

*Gratitude  
Keeper*®

CORE THERAPY CARDS

A VALUABLE RESOURCE FOR WHEN YOU NEED INSPIRATION THE MOST!



There are a total of twenty-one Gratitude Keeper® Core Therapy Cards. These cards are intuitively inspired, and carefully created and curated, to support you to positively transform your life, and enhance your Gratitude practice.

The cards feature expressions of Gratitude which are emphasized in multiple areas, with the intention of your heart vibration connecting with each Gratitude differently, every time you revisit the card. You may find yourself connecting with different expressions of Gratitude at times when you least expect to, or when you may unknowingly need the inspiration, or the comfort that it will bring to you.

Each of the cards in series one, features a painting by Dr. Maxine McLean. The cards in series two feature paintings by Tom Heinar. The interpretations of the paintings are left to your imagination, and the wisdom of your inner guide.



The intention of these Gratitude Keeper® Core Therapy Cards is to invite warm, encouraging conversations and thoughts towards promoting better Mental, Emotional, Physical, and Spiritual Health (MEPS), and healing through the vibration of colors, lines, images, shapes, quotes, affirmations, mantras, and meditations.

No matter how enriched and positive we believe we are, some days are seemingly more emotionally and physically demanding. We each need only a slight nudge to remind ourselves of the things we can be Grateful for, that we are strong enough to handle the unexpected, and that the sting of it, shall soon pass.

Allow yourself to intuitively select a Core Therapy Card each day. Be assured that a luminous pathway to healing opens when you choose the one card that strikes at the very core of your emotions. Then, begin to experience your life's journey through the powerful vibrations of Gratitude, and welcome a personal enlightened transformation: mentally, emotionally, physically, spiritually, maybe even financially.

You may choose the same card on multiple occasions. Allow this to happen, as the card you are drawn to may resonate with you differently each time. It may allow you to consider or draw out something in more depth, more comprehensively, or stronger. The process is entirely different for each person.



## SET THE INTENTION AND MAKE IT COUNT

- the intention to not hoard emotional conflicts
- to clear self-sabotaging statements
- the intention to think positive in spite of the challenges
- to understand the important role that forgiveness plays in the heart of your health
- understand and using techniques to control your emotions and anxieties
- understand how to make today better than yesterday.

### THESE CARDS ARE DESIGNED TO:

- Help you override negative thoughts by nurturing positive ones.
- Provide direction, to motivate your divine potential and to activate your highest realm of thinking.
- Assist in enlightening and strengthening your core beliefs in establishing interpersonal value to self and your life purpose.
- Practice embracing the diverse and complex art of forgiveness.
- Build confidence and establish meaningful direction in our life.

**The Power of numbers is significantly recognized in the development of these Gratitude Keeper® Core Therapy cards.**



The number “3” is considered the number of harmony, spiritual unity, wisdom and understanding.

The number “7” is a sacred number signifying peace and completeness.

The number “21” signifies unity and perfection.



Each Gratitude Keeper® Core Therapy Card is embedded with a symbol of high vibrational energy.

Each symbol is a complex, mathematically organized structure of energy and universal completeness. These shapes can exist in layers of energy frequencies and are extraordinarily different in their design and purpose. Geometric symbols are harmonious and, for the most part, evident in the organs of our bodies and the planets of our solar system.

When choosing your daily Gratitude Keeper® Core Therapy Card, you will observe in the card one of these symbols of high vibrational energy. Once you have selected a card, think about that symbol, use your mind to absorb the image into the center of your chest, and believe that this symbol of high energy will effectively make a good difference in your life. You may get the same symbol repeatedly, and that's ok. The effects of each symbol on you, will be as unique to you as your fingerprint. The body heals in time and on different levels, though continuously cycling in a state of cleansing, repairing, and healing.

Sometimes, the root cause of physical or emotional imbalances is hidden within our hoarding negative emotions over time, which will block the flow of energy in our bodies—increasing the possibilities of anxieties, depression and disease patterns.



# INSTRUCTIONS

Each day, or as inspired, intuitively choose a Gratitude Keeper® Core Therapy Card. Allow yourself to connect with the words, expressions of Gratitude, the painting, or the symbols. Do not be concerned if you are drawn to the same card or cards each time. Allow your thoughts to embrace the messages that you read and the images or symbols that you see.

The Core Therapy Cards are uniquely designed to assist you to develop positive language towards self, your life and to support you in your Gratitude practice. Once you have embraced and engaged the principles of Gratitude herein, you will be on your way to transforming your life.

**I am confident you will  
enjoy the journey.**

**A valuable resource for when you  
need inspiration the most!**

This set of cards is not intended to treat or cure. Please contact your health care practitioner for assessment, advice, and treatment.



## THE SYMBOLS



### THE ETERNAL KNOT

*It represent different areas of our life in terms of time and energy. Endless flow of wisdom and the endless flow of energy.*

## YING & YANG



Founded around 600 BCE, and representing a symbol of balance. It is believed that to maintain good health mentally, emotionally, physically and spiritually, one needs to thrive in effectively balancing the yin and yang forces within the body, which will also reflect in your life.

## DREAMCATCHER



Native American cultures believe that both good and bad dreams traverse the night. The dreamcatcher acts like a spider's web trapping the bad dreams, which gets destroyed by the morning sun, but allowing the good dreams to have access to you.

## LOTUS FLOWER



The Lotus Flower is regarded as a symbol of purity and resilience, because it grows in the deep mud and strives for the light. Symbolizes that each person has the potential to self-regenerate and be enlightened even when their roots, like the lotus, is in the dirtiest waters or in unfortunate predicaments.

## FLOWER OF LIFE



The Flower of Life is an ancient symbol of mysterious origins. You can use it to manifest good in your life and to enhance the flow of universal energies into your healing journey.

## HON-SHA-ZE-SHO-NEN



With Hon-Sha-Ze-Sho-Nen, there is always something new to learn and discover about yourself and life. You can effectively use this symbol to help resolve emotional traumas of the past, current challenges, and possible obstacles of the future. You may also use it to emit positive energy to friends and family at any distance; but believing is vital.

## OM



The sacred and empowering sound of Universal energy. Being conscious and mindful of the gentle union of one's mind, body and spirit. You and the Universe are one, you can never be separated.

A pair of hands is shown from the bottom, cupping a large, glowing sunflower. The sunflower's petals are a soft, warm yellow, and its center is a bright, golden spiral. The background is a soft, hazy pink and orange, suggesting a sunrise or sunset. The overall mood is warm, grateful, and uplifting.

## *Thank you*

for ordering the Gratitude Keeper® Core therapy cards. I hope that your experience will carry on to inspire others.

For orders and updates, kindly visit [www.maxinemclean.com](http://www.maxinemclean.com) and click on "Gratitude Keeper®".