

## Using Chi Cards

PRACTICAL SOLUTIONS IN SELF IMPROVEMENT



# PERSONAL GROWTH



## A Practical Guide to Self Improvement

If you're serious about manifesting real change in your life, chi cards and chi generators offer an advantage over other methods. I will share a few steps you might want to take and offer insights into how you add in the use of chi cards and the basic manifestation program, or your chi generator. If you don't have a chi card already, you can get a free trial card and feel the difference carrying real power in your wallet will make in your life. A three day trial can make a

In the above example coffee is being charged with a ceg 1000 and chi card to increase intuition

difference before you spend a cent. See <http://www.chi-card.com> in order to receive your trial card or send me a message through the orgone tech online community: <http://www.orgonetech.com>

### Ten Practical Steps In Self Improvement and How A Chi Card Will Help

1. Read a Book a Day. You can use your chi card to help with focus. You can use a chi card to strengthen intuition in order to decide the right book to read in order to improve your life.
2. Create an Inspirational Room. Use the Creativity Filter to come up with ideas. You can take a picture of your room and send specific energies into each area of the room. If it's your office, you can fill it with concentration/focus energy when you need to get focused. If it's your family room, you can send the optimism and success energy into the room. If it's your studio, you can use the creativity filter in order to feel more creative as you're working there. Use your imagination and your chi card and get to work (or play!)
3. Identify your blind spots. We all have them. Certain areas that are problem areas for us but that we have grown so accustomed to that we take it on as characteristic of ourselves rather than work on them. You can use the solve problems filter to help figure out what your blind spots are and that will give you ideas to work on in self-improvement. Combine Solve Problems with Powerful Intuition for a powerful combo. Write down any insights you receive over the first several days of running the trend. Then run trends to work on the areas that you come up with and this will help you in all areas of your life: work, home, love, school.

*Below are examples of filters available*



There are various ways use the digital filters or the basic manifestation program in order to improve in all areas of life. The filters above can be ordered through the chi card site at <http://www.chi-card.com>

4. Get out of your comfort zone. If you like to be around people, try using a chi card and calm emotions, or meditation, to spend some quiet time to yourself. If you're normally nervous around other people, use the charisma and magnetic appeal filters with your chi card and get out and socialize. Experiment. Have fun with your chi card. Have fun with your chi generator. It doesn't have to be serious all the time. There are trends that you run with your chi generator, that are serious of course, and no one should take manifestation lightly all the time, but I love to experiment and I'm sure you do too. Share your results on the orgone tech online community. We love to hear how everyone is using chi cards and chi generators.
5. Quit a Bad Habit. This is a serious one. We all have habits, some good, some not so good. The solve problems filter is a good one to use here as well. You can also use filters from the energy pack if your habit is related to diet and exercise. If you have triggers that cause you to reach for food, you can work on clearing those triggers, or choosing healthier foods.
6. Cultivate New Good Habits. One that I work on is drinking enough water. I like to charge my water, so charging my water each morning, reminds me to drink the water I need each day. Write a list of habits you'd like to cultivate and charge it using your chi card. carry it with you and add to it for a few days. Choose one habit to work on and commit to working on that habit for at least 30 days so that you can get it engrained as a behavior.
7. Set Goals. Create a to-do list to reach your goals. Write out your goals. You might want a journal for this. It's good to keep a notebook so that you can see how far you've come down the road. Don't be afraid for your goals to be big. Write out short term goals and long term goals. Charge them with a chi card regularly. Keep them where you can see them. Actively work towards meeting them.
8. Get a mentor or coach. Find someone you look up to who you can contact for advice. Offer your advice to other people. I learn something new every day by helping others or asking questions. You can use filters from the People Skills pack or Business pack to bring the right people into your life to help.
9. Ask for feedback. This goes along with getting a mentor or coach. Don't be afraid to ask questions. That's how you learn. There are no dumb questions, ever.
10. Commit to Personal Growth. In order to grow you must be committed. Chi Cards and Chi Generators can help but they're tools. They have to be used in order to work well. A computer is a tool, which can be used to waste time or to make millions of dollars, it all depends on how you use it. Get to know your chi card, the basic manifestation program and the chi generators and commit to using them to create the best version of yourself possible. Email me for support and ideas or just to say hi. ( [chicards@chi-card.com](mailto:chicards@chi-card.com) )