

Solfeggio Frequency Mandalas by Susan Walter

MANDALA

Mandala has been loosely interpreted to mean “wheel” or “circle.” I believe this is an abbreviated definition of an ancient healing tool, with the true meaning existing much closer to the “flow of life energy”.

Mandalas are a pure container, a tool of discovery, and are intended to be used to find our way back to our creative consciousness and connect to the divine. As a symbol of self-expression it is a visual symbol of how we are each a part of the whole vision.

Mandalas are a way to focus the mind and remove energy blocks through the pathways of the meridians. Meridians are invisible pathways or channels within the body. Our vital energy, or chi flows along these meridians, and anything that disrupts the smooth flow of chi is said to cause illness. This philosophy has been used for centuries in China, Japan, Tibet, India in Acupuncture and Acupressure providing us with a tool to align us with our original blue print. Mandalas are capable of helping one to access progressively deeper levels of the unconscious, ultimately assisting the unconscious and helping one to see the world through new eyes. Helping the mind to become more focused and balanced, while training it to be still.

Mandalas, symbols and colors are a language, each having their own frequency, emotion and feelings, as well as relay a physical force. Each can be used to influence our well-being, each stimulating the mind or relaxing it.

A mandala communicates how each individual is an integral part of the entire universe. It draws ones attention inward and enables us to understand its meaning and absorb it into our consciousness. It is through the conception, creation, and meditation with mandalas that one can and will receive messages from the universe. Each message is unique to your soul with divine timing and purpose intended uniquely for you and where you are in your personal developmental path.

Benefits:

- enhance creativity
- balancing the left right hemispheres of the brain
- reducing stress
- meditational
- generates wellness
- stimulates brain areas related to motor skills
- relieve stress and anxiety
- improve motor skills
- rebuild physical patterning skills
- enhances memory and learning in children with learning disabilities
- create feelings of calmness
- chakra, chi and aura balancing
- color it your way
- kids and adults alike enjoy coloring
- creating a unique piece of art
- share the experience of coloring with friends and family
- activates the intuitive genius within you

SOLFEGGIO FREQUENCIES

Solfeggio frequencies are not new, they are essentially very ancient.

These original sound frequencies were last known to be used in Ancient Gregorian Chants, such as the hymn to St. John the Baptist, along with others that church authorities say were lost centuries ago, sometime during the late 1600's. These chants and their special tones were believed to impart tremendous spiritual blessings when sung in harmony.

As we look at the best known Solfeggio frequencies, (396, 417, 528, 639, 741, 852 the Earthly Frequencies) using the Pythagorean method, we find the base or root vibrational numbers always add up to either 3, 6, or 9 ($8+5+2=15$, $1+5=6$). Nicola Tesla said, "If you only knew the magnificence of the 3, 6 and 9, then you would have the key to the universe."

Some scientists are now stating the big bang was not a bang, but a tone? Creation stories from across the world state that our solar system was sung into existence. Is it possible that the 'word' mentioned in Genesis was also a tone, could the six days of creation represent six of the fundamental frequencies, and the fundamental building blocks of the universe?

Through the grace of this rediscovery, these expressions of higher communication are available to us once again, through music, sound, color and geometry. We have been given these frequencies to actively use them as tools for our ascension – to transform us and reach new levels of consciousness.

COLOR YOUR MEDITATION

Angels = Color = Frequency = Geometry = Solfeggio = Language of Light

My sacred journey with the Solfeggio Frequencies as one of the Guardians of the Solfeggio has been expanding in all aspects of my life and my spiritual journey. It is my intention that you experience the same growth and heightened awakening.

In 2011 I was invited to listen to a piece of channeled music based on the solfeggio frequencies to see what spirit allowed. As I listened to his music I was surprised not only by how easily the mandalas came together, but also the joy that I felt in creating them. I was able to connect and heal my inner child. This process has helped me to learn to stay centered in the present moment, in an entirely new way. I am becoming more aware that this is where true spiritual growth takes place.

As I have continued on this journey with the solfeggio frequencies I have learned that in this incarnation I have been asked to play the role of a Guardian of the Solfeggio. I feel blessed and honored to play this role at this time of great change and awakening.

Thank You to my friend Teresa Richardson for her continued support and assistance editing.
I could not have finished this project without your support.

EARTHLY

174Hz, Releasing/Completing Karma



174 Hz is the Solfeggio Frequency for Earthly Karma, and the energy that can assist one in releasing karmic debts that no longer serve us. This frequency will re-arrange energy and perception, grooming a stable foundation for the acceleration and evolution of consciousness.

Karma refers to actions and their inevitable consequences, whether spiritual, mental, or physical. If we speak in anger we will provoke an angry response. But if we generate loving thoughts, we will facilitate greater connection. We need to heal negative emotional habits within, in order to free ourselves of destructive patterns and align us with heart consciousness.

285 Hz, Quantum Remembering

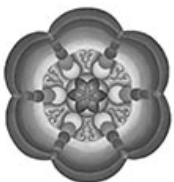


285 Hz is the Frequency of quantum remembering, remembering we are a soul having an earthly experience. People like to say that we are only human due to the mistakes we make and what we perceive to be failures. But in reality, we are more than our human vessel—the earthly suit our souls have chosen to wear. And in forgetting this, we lose sight of our soul paths.

This frequency assists in the acceleration and expansion of consciousness in balanced multi dimensional fields of awareness, accessing oscillating equilibrium through the law of truth and wisdom. All shadows are illuminated by the light for gentle healing as strength is reestablished. In addition, personal will discovers true expression through reason followed by corrected action.

The consciousness of a single soul stretches across the planes and dimensions of the universe. We can transcend these fields and strengthen our bonds as spiritual beings through awareness. Adhering to the structure of the universe will give us.

396 Hz, Liberating Guilt & Fear



The Source of wisdom penetrates the mind and heart in this blending of color and light banishing the obstacles to peace. True memory is restored allowing you to have access to the treasures of internal knowledge. The influences of strength and peace, preparing the way for liberation.

Struggles are part of our Earthly experience, but that does not mean we have to be defined by them. In fact, holding onto those burdens only strengthens the obstacles to peace and understanding. We forget that there is no need to feel guilt and fear, that it is in fact the liberation of these oppressions that make us stronger and lighter.

The desire to know is the first and most wonderful step in gaining knowledge. The source of wisdom penetrates the mind and heart and banishes the obstacles to peace. The quest is cyclical, ever-giving: the more you open your mind, the more you can know—which in turn leads to an expansion of the mind that can set you free.

417 Hz, Facilitating Change



Transformation allows you to release and change the appearances of difficulty and setbacks, bringing order and inner knowing to new heights of personal self-transformation. Internal Guidance is awakened and realigned, order relationships and communication instilling the expression of clear vision and power.

Grant me the serenity to accept the things I cannot change, The courage to change the things I can, And wisdom to know the difference.

When transformation takes place, we often feel blindsided and left in the dust. It can seem as though we are merely playing catch-up with fate. But there is a different way to deal with change, and that is by facilitating it ourselves. It might be inevitable, but if we do our best to welcome it, change can be beneficial. Aligning ourselves with transformative power will awaken our inner guidance and give us clarity on our connections with those around us and our connection with self.

528 Hz, DNA Repair



Now it is time we turn to the mechanics of our genes, which require our tending as much as our minds, hearts, and souls do. The smallest unseen part of us, providing our intuition and guidance on our soul path. As we discover more about our DNA, its purpose becomes unveiled through the instruments of free will and divine guidance.

As we come to know ourselves, we are given clarity to reason. From the source of wisdom and light comes the ability to remember and rediscover the miracle of healing and realigning to our genetic origin, our original blue print.

639 Hz, Connecting & Relationships



The complete healing radiant Light of Solfeggio 639Hz surrounds you, filling the personal mind with the influences of balance, health and tranquility. Mystifying sweeps of the Light on the path of return, embrace the spaciousness, igniting the means of approach to the precious internal unification with yourself and others.

No one is alone. Every one of us is bound to another, to a group, to something greater. Souls need the existence of one another, understanding that bonds of love and friendship are crucial to our growth and wellbeing. Communication on this deeper level will heal our grievances with one another and teach us the healing power of radiant light.

Making room for others, forming close ties, and healing broken bonds. This frequency urges us to connect and communicate with our loved ones so that we may create stronger bonds and build a lasting, all-encompassing community.

741 Hz, Awakening Intuition



Awareness is clarity of mind, open to all possibilities and accepting of all potential. If we clear our vision, we allow our inner power to shine through and guide us.

Tapping into this hidden power will awaken the guide we all possess inside us. This intuition is focused vision—awareness that is distilled from an open mind once it has become organized and free. Our inner strength will find a vast opening and channel purified expressions of love and purpose. We can see for ourselves what lies beyond.

852 Hz, Returning to Spiritual Order



We are all a part of something greater, and the sooner we choose to acknowledge that, the sooner we will be able to honor who we are and our place in the universe. Remember the spiritual being inside you—inside each of us. There is an order that we can all return to, one that will lead us to a higher connection.

We are coming home, and it welcomes us. Feel the light and joy, and realize that all beings are connected to the source of true power. The bond between our intuition and emotions strengthens as our divine purpose is revealed. This is a revelation to be celebrated.

963 Hz, Cellular Enlightenment, Oneness



Our lives, paths, and fates intermingle and sew themselves together in a multitude of ways. Finding a way to embrace this unification is the final key to living a healthy spiritual life. Consider the atom, the smallest and most necessary element we need to live: the atom in a tree is the same as in the human heart — each functioning at a different frequency.

This frequency will awaken the divine unity, heart consciousness, that each of us holds each atom holds this potential. It will bring peace and oneness to us all. If we but allow Light, Color, and Love to guide us to the experience of now, instilling a balanced and everlasting peace among us.

ANGELIC

111Hz, Cellular Rejuvenation



We can feel when something is beginning. Even though such a moment can seem to appear randomly and without pattern, this does not negate its power. We start over every day, every minute of our lives, and by directing our energy, we can do amazing things. And when we start over, we do so by wiping the slate clean and practicing forgiveness, generosity, and finding peace.

This is the frequency for a cosmic “I love you.” It assists in cellular rejuvenation, memory retention, and the assimilation of information. This is particularly excellent for mind-training practice or study periods as an aid in focus. Focus on the now, watching everything unfold.

This frequency will inspire you to begin the practice of Ho’oponopono:

I am Sorry

Please forgive me

Thank You

I love you

222Hz, New Beginnings



A beginning opens the door and lets you create the world you desire. Having been given an opportunity to start anew, you must honor it by taking the appropriate action. Love life to the fullest—take bravery by the hand and jump into the deep end of the pool. By celebrating this unity of destiny and will power, you improve your self-knowledge and develop a deeper understanding of your role in the Universe.

To heed this call might seem scary, but it is a necessary step in your development. Fear can keep us from experiencing wonders. Think of it this way: If it's not you then who? If it's not now, then when? Be the change you wish to see in others. Be your own example. Nothing can hold you back but your own inaction.

333Hz, Ascended Masters are Present



The Ascended Masters are near, desiring us to know that we have their help, love, and companionship. Call upon the Ascended Masters often, especially when you see the number 3 patterns around you. Some of the more famous Ascended Masters include: Jesus, Moses, Mary Magdalene, Quan Yin, and Saint Germain.

Triquetra, Trinity Knot, Trefoil Knot and Celtic Triangle Depending on the belief system, philosophy or religion, a triad means many things.

Various representations include:

Spirit, mind and body

Mother, Father and Child

Past, present and future

Power, intellect and love

Feminine, masculine and neutral.

444Hz, Grounding, Balancing



Your Angels are surrounding us all now, supporting us, reassuring us of the love and support from our Guardian Angels. Release all worry because our Angels' help is always near. The four earthly elements, the four seasons, the four cardinal directions—so much of nature can be summed up in the number four. This serves to remind us that consistency is powerful in its own way. Likewise, this frequency reassures us of the love and support from our Guardian Angels. Their presence allows us to release all our worries, because our Angels always provide us with help and stability.

Dorji

Dorji is a Tibetan word that refers to the ritual object that is held in the right hand of a Lama during various religious ceremonies. Symbolically a dorji represents the “thunderbolt of enlightenment”, that sudden change in human consciousness which is recognized by all the great religions as an important episode in the lives of mystics and saints. Though life is constant change, our goal is to stay grounded.

555Hz, Changes in Divine Order



A major life change is upon you. This change should not be viewed as being positive or negative, but as a natural part of life's flow. Perhaps this change is a hidden answer to your prayers, so continue seeing yourself moving through life with ease and grace.

5-Pointed Star: The five-pointed star is used in dozens of flags throughout the world (countries such as the United States, Australia, Brazil, China, and the European Union).

According to the Greek mathematician and philosopher Pythagoras, five was the number of man, due to the five fold division of the body and the ancient Greek division of the soul. He understood that the five points of the pentagram each represent one of the five elements that make up human beings: fire, water, air, earth, and psyche (ethyr or spirit).

We must learn to maintain the balance of all these elements and to better understand how they ebb and flow throughout our being.

666Hz, Pure Light



As energy is normally neutral, it is how we use that energy that it can become corrupt. Do you use it for renewal, or for creating a life that is bloated, parasitic, and dependent on the production of others?

Our thoughts are out of balance right now, focused too much on the material world. This number sequence asks us to balance our thoughts between heaven and earth. Focus on spirit and service to others, and know that material and emotional needs will automatically be met as a result.

Metatron's cube: which represents purity, contains every shape that exists in the universe God has created. Those shapes are the building blocks of all physical matter, which are known as Platonic solids, the philosopher Plato linked them to the spirit world of heaven and the physical elements on Earth. Such three-dimensional shapes appear throughout creation, in everything from crystals to human DNA.

777Hz, Divine Sound



We may not know what destiny has in store for us, but we can draw inspiration from its great mystery. Imagination is a powerful component in all of us, and by tapping into it we can actively shape the world around us. Divine Sound is the physical manifestation of frequency combined in such a way so as to produce harmony, expression, and emotion. With this frequency, we can expect miracles.

7 Pointed Star: The shape, known as a septagram or a heptagram, has accumulated many levels of meaning over the centuries. One of the oldest meanings given to this star is found within Kabbalistic tradition, where it represents the sphere of Venus and the power of love. It is also found within Christian tradition as a symbol of protection; the seven points here represent the perfection of God and the seven days of creation. This resonance with the days of the week carries into its use as a planetary symbol, as each point not only represents one of the traditional "seven wandering stars", but also the corresponding days of the week.

888Hz, Infinite Possibilities



Hope is one of the most powerful things in the universe, and here is a frequency that offers us support in our time of need. A phase in our evolution is about to end, and this mandala will help you prepare. There is light at the end of the tunnel.

8-Point Star: The eight-pointed star is the Star of Redemption, or Regeneration. Eight is traditionally the number of regeneration, which is why many baptismal fonts have an octagonal base. There are eight paths in the way of Buddha and eight immortals in

Chinese tradition. However, its universal symbolism is one of balance, harmony, and cosmic order. Its pattern is associated with early astronomy, religion, and mysticism. It is symbolic of both stars and humanity's earliest attempts to understand and communicate the order and unity inherent in Creation.

999Hz, Unify Light workers



We are on the edge of something wonderful and important. Now that we have unburdened ourselves from the mistakes of the past and accepted our lessons, we can move forward to greet the future. Be proud of who you have become, for you are capable of taking on a more meaningful role in the grand plans of the Universe. Together, we can harness our inner power to create a positive influence that will be felt throughout generations to come.

The Cycle is complete. We have reached the end of a big phase in our personal and global evolution. At the same time, it is a signal that there is more work to be done. It is a message to light workers involved in Earth healing and evolutionary consciousness: "You are needed now."

UNIVERSAL

159 Hz, Initiation into the Fabric of the Universe



Our inner strength has been hidden by the ego, it is time to shed the chains of illusion. For you are much greater than you realize. Put your desires into words, for our words are frequency and frequency effects change. Open yourself up to the power of your thoughts and words exploring different ways to create change in your life and the world around you. Focus on making these changes and you will discover the new path in front of you.

This is the perfect time to begin a new aspect of your universal purpose. You were born to be a creator, you only need to learn to use this gift. Manifestation of your desires is close at hand, waiting for you to bend your mind to the possibility. All it takes is clarity and focus on your true intentions.

261 Hz, Visualize a New Reality



Your life is all you can imagine—you only need remember how to accomplish it.

Deep in the very core of your being, you already know all the answers. You need only to allow yourself to remember. When these memories are integrated into your heart and soul, you will again know how wonderful and powerful you really are and that you are on this earthly walk to fulfill a unique purpose.

Remember your life from a new perspective and visualize healing effects in all aspects of your life. Whenever you are afraid of something ahead of you on your path, visualize the situation coming to completion with a

positive outcome. Take the time to think about the things you truly desire. Complaining manifests things to complain about, blame manifests something to blame others for. Create a new outcome.

372 Hz, Trust your Journey



Trust your journey and know you are on the right path. The right path is always open to you. Being on the right path does not mean you will not encounter hardship or loss, for these are also lessons that need to be learned. Sometime even these can be gifts to let us know that our journey is the right one.

Accept the changes happening to you and be happy about them. They are preparing you for success in your future experiences. No matter how hard it may feel right now, your life path won't be complete without them. You are who you are because of all of your experiences.

483 Hz, Conscious Co-Creator



As we move on, we must say goodbye to our old lives, to bad habits, broken pedestals, ideals that no longer serve us. Such change can seem scary and final, leaving us scrambling to keep up or even in a state of denial. But we forget we have a choice in this. We can choose to take action — to be proactive instead of reactive, to recognize the good nestled within the slower frequencies and take advantage when we can, moving forward within the shift.

You are a powerful co-creator of your reality. Awaken the change and shift within yourself. You have the strength, power and inner knowing within yourself to make the changes in your life that you desire, take the bull by the horns and make it happen. Your new mantra is "I AM _____!"

594 Hz, A Window to Creation



Making our mark is instinctual, and indeed a necessary part of our life cycle. Our impulses are governed to create life, to leave our imprint on the living breathing planet we call Earth.

Our genetic memory is made up of our individual memory and ancestral memories. The memories we possess are based upon the results of our karma. It is now time to realign these memories and reawaken our original DNA blue print and be the creators we were intended to be. To observe is to act. It is important to nurture and grow, to tend to your unique construction. We are as delicate as we are powerful.

615 Hz, Balance with Creation



The first moment of creation we were all connected to the source — to each other and our original blue print. At that moment we were fully functional, aligned with our original intention: to be the true care takers of this beautiful planet.

The Creator shows that creation was intended to flourish together in a symbiotic relationship where the responsibility of humans was to see to it that creation thrived, while the gifts of the Creator would allow humans to thrive. When our actions destroy creation, we jeopardize the balance of this symbiotic relationship harming not only creation, but our human brothers and sisters, and ultimately ourselves, who depend on the gifts of the Creator to survive.

726 Hz, Full Awareness of One's Divinity



The moment we look outside of ourselves for resolution, we fragment our consciousness in a veil of separation. If we are looking outside of ourselves for an answer, we reinforce the emotional encoding of conflict, control, and separation. The resonance of love, peace, and creativity is solely an inner choice. Any external experience in this dimension can only serve as a reminder of our response to receive, generate, and transmit the most beneficial frequency.

Remember to breathe more fully, love more deeply, and relax more easily. You will become aware of the divinity within yourself, which is the Light and Truth of who we truly are. With grace and ease.

837Hz Spiritual Enlightenment



Enlightenment can be as simple as the "full comprehension of a situation". Or as complicated as the "age of enlightenment". What does that mean to you?

Perhaps there's a definition that includes both of these perspectives, which recognizes that consciousness is always awake and enlightened, aware consciousness, is present in any moment. This definition acknowledges that there's a difference in the amount of awakens, or enlightened consciousness, that different people experience or that one person experiences at different times but still suggests that the potential for full awareness or becoming enlightened is different for everybody. If every apparent individual consciousness is infinite in its potential, then each can also be infinite both in its capacity to identify with a narrow or limited experience or to expand and awaken within ones capacity to evolve.

948Hz Cosmic/Universal Energy



As you focus your time and energy on serving your spiritual purpose throughout your life, the universe can ensure that your financial and material needs are met. When we are in service to others through our gifts, we are tapping into the inexhaustible energy of the universe. When we share our gifts with others and allow spirit to work through us, we experience the flow and abundance of the universe.

The best way to discover your spiritual gifts is to start with your passion that something special which makes your soul sing. If you are still in the process of discovering this, experiment with a variety of ways and remember to have fun with this. When you find the area that suits your gift, you will know it.

NATURAL

198Hz, Karmic Relationships



198 Hz A Karmic Relationship is not your soul-mate or twin flame, no matter how much you may want it to be. This can be difficult to say the least.

If you have karma to resolve in a close relationship you may be sucked into a whirlpool of repetitive past patterns and behavior that appears to have very little to do with your conscious wishes and actions. But because you know the pattern, you're compelled to repeat it.

Making new patterns takes more effort – and brings unsettling change. It could mean you have to look at yourself in a new light, which can be daunting. What if you are not who you thought you were? Friends and family may feel threatened by your decision to change, and oppose it because it brings to light things they need to break free from in their own lives.



219Hz, Comprehension of our Relationships

Each human is a complex creature whose behavior is driven by emotion, beliefs and point of view. All parties in each relationship bring these to the table making for complex situations. To make meaningful, permanent changes in our relationship dynamics, address the real cause: the images we carry in our minds of ourselves, and each other.

We don't have just one self-image - we have many. Our emotional behaviors in relationships, and how we feel about ourselves, arise from these images. This complicates when we consider that the other person in the relationship has behaviors and agreements driven by their self-images. These images exist as belief structures in the mind and are often difficult to see in the beginning. However as you develop awareness, it becomes easier to identify them.



To see these images, start by noticing your thought patterns, internal dialogue, and what you say about yourself and other people. In order to change these often false images we need to create new images, ones that will show us new possibilities.

321Hz, New Possibilities

Every action, every moment, presents us with a choice. So often we choose what is familiar, what we believe we can predict, because the idea of choosing something new can be alarming and alien. We are afraid of the unknown and thus our fear becomes a roadblock in our path to self-discovery and understanding.

In order to create a new set of self-images, a new reality, the new earth, we need to change the false images we have created that no longer serve us or our purpose. There is always a choice to make, even when options appear nonexistent. To create new possibilities we must create new images of our reality. By replacing fears with faith, we can infuse our lives with adventure and self-discovery. The next level awaits us.

432Hz, Metamorphosis



In our time of accelerated evolution, the path of ordinary human living is drawing to an end for many people around the world. Growing numbers of individuals are awakening to the reality that they are more than physical beings with ego, minds and thoughts. As the popular phrase goes, they're recognizing that they are "spiritual beings having a human experience". We are a Soul that has taken on a physical body but we are so much more. Inevitably, awakening leads to the path of metamorphosis and/or transformation, by means of which the love, light, power and beauty inherent in the spiritual Self - the Soul - is gradually revealed.

Humanity is currently experiencing an evolution, a heart metamorphosis. We are moving from fear-based realities built on confusion, illusion, delusion, and conflict to a new Earth of clarity, authenticity, love and cooperation. The balanced world of a Heart Conscious Life.

543Hz, I AM



Living in the moment is a great and wonderful power. There is energy within all of us to make something happen. We are each a particle of the universe, a particle of divinity! We are each able to manifest greatness - greatness for ourselves, as well as for the world at large.

Declarations are deceptively significant. Begin by declaring to yourself, "I am perfect, I love and accept myself as I am." This will be your own manifesto. Continue to dream bigger. Soon you will find that your intentions becomes reality, and what you create will become your environment. Your sense of self is the first building block in shaping your destiny. There is no limit to what you can choose to be, there is no limit to what may become.

654Hz, Cause & Effect



As long as you DON'T have command over cause and effect, your life can feel out of control and the world can seem unpredictable and chaotic in the way it works - or doesn't seem to work. Sometimes, the same cause appears to produce varying results. In moments like these, it seems like the law of cause and effect has been suspended. It HASN'T!

When you are in the process of changing your life, with the intent of creating specific results, you need to know what actions cause what results. Understanding and mastering the spiritual law of cause and effect is about getting command on your life, and gaining positive control over the impact you have on what is going on around you.

If you want different results you must create a new way of thinking, a new way of doing, a new way of being.

765Hz, Planetary Caretaker



She is Mother, our Earth Mother. She is the ground we stand on. She is the powerful Planetary Caretaker who birthed evolution into existence on this planet. It is she that sung all - the two-leggeds, the four-leggeds, the birds of the air and the fish in the sea - into existence. She is the concentrated mass of spiritual energy and consciousness.

Connecting with Mother Earth is just as important as connecting with the Great Mystery, spiritually and energetically. Many of us have forgotten about our connection to Mother Earth and this is one of the reasons things have gotten so far out of balance. For so long, we have been directing our prayers up and out to the great mystery in the abyss. Now, by directing our prayers and energy in to Mother Earth we ground these energies into the planet and assist/support her.

876Hz, Spiritual Beings



We are each a soul having a spiritual, experience, the soul enters the physical body, the body doesn't enter the soul.

Our Soul, that part of us that observes quietly behind what we do, think, believe and feel, existed before this human life and will continue to exist after our present physical life transitions. For each of us, our Soul is where unconditional love, unending forgivingness, compassion, harmony, peace and joy reside. Our Soul is a little piece of the Divine, here to experience this life and its lessons. We are, indeed, Spiritual Beings having a human experience.

As Spiritual Beings, it is important for us to appreciate the value of learning and growing at the "Soul level." If we miss this opportunity, we'll discover we experience the same type of problem over and over again until we learn the loving lessons that are being presented to us. Though the life experience often feels otherwise, these lessons are always positive for our growth and fulfillment to higher understanding.

987Hz, Compassion



Compassion literally means "to suffer together." Among emotion researchers, it is defined as the feeling that arises when you are confronted with another's suffering and feel motivated to assist with the intention to relieve that suffering.

Does this type of thinking really help anyone? We may need a definition of compassion that is more powerful. For true compassion we will have to expand our understanding so we don't mistakenly create more sorrow from suffering.

What if the true intention of compassion is simply the active expression of acceptance for the world and

people just as they are? To forge a state of mind where there is no judgment about a situation or a person. True compassion is being able to look at the whole world without expectations that it should be any different than it is. We can still hold a vision of possibility for the world, but we don't use it as a standard of comparison for rejecting where the world is right now. In this way we can avoid the personal emotional reactions that create sadness, sorrow or pity. May you be free from suffering. May you have joy and ease.

DIVINE

186Hz, Karmic Soul Contracts

Each of us holds within our being a unique expression our love, reflected as the light of our soul, what we call our Selves.



This Love is our essential reason for being: it is our higher purpose. To feel alive, we share this purpose — our soul — with others around us. Such a reflection is also referred to as a spiritual purpose or a Soul Contract — which is to say that you hope to join and co-create with the Creator. Whatever name you choose to call it, the feeling is the same, and the

urge is just as great.

These are the star-seeded souls: incarnate upon the earth to fulfill or manifest a divine purpose for the greater good of humanity. These beings are here to be of service to the Spiritual Hierarchy. They choose to be selfless and to help their fellow humans free themselves from the shackles of slavery. These beings are the souls who are often compelled to become healers; they/you are good for the heart and your soul.

297Hz, Remembering Mastery



We are each a master of our personal reality. Like the Spiritual Master, we each have the innate ability to shape our reality to our will—to tame it, to manipulate it in order to serve our high purpose. As we take control of our present reality, we are able to catapult it into magnificent expansion; we can upgrade our light into our life and community. This is an open call, intended for all souls and/or star beings regardless of where you are on your journey. There is no wrong time to begin recognizing your strengths. You are free to step up and expand your personal mastery at any time.

This frequency encourages you to recognize your worth and remember why you are here. It says: Come, embrace your mastery! Step forward and shine! There is nothing to lose by unlocking the depths of your potential.

318Hz, Release from belief systems



What you believe about yourself and this world will be true to your reality. You have total control over your whole life and your destiny, so it's not a case of how life treats you but how you make life happen for you, how you choose to react to the events and people around you.

We all want to better the lives of those around us, but you cannot make positive changes with negative beliefs. Our beliefs are a collection of thoughts that have been repeated so many times that they become a belief, and in time will come true in our world.

Universal law states that negative thoughts and beliefs will evoke negative emotions whilst positive thoughts will evoke positive feelings, so the key is positive believing. If your thoughts are coming from a negative state and you use affirmations or visualizing then you will be wasting your time, because it is the feelings that make the belief powerful and true. You must feel it first before it can manifest itself into an experience. By releasing old beliefs that no longer serve you, you will be able to tap into your limitless capabilities and take control of your life. Instead of following old beliefs and the thoughts of others, you can begin living your life on your terms.

429Hz, Change in Awareness



More than we'd probably like to admit, so much of our day is spent in a state of self-delusion as we justify our actions. This becomes an internal dialogue that is repeated over and over, stunting our inner growth.

The first step on any journey is to first realize where your are; the first step in the journey of self awareness is to realize, "You are perfect as you are." You may wish to become more than you are at this moment, but you are in the perfect spot to make that change.

There is always more of YOU to discover and become.

The same is true in relation to the world. It is what it is, the perfect culmination of all that led to this moment, AND it needs a little work to become all it can be. So the challenge is to accept all that is, AND to participate in creating a better future for us all.

531Hz, DNA Healing



We can awaken our DNA to our highest potential. DNA healing accelerates the psychic senses. We as humans-becoming are now evolving and waking up dormant parts of our spiritual DNA. The DNA Activation is now becoming a part of the earth's collective consciousness. Enough people have been Activated at this time so that it is happening spontaneously for many without the assistance of a practitioner or years of study.

When enough people experience the Activation, the whole vibration of the earth will rise. This Activation from the collective consciousness that we all share. This Activation is happening and will continue for the next 10 to 20 years into the future. With the Activations taking place with the assistance of the Solfeggio Mandalas, we have been given an opportunity to use our intuitive abilities in the next phase of our evolution. This evolution is the next level of our human consciousness.

642Hz, Connection to Oneness



Oneness is much more than a just a concept. It's an experience and a way of living.

Scientists are in the process of proving the field that connects us is more than a belief that all life and matter are united by an underlying energy or consciousness. We will discover that at the very deepest (smallest) level, all things are energy. Deep within each cell, each molecule, each atom and nucleus, is an energy so subtle and yet so essential, all can be

called "spirit."

Oneness is the law of nature: what we do to others, we do to ourselves.

If we truly understand this, then you do not need to be told to be kind; you do not need to be told to care for each other; and you do not need to be told to forgive, love or respect yourself. You don't worry about who wins — you want to be sure that no one loses. You love others as yourself, and you see the spark of the divine in all things. You know that every experience is a lesson, a chance to grow toward understanding. You know that we are all ONENESS.

753Hz, Awakening to One's Divinity



Countless prophecies from around the world include tales of a time when an epic battle between the forces of light and dark would destroy the earth. The victorious forces, according to such tales, would be given the power to rule over a new reality. We have lived with these stories for so long that many of them are thought of as fairy tales.

However, it is possible that contrary to popular belief, Armageddon is not a physical battle that can be fought and won on the battlefields of man; rather, it is a war that can only be won from within. The choice, then, is not decided by an unknown and vague source of power, but by you. Will you choose the service to self or service to others? Will you choose fear or love? Will you choose lack or abundance? Will you choose to recognize your own divinity and the divinity within all? Go forth and discover the forces of light and dark within you, and connect with your own power.

864Hz, Spiritual Embrace



Spiritual power emerges from embracing our soul and taking ownership of the power within, the piece of the Creator within each of us. However, we live at a time when few acknowledge, let alone nurture, their spiritual self. Not fully aware of their true eternal soul or deny its existence entirely. Many who do not know their spirit, may attend and be absorbed by their intellectual pursuits, careers, their family life, or basic survival instincts. These areas important as they are, cannot sustain us or provide fulfillment, as they reveal only a small part of the human experience. Our spirit enables us to acquire inner peace, genuine love, and real meaning, as well the gifts of the spirit.

Authentic spirituality empowers us as wayshower to bring the Light of Creation into darkness and retain direction and truth in into all aspects of life.

975Hz, Communion/Oneness



True communication is communion, the realization of oneness the true expression of conditional love.

We live in a time when the communication of information is one of the technological wonders of history. But communication of between humans is lagging far behind, and we are more isolated and solitary than ever. The news brings us the global information so effectively, we know much more about what is happening ten thousand miles away than we do about what is going on inside the heart and the spirit of our family and friends.

The greatest struggles in life arise because of the inability to communicate, to commune (listen) with ourselves. Meditation is the way to learn to communicate with oneself, to fullness of being. To live a life enriched by meditation, whoever we choose to be. Meditation is a tool to discovering oneself, our own being and potential, our unique value and path to service. The ultimate purpose of meditation is communion our

oneness with the All and with all. The path is a path of simplicity achieved through silence. In the deep silence that each of us must discover in our own hearts, the mystery is revealed simply because we pay attention to it.

PLEIADIAN

135Hz, Karmic Reset



Many of us are here at this time are seeking to clear our Karma not just from the lives here on earth but incarnations on other planets and frequencies of reality. In lieu of becoming a victim of karma but a student of that which demands your attention. Whatever is showing itself in your life at this time must be looked at from all points of view such as: Where does light need to be shed? Where does shadow fall? We have all accumulated the seven cosmic karmic patterns of violence, victimhood, hatred, addiction, shame, prejudice and arrogance at different points in our growth. It is time to release

these perceived traumas, false beliefs and judgments of ourselves and others. What you are experiencing right now is what karma wants you to experience. Every feeling, every thought, has been painstakingly prepared especially for you by your angels and guides. Our guides and angels seek all to release karma as we enter these times of the heart awakening.

You are a living vortex of light, you are an Emissary of the Heavens, and it is time to....become the light you are.

246Hz, Remembering the Light



Know that all the challenges of your third dimensional life are simply magnifying glass that create the projection of the third dimensional illusion known as physical life.

When the Christed one said, "You are not alone," that is what was being said to you. That is what was being triggered to be remembered. "You are not alone." As we represent those who come from the stars, it is your challenge to wake up, believe and connect with those among the stars. If you so choose to enhance your lives with this information it is

time to bridge the worlds and to change our world ad the world (reality) of others.

So much is coming your way, for YOU are beginning to emerge out of your cocoons and are truly REMEMBERING the real reason that you have come to this planet at this time. You are all REMEMBERING your MISSIONS here on earth and most importantly YOU ARE UNLOCKING THE GIFTS that you bring to humanity at this time.

357Hz, Opening of the Heart



For the very first time in the known history of planet Earth, there are a series of illumination waves flowing onto our planet carrying a specific and pure frequency of light and love. This frequency is designed to accelerate your awakening. This frequency of transformational energy is designed to realign you through your heart. This energy works through the hearts energetic field and anchors through the cells of your heart center, creating a dimensional opening or vortex for you to re-access a doorway to your natural

state of being.

This dimensional opening of your heart gives you the ability to re-access sacred alliances that are a part of your destiny. The destiny of your heart, carries the light frequency which allows you space to come home and fulfill your sacred promise.

468Hz, New Beginnings

The days ahead, will be fraught with uncertainty. However, what you cannot yet discern in the shadows where daylight has yet to reach with its bright rays, much is yet simply obscured.



As the time has not yet come for the future's unveiling, it is not time to determine what is lurking there. While you sense the impending fall of those you perceive as powerful, you will also sense the presence of benevolence, well-being, and community. Cohesion of intent brings a great light into being.

Those of the League of Light will feel this pulsation, will hear the heartbeat of new life within the womb of Earth's sphere.

What emerges for you is not a catastrophic end, but a bold new beginning. You are called as Men and Woman of light. Thus you enter into a new dawn. Love is available to all that answer in whatever form you choose to experience it is up to each of you.

579Hz, DNA Awakening

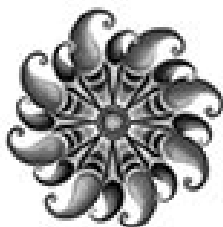


Our 24 strands of DNA are awakening which include our physical, etheric and emotional DNA strands. This connects us to the quantum energies of all celestial realities. Once we awakened, we are now connected and integrated to all divine and interdimensional selves in the multiverse. Our physical DNA experiences a higher amount of resilience and self-repair attributes within each cell of our bodies. This will continue to manifest as we understand our true nature as Masters of Love and Light.

Our emotional DNA is also being activated to hold a higher capacity of love. This DNA is the all-transmuting energy to dissolve any old beliefs that no longer serve us. These beliefs are being replaced by collaboration, spiritual love, appreciation and the contribution to the Highest Good of All That Is.

Our etheric DNA is now being activated to a stronger connection and interaction with, what is otherwise known as the un-seen world.

681Hz, Connection to Others



A multi-dimensional life with your Starseed relatives is multi-layered, and must be cultivated. You must make an effort to connect and communicate. It is time to break your silence with yourself imposed separation. You each have a piece of the puzzle, and it is time to share your piece with the others, to create the big picture. All have a snapshot of in their mind's eye. All know in their hearts how this will play out. It is time to begin using your telepathic and visionary gifts and sharing them with one another.

The veil has now been lifted, you have access to the communication web that you

created to use exactly for this time. It is now time for you to telepathically access that web of unified collective consciousness and begin filling it with your visions and heart knowledge/wisdom. It is the time for us to come together and fully manifest our vision of Heaven on Earth and express the ecstasy of Spirit.

792Hz, Active Awareness

Awaken the Awareness within you: 1) Activate the transformative power of the violet flame. 2) Awareness brings realization. 3) Realization causes an Awakening. 4) Awakening will bring you to an en-lightened state.



In the Light, you will find your Truth...and finally you will know that the Power is WITHIN YOU.

The violet flame can be invoked with a spoken prayer utilizing visualization and meditation. One of the simplest decrees to the violet flame is: "I AM a being of violet fire! I AM the purity God desires!" Take a few, slow deep breaths and center in your heart. Start out slowly, giving the decree with love, devotion and feeling. Repeat the decree three, six or nine times to begin with; you can gradually increase this to 36, 72, 108 or even 144 repetitions. Repeating the decree strengthens its power and draws down more light.

Once you are familiar with the energy of the prayer, you can close your eyes while giving it and concentrate on visualizing the violet flame. See yourself before a large bonfire, about nine feet high and six feet wide. Color it violet in your imagination, and see the flames pulsating and undulating in endless shades of violet with gradations of purple and pink. Then see yourself stepping into the flame, so the violet flame is where you physically are. See your body as transparent, with the flames curling up from beneath your feet, passing through and around your body, clear up over your head.

813Hz, Spiritual Journey



You have the ability to raise your vibration by exercising the choice. Once you reach this vibration through your own self-empowerment and self-love, you have the ability to unconditionally love others and help bring peace and harmony to Earth through your gifts and talents and collaboration with other Star seeds. Now is the time. Your planet and her inhabitants need you to step into your personal power so you can begin your Star seed mission.

So rise, Star seeds, and let the collective conscious manifestation and collaboration for global peace and harmony begin! NOW is the time, the true journey just has begun, the journey into the heart!

924Hz, Unity with Self



What is the purpose of understanding and activating our individual and quantum DNA? It is to expand the energy field and thus connect and unite to the basic core of the self. The basic core of the self? Is to be in harmony with all of creation and to be one with the creative process of the universe – to be a natural contributor to the very process of creation along with the creator, to unite the core with the Creator.

The next step in your journey is to embrace and experience unity consciousness on the earth plain. Difficulty can stem from our upbringing, cultural values and programming we have undergone in this

and other lifetimes of our concept of the Creator. To experience unity consciousness we need to develop nonlinear thinking and connect with each other through our body and heart. When we fully accept the higher attributes of our emotions such as love, grace, understanding, acceptance and gratitude, we naturally awaken to the next level of consciousness. And open to the highest potential energy.

ORION

123Hz, Karmic Balance



There have been many battles between what are referred to as light and dark energies. Many have been struggling for multiple life times to clear our karma.

Now is the time to let the struggle go and balance the two energies as both positive and negative energies are necessary. It is time to integrate the energies. It is time to reap the rewards from the struggles. The lessons and messages have been brought forth for the planet and its people have finally heard. We can finally let go of the heartache and pain, our loving and accepting nature has bought for independence. We are free, our words and teachings have been heard. We are appreciated more than we thought, more than we know.

234Hz, Remembering the Way Home



To develop and maintain the flow within those from Orion, privacy and time alone are needed to re-charge. Remember to care for self in the way that best serves you. You may feel uncomfortable in large classrooms and learn best alone or in small groups. Your nature is to question the world around you. You have the ability to see details around you. Others may miss these detail and perspectives. You are naturally playful but have a tendency to change from playful to self-critical quickly. Remember you are some of the first volunteers who answered the call to help earth. We honor you for your service and sacrifice. Now it is time to begin the process of turning the reigns over to the second wave of volunteers and take care of yourselves. Look within and complete your own journey, your journey to the home within.

345Hz, Opening to Change



The protection you need physically & emotionally is available to you as you assist the planet and her people through the life changing energetic changes. Ask the questions, suggest the new ideas, think and grow "outside the box". Open to your true nature.

This is the time others will look to your leadership. Yes, the same guidance you have facilitated all along. It may not have been taken in the past but it was remembered, it was heard and filed away for the right time. The time is NOW! You are and have been valued more than you can imagine.

456Hz, Changing Light Source



There is a high energy/light level changing and shifting our beautiful planet and our consciousness at this time. It is a time of questioning what we want in our personal lives but also what we want and expect from each other, our careers and even our government. It is time to use our creativity and not just think "outside the box" but realize the only box, is the one we have created. Recycle the box, move on and create something new.

567Hz, DNA Link



Our DNA is our link to the Matrix. It is time to turn the Matrix and use it(instead of letting it use us). Shift the use of the Matrix to create the world that serves us and our true nature of unity, caring and love.

We are the Star seeds of Light, we agreed to forget who we are when born as humans. Many of us came with a special mission to serve humanity in some way. We are now awakening to who we truly are and sense that something spectacular is about to happen. We are here to assist humanity in the awakening process by being who we are and shining our light.

678Hz, Revealing Connections



As we go through strengthening our connection to spirit and our psychic abilities in new ways, we are taking it to the next level and actual changes are taking place. We may be verbally short with ourselves and others, expecting new levels of perfection. Go easy on yourselves as these adjustments are made and changes take place. We are learning new skills and it takes time for these adjustments to complete. As we become who we are meant to be.

789Hz, Awakened Awareness



It is a time of awakening a strong communication with spirit, awakening psychic ability is launching us forward on our path. This energy allowing us to face our largest challenges and develop higher levels of trust and faith. This is the time to let our questions lead us in a new direction, proof of the answers we seek can only be found in the heart. Combining our technical mind with our spirit self. As we continue our awakening now is the time of the knowledge of the heart connecting the brain in the heart with the head.

891Hz, Spiritual Journey Within



The ultimate goal of this life experience is the spiritual journey. Where does this journey take us? What if it is not a place but a state of being? We have simply forgotten that we are multi-dimensional beings. The journey is to remember who we are. This is not referring to the limitation of a physical being. Our true being reaches into the cosmos, past the great central sun to source consciousness. We are a thread or cell of the source each having its own experience, path or journey to growth. All levels of consciousness can be found within, leading to the highest-self.

912Hz, Healing Self

We call on YOU to remember your fifth dimensional expression of SELF, who is assisting Gaia from your Homeworld and/or from one of the many Starships who circle Gaia to protect and assist Her. It is time for you to remember that you are actually a Multidimensional Being, a higher expressions of your own Multidimensional SELF, where you are capable of so much more, without limitations.



Your fifth dimensional conscious self resonates beyond all limitations of time and space. You can experience EVERY reality you have ever had on Gaia within the fifth dimensional NOW.

Within that NOW, you can heal all incarnations on Earth that you have ever taken, through your fifth dimensional Unconditional Love. Once these incarnations have been healed, you can transmute them back into your innate higher frequency of SELF.

Please remember that the fifth dimension is NOT a place as we understand it. The fifth dimension is a frequency of reality.

YOU can experience that reality by expanding your consciousness, and thus your perceptions into the frequency patterns of the fifth dimension. Remember, the fifth dimension has ALWAYS been there, just beyond your perception. As you expand your consciousness, you expand your perception. It is with your expanded consciousness that you will not only perceive but create your higher dimensional planet, Creators...Create.....

CYGNUS

147Hz, Karmic Release



Forgiveness isn't a selfish act designed to make you feel good about yourself – in fact, it's an act of self love presented as a prescription for breaking those karmic chains that have been wound around you holding you back for many lifetimes. This process can be as difficult or as easy as you allow.

Begin by taking a deep and relaxing breath as you begin to refocus your awareness within.

Allow your heart to open and your energy to drop down, grounding you to the earth. As you ground begin the process of releasing that which no longer serves you. Allow the energy to travel down through the bottom of your feet, quickly flowing up your spinal column, opening, healing, and balancing each of your chakras of your physical body. Continue opening up your higher chakras and energy centers. Allow the energy to lift up your consciousness up and into the light, into direct presence with source.

258Hz, Remembering Now



Life is continually now. Whatever happens, whatever you experience, feel, think or do – it is now. Your journey is now, your journey is all created/experienced in this life. We habitually miss the now. As we resist it, dislike it, try to get away from it, reduce it to a means to an end. We miss the essence of life. We find ourselves stuck in the dream world of images, concepts, labels, interpretations, judgments – the conditioned content of our minds that we take to be "self."

When we are out of alignment with what is, we are out of alignment with life. We are struggling to reach a point in the future where there is greater security, aliveness, abundance, love, joy ... unaware that those things make up the essence of who we are.

Now is the time to find ourselves, our essence, our present.

369Hz, Opening a New Reality



Are you ready for a change, to create an opening to a New Reality? But first you must be ready to change yourself. If you want to see a change in the world start with who you see in the mirror. Open the heart of the one you see in the mirror, open your heart to the needs of others. What is one thing you can do today for someone else?

Service to others, is to do something for someone else without expecting any reward or gain, helping people out when they cannot complete a task by themselves.

471Hz, Change - Transformation - Evolution



While we are unable to change others, we are challenged to change ourselves. Every human is conscience and self awareness haa creative imagination and independent will. These give us ultimate freedom... The power to choose, to respond, and to change.

582Hz, Cosmic DNA



What is our DNA capable of? We have read the recent reports that science has found 1 gram of DNA can store 215 petabytes (215 million gigabytes) of information. What information are we storing? What are we doing with that information? There are so many questions.

The science of quantum physics have shown us that the fabric of the Universe is composed of vibration express as energy. Every single cell and organ system (as well as our entire physical body) is encompassed and surrounded by its own individual energy

field. The basis of every state of mind and matter, including conditions of disease or health, is their primary state of vibration. Therefore, the very life we live is a reflection of our own vibrational essence. We are the creative force in the unfolding story of our journey. Our world is filled with higher consciousness and vibrational frequencies that will be supporting our highest potential. What is your potential?

693Hz, Connection to Infinite



We all desire connection to the infinite, to the everything. When you reach the stage in your personal growth that you wish to have a deeper connection, look within.

Look within to the creative force within each of us, where there is no space between.

714Hz, Spiritual Journey Within



We perceive Reality through our senses. This convinces us that the way in which we experience the world around us is exactly the way it exists. However the true nature of Reality, is not experienced through this superficial perception of the world and the limitations of the five senses.

We normally live in a shadow of what truly is. Let go of all past perceptions about a bland three-dimensional Reality that you have been living in. Understand your new experiences, and embrace the upgraded reality you are undoubtedly becoming aware. See the incredible magic that you are a part of, you are multidimensional just as everything else is. Welcome to our new upgraded Reality.

825Hz, Journey to the Heart



The positive shifts we have made on our spiritual journey is allowing the flow of love and light along the journey from the head to the heart. Embracing who we were, who we are and living up to our fullest potential.

Why do we undertake this difficult journey? What can we expect to achieve by doing all this hard work? Living in integrity means that you know who you are and what you believe in, and this allows you to cease to need the approval of others as you follow your own direction and become the best possible you.

My experience is that those that have chosen this path seem to laugh more often, they take themselves and what other people think of them a lot less seriously, live in integrity, speak from the heart and genuinely love and respect themselves, their fellow men, and the planet that we live on.

936Hz, Uniting Heart & Mind



When we think only with the mind we limit ourselves by only using the rational thought process. We are capable of an endless stream of thoughts, stories, and creative ideas. What stories are you telling yourself? When was the last time you imagined a positive outcome. Instead of worrying about a negative outcome, create the outcome you desire and deserve.

It is not commonly known that the heart actually sends more signals to the brain than the

brain sends to the heart! These heart signals have a significant effect on brain function—influencing emotional processing as well as higher cognitive faculties such as attention, perception, memory, and problem-solving. In other words the brain continuously responds to the heart. All of a sudden the journey between the head and the heart is not so far apart.

SIRIUS

162Hz, Karmic Truth



The cycle of karma and control have greatly influenced the events here on Earth we are experiencing right now. If we can find the insight into how, then it can help people realize what they're dealing with in their day to day life, and ease the path through the karmic plane. There can be nothing more impactful than shattering the ties to the karma from the past that no longer serves us.

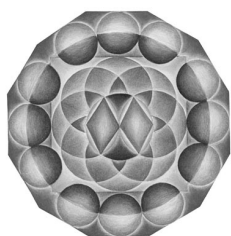
Finding a way to open to your personal truth is key in this process never let others push their truth on you. Seeing past the old control methods of past lives and the present is more important than.

273Hz, Remembering You



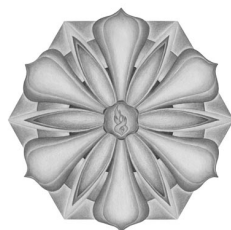
We all choose to embody on earth as part of our journey of spiritual learning and spiritual evolution through this Earth School. Many of us have chosen to incarnate on Earth many many times in order to complete the spiritual learning that is available here. However the density of Earth is such that repeated incarnations here result in human beings losing their awareness of spiritual realities and their spiritual gifts. Our focus is distracted by everyday “earthly matters” this is why many are often not drawn to more spiritual subjects, spiritual realities. We are in a state of forgetfulness distracting us from learning the lesson of earth plane, the illusion of separation that exists here.

384Hz, Revealing Truth



Due to your openness, you listen to all kinds of truths of others and never push your agenda, yet holding on to your own truth. As you grow you shift through all possibilities and expand to new ideas and new truths finding and seeking answers to that which has been hidden.

495Hz, Finding Peace



Feeling as though you are in a pressure cooker? Remember we are adjusting to the higher vibrations engulfing our solar system leading up to ascension. This is pushing old patterns and beliefs to the surface creating disorientation and even a sense of loss as we find our new place.

Plans are changing mid-stream and going in a completely different direction. Breaking us out of our 'rut' shifting our vibration which creates new choices.

Finding peace through the situation is the test you have set for yourself. This is the journey of healing you have set for yourself. Become who you set out to be when this journey began.

516Hz, DNA Knowledge



The knowledge of what your purpose is and how to use your abilities is coded inside of you, in your signature DNA. This is not a gift someone can give you. As star seeds and spiritual teachers we can assist each other and have come to Earth to assist each other during this time of awakening of our DNA.

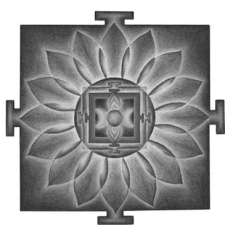
Once we start the awakening process and activate our DNA, we will experience transformation on all planes. This will increase our sensitivity in your five basic senses, even becoming oversensitive for a while and awaken beyond your five-sensory being. We will tune in with our intuition more than ever. Expansion of our psychic and healing abilities will occur, as will the abilities that are unique to our star nations. This may seem a little confusing and even scary. Therefore, it is important to realize what we are experiencing is shifting and not irrational experiences. You can release any fears this experience causes. Seek information, share your experiences with others in your circle for support and confirmation for all.

627Hz, Activate Star seeds



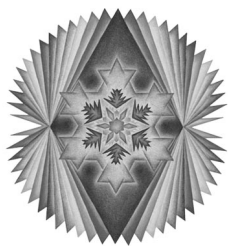
We are adjusting to a new higher frequency, yes we will adjust. Old patterns and beliefs are being pushed to the surface to be cleared. Know that our evolutionary process is quickly accelerating, we are each experiencing and processing these changes in our own vibrational way. Yes the change will happen in each of us and you are here to experience it. Search within to find the joy in the process and fill yourself with light and wonder.

738Hz, Awareness of Source



As you reconnect with Source you gain higher and higher awareness of your energy; How it feels, How to direct it and how to control it. You are going to feel it in your body and all around you, in all living beings. Your mission as a star seed is holding light (energy/information/truth) in your body. You have this innate capacity to connect to frequencies of higher dimensions, to ground them into your vessel and into the Earth, then projecting them outward. Through this journey, you can change reality because you are able to bring into the world information that has been missing for eons.

849Hz, Star seed Contract



civilization.

It is time to awaken to your Star seed contract: that you can and will heal yourself to your previous state of awareness while living within the slower vibrational culture. Perhaps you will not now intuitively understand what a vast gift you give. But you see, since all is One, what you do to yourself, you do to others also. By doing this work of self-healing upon this planet, you make available to others upon the planet the same healing path that you walk. There is no need to even speak a word of it. Just by healing yourself while you are within the planetary consciousness grid in itself is a magnificent gift to

951Hz, Unifying Star seeds



This is the time to reunite our soul families, our star families to fulfill our final purpose. Over time our energies have combined to create a grid of positive energy that changes the worldwide holographic field, assisting humanity in shifting to a higher consciousness, and enabling us to apply our collective knowledge to creating a better life for all the people on this beautiful planet, Earth.