

Frequency Cards

One of many tools for communication with Spirit

How to use these cards

There are various names for cards used to help with psychic communications with Spirit. Some are trademarked and others are not, and include Oracle Cards, Spirit Cards, Soul Cards, and others. In my view, the purpose of all of these is similar, which is to help someone with a psychic connection better articulate a message from Spirit.

Many physical decks of cards are for sale, and I created these for anyone to download and use free of charge.

Some decks have 52 cards, others have less and some have more. I chose the number 49 for the number of cards to include in the deck, given the mystical, spiritual, and religious importance of the number seven (7). I multiplied 7×7 to represent half of the energy projecting from a point upward (toward a higher existence), and half of the energy projecting downward (to anchor all that we do).

To use them, ask Spirit to provide you with numbers to use in your reading. If you wish to address five questions with the person being read, then write down five numbers that come to you from 1-49. Then, look through these cards, and write the word on each card that corresponds to the numbers you chose. Use these words as a starting point or prompt to begin the story and message for the person being read, guided by Spirit.

I hope you find them useful on your spiritual journey.



1

Expand

A close-up photograph of several plumeria flowers. The flowers have five petals each, with a color gradient from pale pink at the edges to a bright yellow-orange in the center. The background is a soft, out-of-focus green, suggesting foliage.

Delicate

2



3

Rhythm

Desolation

4



5

Flow

Passion



7

Frødom

A microscopic view of plant cells, showing a network of interconnected, roughly hexagonal cells with thick, dark cell walls. The cells are filled with a light blue fluid. The background is a soft, out-of-focus blue.

Connection





Wonder

An underwater scene featuring a variety of colorful fish swimming over a vibrant coral reef. The water is clear and blue, with sunlight filtering through from above. The fish include several large, flat-bodied species with distinctive patterns and colors, as well as smaller, more colorful fish. The coral reef is diverse, with various shapes and colors, including yellow and orange corals.

Below

10



11

Ascend



Rooted

12

The image features two interlocking rings made of multiple parallel blue lines, set against a light blue gradient background. In the upper right corner, the number '13' is written in a black, serif font inside a hand-drawn, irregular black border.

13

Infinitæ



Fleeting

14

A close-up photograph of an owl's face, focusing on its large, glowing red eye. The owl's feathers are a mix of grey, brown, and white, with fine details visible. The background is dark, making the owl's features stand out. In the top right corner, there is a white-outlined box containing the number 15. At the bottom, the word 'Wisdom' is written in a white, serif font.

15

Wisdom

Community



16

A close-up photograph of a lizard's head, showing its eye and the intricate patterns of its scales. The scales are a mix of vibrant colors including green, blue, yellow, and orange. A white rectangular box with a thin black border is overlaid on the right side of the image, containing the number 17 in a white, serif font.

17

Adaptation



Anchor

18

A close-up photograph of a snowflake, showing its intricate, six-fold symmetrical structure. The snowflake is composed of numerous small, needle-like crystals radiating from a central point. The background is dark, making the white snowflake stand out. In the top right corner, there is a white, hand-drawn rectangular box with a slightly irregular border, containing the number '19' in a white, serif font.

19

Strukturę

Horizon

20



21


Growth



Nourish



22



23

Contemplation

Love



24



25

Family

Path forward

26

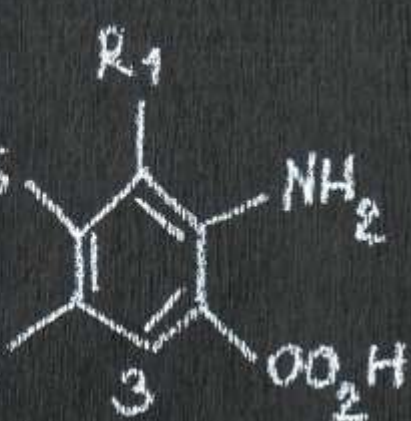


A tropical forest scene with sunlight rays filtering through the trees. The sun is low in the sky, creating a warm, golden glow. Sunbeams (crepuscular rays) are visible, cutting through the misty air. The trees are lush and green, with some palm fronds in the foreground. In the upper right corner, there is a brown, rectangular box with a black outline containing the number 27 in a black, serif font.

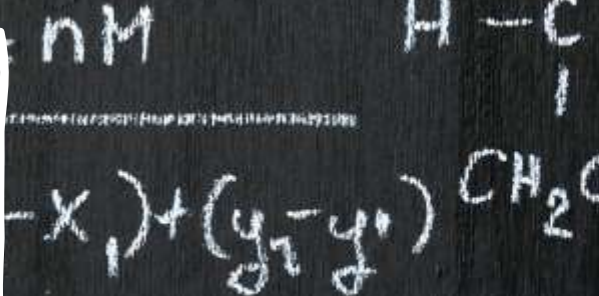
27


Enlightened

Chemistry



28



A top-down view of a white and brown dog curled up in a brown, cushioned dog bed. The dog is resting its head on the floor. A small, light-colored toy with a pink flower is tucked near its front paws. The bed is placed on a light-colored wooden floor.

29

Comfort

Individualism



30



31

DK

E

Knowledge

Emergence



32

A photograph of a concrete wall and pillars. The scene is lit from the left, casting long, dark shadows from the pillars and the top edge of the wall onto the wall and the brick-paved floor. The shadows create a strong sense of depth and geometry. The wall is made of large, light-colored concrete blocks. The floor is paved with dark bricks.

33

Shadows

Innovation

A close-up photograph of a glowing incandescent lightbulb. The bulb is the central focus, with its internal filament and glass enclosure visible. The background is a soft, out-of-focus bokeh of warm, golden-yellow light, creating a sense of depth and warmth. The overall color palette is dominated by warm tones, from deep oranges to bright yellows.

34

35

Complexity

Compassion



36



37

Focus

Endurance



38

A close-up photograph of a hand holding a paintbrush, dipping it into a watercolor palette. The background is softly blurred, showing a wooden easel and a person's face. A dark blue banner with the number '39' and the word 'Artistic' is overlaid on the image.

39

Artistic



Collaboration

40

A large, intricate sandcastle stands on a sandy beach. The sandcastle features a central tower with a rounded top, flanked by two smaller towers. The base is decorated with numerous small, round sandballs. The background shows the ocean with waves breaking onto the shore, and a small white sailboat is visible on the horizon under a clear sky.

41

Build

Balance

42



43

Write

Teach

44



45

A photograph of a man with reddish hair, wearing a purple long-sleeved shirt, assisting a young child with blonde hair in climbing a wooden rock wall. The child is wearing a floral patterned vest over a white long-sleeved shirt, blue jeans, and yellow sneakers. The man is reaching up with both hands, one supporting the child's back and the other holding onto a blue handhold on the wall. The rock wall is covered in various colorful handholds (yellow, green, blue, red). The background is a bright, slightly hazy outdoor setting. A dark teal banner is at the bottom of the image, containing the word 'Trust' in white text.

Trust



Happiness

46

A close-up, low-angle shot of several children's faces looking upwards towards the camera. The children are of various ethnicities and are smiling or looking directly at the viewer. The lighting is bright and natural, creating a warm and joyful atmosphere. The children's faces are arranged in a circular pattern, filling most of the frame.

47

Youthful

A young girl with long blonde hair is climbing a playground structure. She is wearing a blue and white striped dress with colorful polka dots and red prosthetic legs. She is holding onto a chain with a red ball. The background is a blurred green field.

Challenging

48

49



Learn