside us.

The goal when working with the elements is to see how these elements have been affecting your life and your performance in various life situations, and what you can do in order to change their impact.

The four elements are:

Soil = Stability, security, fertility, growth and nourishment

Water = Feelings, intuitions, flow, depth, purification and the source of life

Air = Communication, ideas, inspiration and meditation

Fire = Change, energy, power and heat

(Feel free to add your own personal interpretation to each element)

1. Think about any situation in your life
2. Draw an insight card and place it before you.
3. Choose the element which you experience as being the most dominant in your life with respect to the situation you have chosen.
4. Determine the relative impact that this element has on your life and actions, and translate it to space occupied on your card. Do the same with the rest of the elements and observe the spaces formed. (It is recommended to perform this task by sketching the spaces on a clean card-sized piece of paper, see example).
5. Now, when your current disposition is clearer, reflect whether or not you wish to change the various degrees of dominance which the elements bear on your life.
6. Which element would you like to empower? Which would you choose to weaken? In what way?

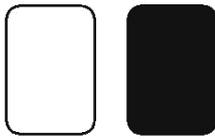
Option 4 – Messages

As a daily exercise, pick out a situation card and an insight card and examine the way by which they relate to your day.

Spectra - Ideas for Card Spreads:

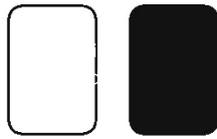
a. The Powers in Me

Driving Powers
Possibility of Change



3

Blocking Powers



2

The Subject



1

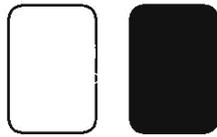
b. Emotional Intelligence

Intuitive Message



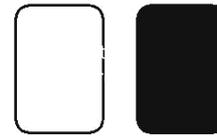
3

Feelings



2

Related Thoughts



1

c. Learning Process

What should I have learned?



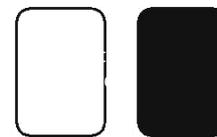
3

What have I Learned?



2

The Subject



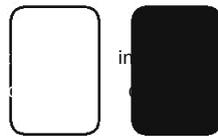
1

d. Associating between the conscious and the subconscious

The subconscious choice (spread the cards face-down and intuitively choose two cards without looking at the pictures)

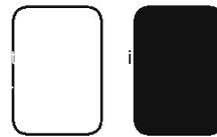
The conscious choice (spread the cards face-up and openly choose two cards)

4 Observe the similarities and the differences. What is your lesson?



3

in



2

Choose any subject about which you wish to receive a message

1

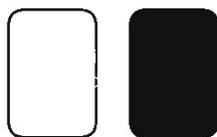
e. Mask Spread

What is the lesson to be learned?



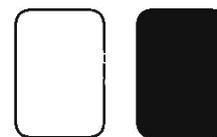
3

What does it conceal from the world?



2

What does it reveal to the world?



1

f. Past, Present, Future

The potential in the future



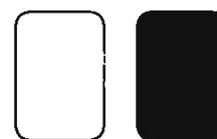
3

The present with relation to the investigated issue



2

The past with relation to the investigated issue



1

In order to enable focusing and depth it is advisable to turn over two cards in each spread, to work with them according to their number, and then to continue with the next pair.

Spectra 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 **Spectra Cards** and share your experience in our website.