

# EXPANDED ENERGY REFLECTION CARDS

A printable InnerG Space deck based on Grandmaster Bey's expanded energy system. Educational spiritual-practice content only. Not medical care, diagnosis, treatment, or guaranteed activation.

## How To Use

Choose one card before practice, journaling, meditation, breath awareness, or integration. Use the card as a focus point, not as a prediction. Keep breathwork gentle and stop if dizzy, strained, or unwell.

## Deck Sections

- Expanded energy centers
- External centers and field work
- Breath and stimulation
- Protection, charging, and Spirit Bombs integration

## CENTER CARDS

### Root

Prompt: What would make the next step feel steadier?

Practice: Name one grounding action you can complete today.

### Sacral

Prompt: What feeling, pleasure, or creative current is present?

Practice: Give the feeling language without letting it run the whole system.

## Solar Plexus

Prompt: Where do standards, ego, and discipline need alignment?

Practice: Choose one clean boundary or one focused action.

## Dantian

Prompt: Where is qi or life-force gathering below the navel?

Practice: Track heat, pressure, or steadiness without forcing breath.

## Heart

Prompt: What can soften without being forced open?

Practice: Notice giving and receiving. Which side needs balance?

## High Heart

Prompt: What bridge between compassion and spirit is active?

Practice: Name one quality you want your field to transmit.

## Throat

Prompt: What truth needs a cleaner sentence?

Practice: Write it plainly before deciding whether to speak it.

## Well of Dreams

Prompt: What image is rising from the subconscious?

Practice: Sketch or describe it before interpreting it.

## Third Eye

Prompt: What pattern keeps repeating?

Practice: Observe the pattern without adding fear or fantasy.

## Forehead Zone

Prompt: Where can cosmic love widen the view?

Practice: Reframe the situation from a larger perspective.

## Crown

Prompt: What wisdom is trying to download?

Practice: Write one principle, prayer, or higher instruction.

## Feet

Prompt: What needs grounding through the silver Earth current?

Practice: Feel the soles, then write what stabilizes you.

# EXTERNAL + FIELD CARDS

## Right Hand / Yang

Prompt: What energy am I projecting with discipline?

Practice: Place attention in the right hand and name the outgoing current.

## Left Hand / Yin

Prompt: What energy am I receiving or transmuting?

Practice: Place attention in the left hand and name what you are allowing.

## Merkaba

Prompt: What field am I sealing around the whole system?

Practice: Describe the shape, color, and boundary of the field.

## Aura Integrity

Prompt: Where did I leak attention today?

Practice: Reclaim focus from distraction, gossip, or chaos.

## Mirror Shield

## Violet Flame

Prompt: What energy needs reflection instead of absorption?

Practice: Name the boundary and keep the body relaxed.

Prompt: What needs transmutation instead of reaction?

Practice: Write what you are transforming into wisdom.

## Energetic Dome

Prompt: What does my domain feel like today?

Practice: Describe the dome or sphere around your field.

## Mental Landscape

Prompt: What inner environment supports practice?

Practice: Build the scene: place, elements, symbols, and texture.

# BREATH + ENERGY CARDS

## Basic Deep Breath

Prompt: Can I stay gentle and present?

Practice: Natural inhale, easy pause, natural exhale. No strain.

## Reverse Breath

Prompt: What changes when attention gathers at the lower abdomen?

Practice: Keep this slow and light. Track Dantian sensation.

## Red Zone

Prompt: What does grounded intensity feel like without force?

Practice: Use controlled, gentle huffing only if comfortable.

## Orange Zone

Prompt: What heat or creative charge is moving?

Practice: Observe the current without climax-chasing or compulsion.

## Yellow Zone

Prompt: Where does fire need discipline?

Practice: Keep rapid breathing out of public/unsupervised products; track focus instead.

## Green Zone

Prompt: What expands through the chest?

Practice: Lift the chest gently and release tension without strain.

## Energy Current

Prompt: Can I sense a current from soles to crown?

Practice: Trace the current slowly, then journal what changed.

## Energy Bounce

Prompt: Where does energy move easily, and where does it stop?

Practice: Track toes, feet, legs, core, organs, arms, hands, throat, head.

# ADVANCED INTEGRATION CARDS

## Chakra Cleansing

Prompt: Which center needs careful cleaning?

Practice: Visualize gentle brushing until the center feels clearer.

## Clockwise Spin

Prompt: Where do I need electric, solar, masculine direction?

Practice: Visualize clockwise spin without forcing sensation.

## Counter Spin

## Multi-Spin

Prompt: Where do I need magnetic, lunar, feminine reception?

Practice: Visualize counterclockwise spin and observe.

Prompt: Which center can hold complexity today?

Practice: Journal, do not overwork. Stop if ungrounded.

### **Spirit Bomb Hands**

Prompt: What intention am I concentrating between the hands?

Practice: Record color, temperature, pressure, and purpose.

### **Heart Sphere**

Prompt: What intention belongs in the heart field?

Practice: Keep it clean, ethical, and grounded.

### **Charging Source**

Prompt: What charges me today: sun, moon, trees, water, prayer, joy?

Practice: Choose one source and track the effect.

### **Integration**

Prompt: What grounded action completes the practice?

Practice: Eat, rest, hydrate, walk, clean, write, or finish one task.