

THE SOUL CREATOR CARDS GUIDEBOOK



Nessa Lovell

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INTRODUCTION

The Soul Creator Cards

Discover your power. Reclaim your life.

WHAT ARE THE SOUL CREATOR CARDS?

The Soul Creator Cards are a 4-in-1 deck of Oracle style cards created by Nessa Lovell. On one side of each Soul Creator Card is one of Nessa's artworks (there are 78 cards, and therefore 78 artworks), and the other side has either an Affirmation, Revelation or Declaration statement. There are 30 Affirmation cards, 30 Revelation cards and 18 Declaration cards within the deck. The artwork sides are known as the Elevation Cards.

These cards are designed to help you develop and nurture a deeper relationship with yourself. So often we give our power away to others, thinking it is another person or situation that is creating upset or chaos in our lives. While we have no power over other people's actions or external events, how we respond to them is another matter.

As we create a deeper awareness of our internal response to external triggers, we gain back our power. We start to see how our internal programs play out in our lives, and are able to start creating our lives from our soul, rather than our ego. These cards are designed to take you on a journey back to yourself.

We hope you enjoy them, and if you feel you need some help deciphering your responses to the cards, Nessa has a handful of 1:1 sessions available. You can contact Nessa via the details at the end of this booklet.

Nessa Lovell

ARTIST. INTUITIVE. HEALER. GUIDE.

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THE ELEVATION CARDS (THE ARTWORK SIDE)

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The artwork side of each card can be used in a number of ways. Here are some suggestions for use:

Pick a card every day and prop it somewhere you can see it and enjoy the artwork.

Think of a question you want answered, and pick a card. Use your intuition to find the message within the artwork - look at the colours, any shapes or emotions that appear and see how that relates.

Pick a card each morning and incorporate some or all of the colours within the artwork into your day - your clothing or accessories, your (healthy) food, with throw rugs or decor items. See how those colours make you feel - do they lift or drain your energy? Do you feel more powerful?

Pick a card and focus on it while you meditate, or just whenever you need a brain break. Allow your mind to wander and see where it takes you.

Keep your deck next to your desk and select a card whenever you need a break, or if you are feeling stuck or uninspired. How does the painting make you feel?

Explore how you feel about the colours in the artworks by picking a card every day and writing your responses in your journal. Does a colour make you feel calm or excited? Uncomfortable or stressed? Why?



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COLOUR WHISPERS TO
THE SOUL.

Nessa Lovell

The Revelation Cards consist of a question or series of questions designed to make you think about your responses, behaviours, patterns and programs. They are NOT about judging or blaming, but rather shifting from a powerless to a powerful mindset. When we believe that anyone or anything outside of ourselves has the power to make us feel bad, we are giving our power away. Only by becoming aware of how we speak to ourselves, react to situations and revert to our subconscious programming can we reclaim our power. Here are some of the ways you can use the Revelation Cards:

- Pick a card a day and use it as a journaling prompt. Nessa has a companion journal which will be available soon that can be used with the Revelation Cards.
- Set yourself a 30-day challenge - pick a different Revelation Card each day and meditate on the question, then write down your responses, insights or realizations.
- Pick a Revelation Card and use it as a conversation starter on social media, in meetings or at social gatherings.
- Pick a card each morning, and place it where you can see it during the day. Ponder the question throughout the day.
- Pick a few cards and use in a spread - how do the questions relate to your life right now, or in the past?
- If a Revelation Card touches a nerve, try using one of the Young Living essential oil blends (such as Abundance, Surrender, Forgiveness etc) to help release the program. Ask Nessa for guidance on this.





THE AFFIRMATION CARDS



3

There are 30 Affirmation Cards within the Soul Creator Deck. Many people find that affirmations don't work well for them, but they forget that an affirmation will only work in line with whatever subconscious programs are currently running. We often need to change the subconscious programs (or at least become aware of them) before the affirmations will work. The Revelation Cards will help to identify old programs and patterns, and the Affirmation Cards can help to create new, more positive programs.

These Cards can be used in any of the ways listed above, and also these ways too:

- Pick an Affirmation Card each day and repeat it out loud 7 times every time you look in the mirror. This helps to program it into your subconscious.
 - Choose an Affirmation Card that you would like to focus on and use it during meditation for a day, a week, a month or more depending on how important it is for you right now. You can take a photo of it and add it to your phone as wallpaper or your lock screen too.
 - Use a Young Living essential oil blend that compliments the affirmation to help anchor in the new belief. Apply a drop to your palms and inhale while repeating the affirmation to yourself. Wear the oil anytime you want to embody that affirmation to strengthen your connection to it. Nessa can suggest which oils to use and how to set up your own account.
- 



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**WHEN I PUT MYSELF FIRST,
EVERYONE ELSE GAINS A BETTER
VERSION OF ME.**

Nessa Lovell

There are 18 Declaration Cards within the Soul Creator Deck. Each of the artworks that the Declaration Cards are written over are based on a specific colour (usually with gold as well) such as yellow, red, purple etc.

The Declaration statement on the back relates to the meaning of the colour, and often the chakra it is related to. The statements are designed in a way that reminds us to release something that is not serving us, and embrace something new that will.

Choose a Declaration Card that relates to something you want to improve within yourself right now. Repeat the statement 7 times when looking in the mirror, write it in your journal daily, or record yourself speaking it out loud and listen to it every day. What changes?

- Pick a card, and wear the colour related to the card you have chosen. Consider how it relates to you right now.
- Intuitively select one or more Declaration Cards and see if there is a message for you within them.
- Pick out any of the Declaration Cards that make you feel uncomfortable, and look at the reasons why - there is a message here for you.
- Listen to one of Nessa's Colour Journey meditations that relates to whichever Declaration Card you are working on (coming soon).
- Use a Young Living essential oil blend that reflects the statement on the card daily when working with a specific Declaration.



**I LET GO OF ILLUSION AND
OVERTHINKING AND EMBRACE MY
INTUITION AND EXTRA-SENSORY
GIFTS.**

Nessa Lovell

JOIN THE SOUL CREATOR COLLECTIVE

The Soul Creator Cards are a brilliant way to explore your inner beliefs in your own time and manner. The Soul Creator Cards Companion Journal is currently in production and will be launched in due course, so make sure you join the Soul Creator Collective email list to keep updated of when it will be available.

To access the Collective and download your free Colour Meanings Information Sheet, you can visit here: <https://nessalovell.com/landing/colour-meanings>.

ORDER AN ENERGY IMPRINT AND READING

Nessa's signature package consists of an A3 sized (29.7cm x 42cm) Energy Imprint Artwork and a Colour Reading.

An Energy Imprint is Nessa's version of an aura painting, where she tunes in intuitively to the person she is creating for and selects intentions, oils and colours based on what comes to her.

Once created, the reading will be delivered via Zoom with the client.

These readings are based on the colours and patterns within the artwork and how this relates to the client's life. These sessions are magical and insightful, and often surprising. To book your Energy Imprint, contact Nessa on the details at the end of this booklet.



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**I READ MY ARTWORKS LIKE
YOU READ YOUR TAROT
CARDS.**

Nessa Lovell

Nessa's services include:

- Energy Imprint Packages for personal or businesses clients;
- Commission artworks in various sizes;
- Corporate art solutions;
- Premade artworks for purchase
- Printed products;
- 1:1 Wisdom sessions;
- Colour workshops.

To discuss your needs, email Nessa at nessalovellart@gmail.com

CONTACT US NOW!

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