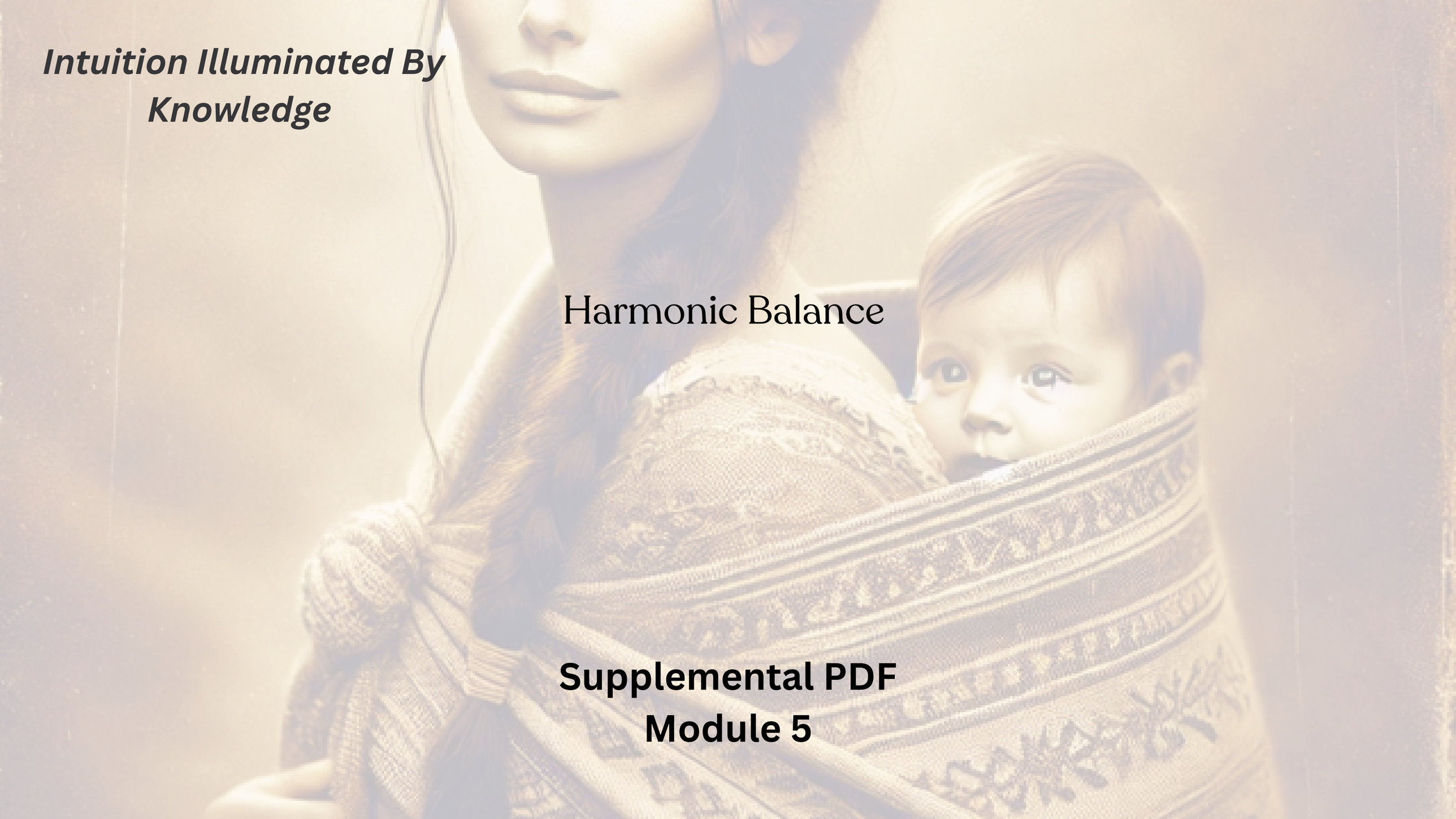
Intuition Illuminated By Knowledge



Harmonic Balance

Supplemental PDF
Module 5

Centering to Receive

What is Harmonic Balance?

Hearing your own unique symphony means you know yourself on an energetic level and you hear your song (ie: you know what you want, you know what you like, you know what it feels like when you want to explore something new, and can read the energy of others)

How do we balance our frequency so that we have harmony?

unpack this :

for us adults that want to have children, be caregivers, teachers, foster parents, etc.. we must learn how to observe our traumas, our control dramas, experiences, and emotions, to help us develop space within ourselves for all the things that will change a child's life. I have seen the transformation with my own eyes, my daughter and my son. It's truly amazing to witness, and in them I see myself.

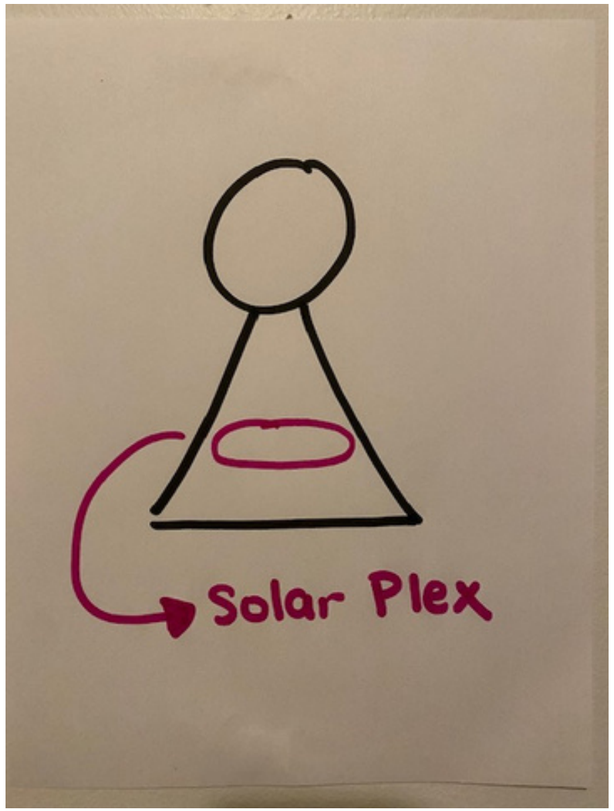
WHEN I CAME INTO PRESENCE, I NOTICED WHAT I NEEDED TO DO IN ORDER TO GATHER MYSELF AND FIND MY HARMONIC BALANCE

SO I PLACED MY NOTICING IN CHART FORM TO HELP MY BRAIN LOGICALLY UNDERSTAND WHAT I WAS DOING

We have to DEAL WITH TRAUMAS: →	To DEVELOP: →	Allows SPACE FOR:
• FEEL	• EMPATHY	• AUTHENTICITY
• TALK	• COMPASSION	• SELF LOVE
• RELEASE	• DIFFERENT PERSPECTIVE	• BALANCE
• FORGIVE	• FEELING OF LIGHTNESS	• DIVINITY
• PROCESS	• DEMOTION OF THE EGO	• COMPASSION
• INTEGRATE	• ACCEPTANCE	• CREATIVITY

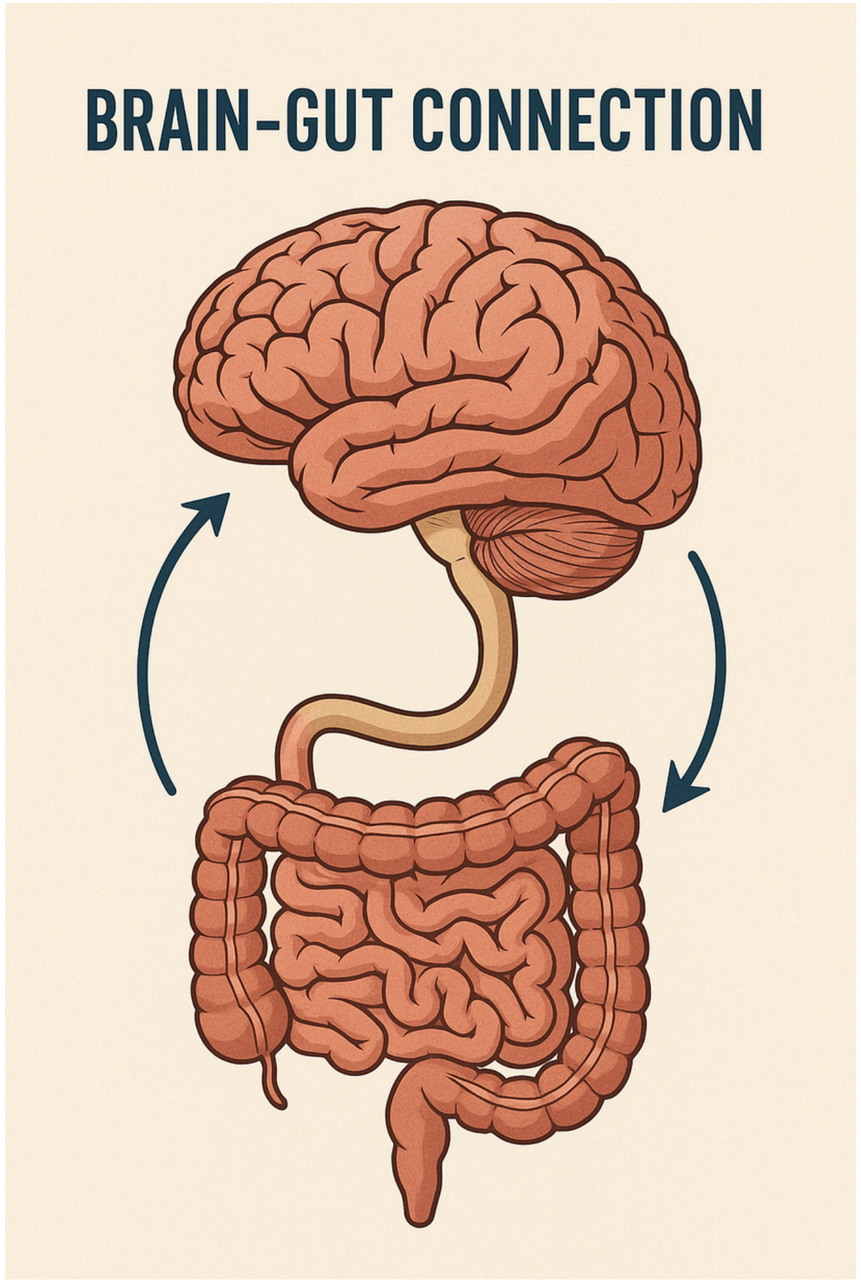
How I see it, I feel it, and experience it

The solar plexus chakra: seat of personal power and intuition



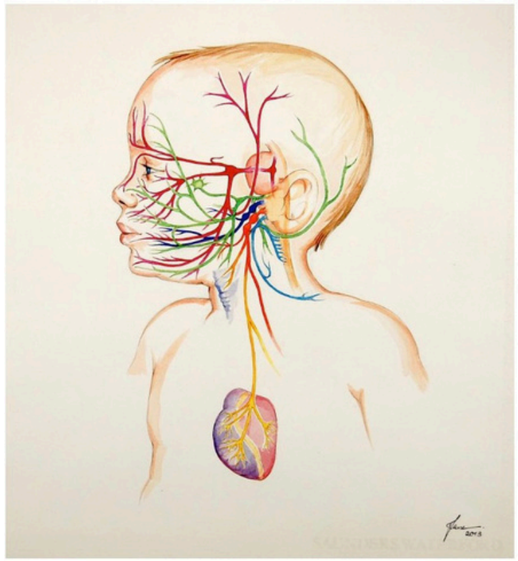
My experience with gut issues eating and health

Ways to support us in achieving Harmonic Balance



Gut Health, Mental Health, and the Harmony Within

In the symphony of human wellbeing, the gut is not merely a digestive organ - it is a conductor of mental, emotional, and energetic harmony. Ancient traditions referred to the gut as the 'second brain,' and modern science now confirms what intuition has long known: our gut microbiome plays a critical role in regulating mood, behavior, and cognition.



Kate White

🌀 The Gut–Brain Axis: A Harmonic Communication Pathway

The gut-brain axis is a bidirectional network that connects the nervous system of the gastrointestinal tract with the central nervous system. This communication is mediated through the vagus nerve, neurotransmitters like serotonin (over 90% of which is produced in the gut), and immune system messengers.

When the gut is inflamed, imbalanced, or undernourished, it sends distorted signals to the brain — affecting:

- Emotional stability
- Cognitive clarity
- Stress response
- Sleep cycles
- Motivation and mood

🧠 Gut Health = Mental Harmony

Harmonic balance begins with internal coherence, and the gut is central to that coherence. Dysbiosis (microbial imbalance), leaky gut, or poor digestion can disrupt the harmony of brainwave states, emotional regulation, and even spiritual receptivity.

A well-nourished gut supports:

- Stable mood and emotional resilience
- Clear thinking and mental focus
- Optimized neurotransmitter function
- Energetic alignment between lower and higher chakras

🕊️ When the Gut Sings in Tune...

Just as an orchestra requires each instrument to be in tune, the human body depends on digestive peace to support the mind and spirit. When digestion is harmonious:

- The solar plexus chakra (seat of personal power and intuition) strengthens.
- The heart-mind connection deepens.
- There is a sense of grounded clarity from which higher awareness can safely emerge.

🌱 Harmonic Practices for Gut–Mind Balance

- Fermented foods (sauerkraut, kefir, miso) to enrich microbiome diversity

- Bitters (dandelion, artichoke leaf) to awaken digestive fire

- Breathwork & vagal toning to regulate the gut–brain communication

- Probiotic-rich herbs: chamomile, peppermint, fennel, and licorice

- Journaling after meals to notice emotional patterns linked to digestion

Gaps protocol

The GAPS (Gut and Psychology/Physiology Syndrome) Protocol was created by Dr. Natasha Campbell-McBride. It is based on the idea that many chronic illnesses begin in the gut. It addresses issues such as autism, ADHD, depression, autoimmune conditions, allergies, and digestive disorders through healing diet and lifestyle changes.

Reasons to Use the GAPS Protocol

The GAPS (Gut and Psychology Syndrome) Protocol is a therapeutic diet designed to heal the gut lining and rebalance the microbiome. Developed by Dr. Natasha Campbell-McBride, it is used for a wide range of physical and psychological conditions rooted in gut health.

Key Reasons to Use GAPS:

- Gut Health Restoration

Supports healing leaky gut, bloating, gas, constipation, and food intolerances.

- Support for Neurological and Developmental Disorders

Helps with autism, ADHD, dyslexia, depression, anxiety through the gut-brain connection.

- Autoimmune Conditions

Reduces inflammation and supports immune regulation (e.g., RA, Hashimoto's, MS).

- Allergies and Food Intolerances

Improves gut integrity to reduce reactivity to common allergens.

- Candida, Parasites, and Yeast Overgrowth

Eliminates sugar and processed foods that feed pathogenic microbes.

- Children's Development and Behavior

Aids speech, behavior, and developmental milestones.

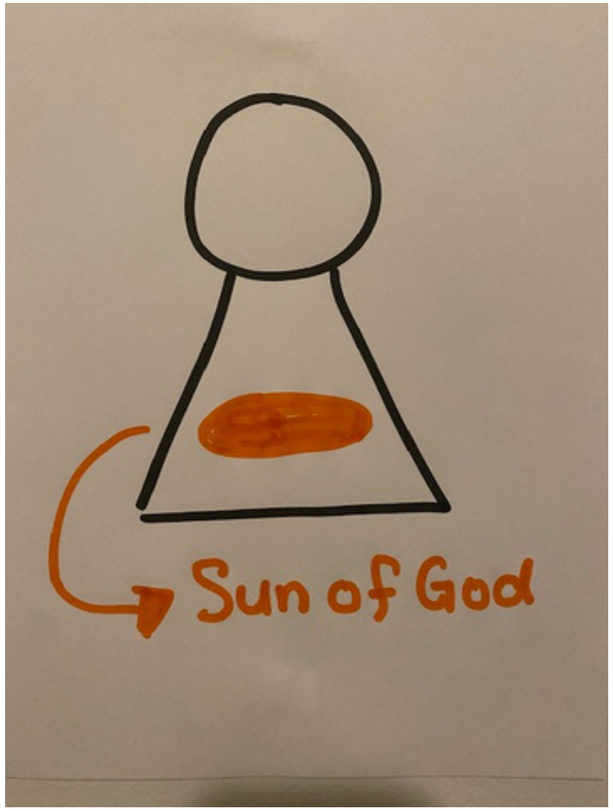
- Chronic Fatigue and Hormonal Imbalance

Boosts energy, regulates hormones through improved gut-liver function.

- Detoxification and Nutrient Absorption

Enhances detox and nutrient uptake through gut healing.

Harmony turns on the light within



The gift of birth to balance our frequency



HOW I INTEGRATED THIS

1 + 1 =3

Mother + Father = Child

Trinity: Mother, Father & Child

They each count! They don’t dissolve into one another and disappear. This is the Holy Trinity: Mother, Father & Child

When both Soul Guardians are consciously, spiritually and physically present during birth, you achieve Harmonic Balance. This harmonic balance has an octave of sound that babies recognize because they come from the most high of frequencies. They come from and embody HARMONY!

Birth is a built in experience that is perfectly designed to show us how to surrender and jump into the void.

In the void we do not know what is going to happen; it’s vulnerable!

Vulnerability can only be achieved when you are authentic!

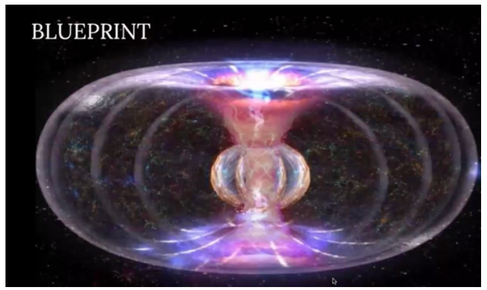
Find your own radical authenticity!

The fact that you were born, makes you worthy of Divinity - it's your birthright!



THE CREATOR: OUR ZINK SPARK, OUR BLUEPRINT





Self with a capital S

Self, with a capital S, means your higher Self, your authentic Self, who you really are, no matter what people think, say or do.

The Self that comes from within you, the Self that is not changed by others, all comes from within you!



What Creates Imbalance in our Harmony?



We only See

.0035% of the electromagnetic spectrum:
the complete range of electromagnetic energy
that travesl through space in the form of waves.
It includes visible light, radio waves,
microwaves infrared, ultraviolet, x-rays, and
gamma rays.

The light our eyes can see is only a tiny portion
of the entire spectrum.



What we can't see and creates imbalance in our Harmony

- Being pushed towards things before we are ready
- Shut down of the Right Brain (Creative/imagination part)
- Little or no opportunities to take risks, fail and try again, in a safe non-judgemental environment
- Not being able to learn about Emotions as they are the vehicle to navigate this world.
- Not knowing how to ground
- Not being heard or trusted (children are often underestimated, communicating to them that they do not know anything and adults know everything)
- The inability to explore and ask questions about any topic
- The inability to trust their body/no connection to the body
- Inability to soothe/transform/alchemize emotions

Is there a state where we are in harmony?

What do you think this person would be like? Imagine a person where his/her mind and body are in sync?

This is called Alignment

We are not fragmented, confused, stressed

These are people that are able to achieve their Goals and live the life that they want.



Key Characteristics of Psychophysical Coherence:

1. Balanced heart rhythms
2. Emotional stability
3. Optimal Nervous system functioning
4. Enhanced Cognitive Performance
5. Efficient Energy use

Sounds like what we need now more than ever, I believe this how we are supposed to function in order to reach our optimal functioning potential as humans.

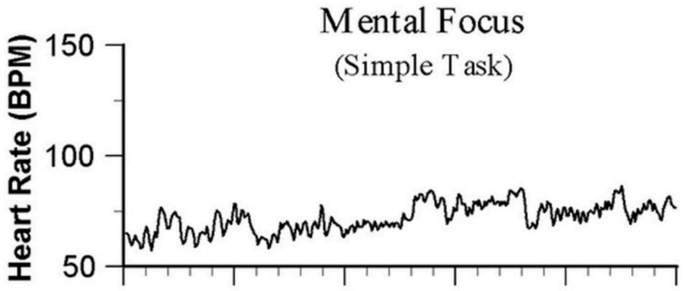


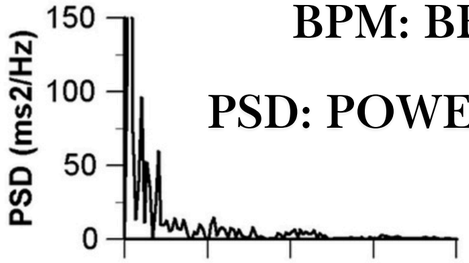
BPM: BEATS PER MINUTE

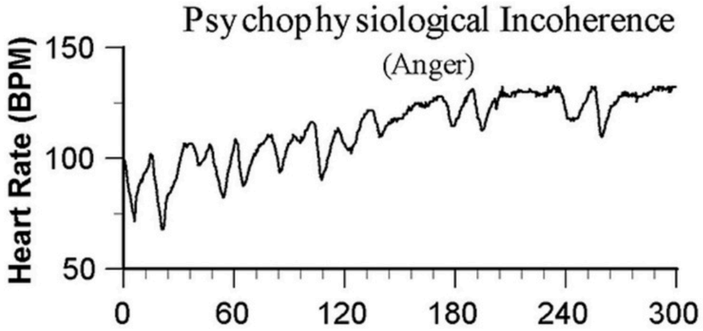
PSD: POWER SPECTRAL DENSITY

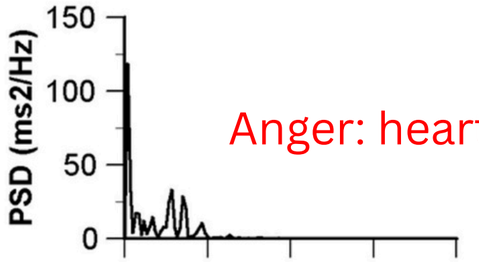
PSD: a way of measuring how the power of a signal is distributed across different frequencies.

In this graph, PSD is being used to show the frequency patterns within the heart-rate signal

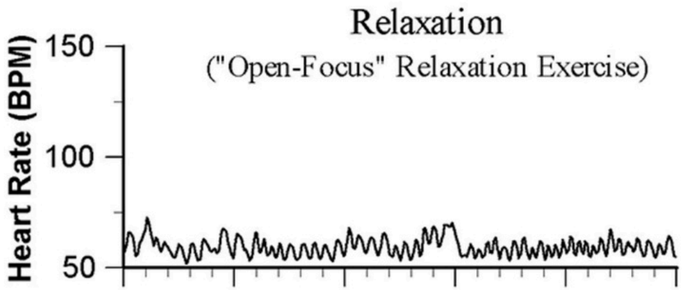


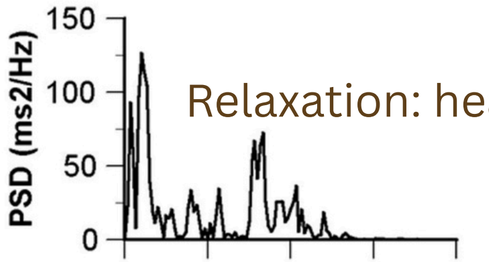




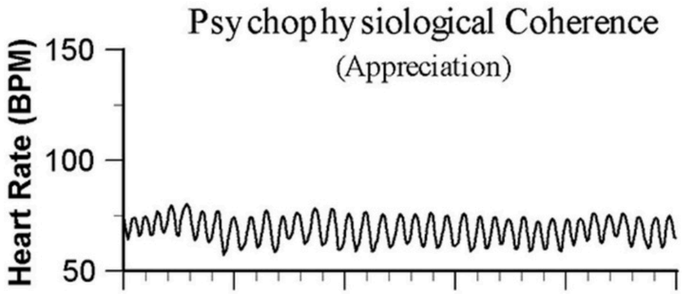


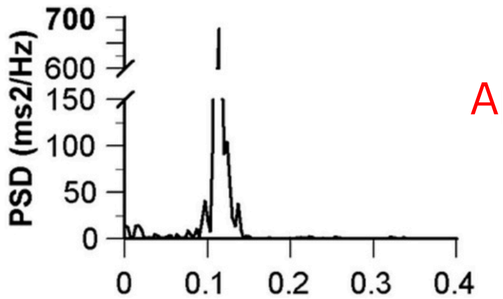
Anger: heart rate appears more irregular





Relaxation: heart rate is steadier, smaller fluctations





Appreciation: a more rhythmic pattern

Article:

From Dysregulation to Coherence:

Feature Article

Global Advances in Integrative Medicine and Health
Volume 14: 1-9
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From Dysregulation to Coherence: Exploring the HeartMath® Approach to Emotional and Physiological Regulation

Examples of Practice that Promote Coherence:

Step 1: Place hand over heart

Step 2: Inhale deeply for 5-6 seconds, then exhale for the same count or longer

Step 3: Imagine breathing directly into your heart

Step 4: Cultivate a feeling of appreciation, love or peace



Acupuncture can also help maintain vibrational harmony as it is rooted in TCM and sees the body as a network of energy pathways called meridians. When energy flows freely there is harmony, when blocked or imbalanced, illness or dis-ease may arise.

Acupuncture:

-helps restore flow in energy meridians, aligning the body's subtle energy system
-can clear stagnation or excess energy, bringing the body back into resonance with its natural rhythm.
-regulate the nervous system: needling specific points modulates the brainwave states, vagal tone, and parasympathetic activation, fostering coherence b/w the mind-body-spirit. This physiological regulation can synchronize internal rhythms (breath, heartbeat, digestion) Key elements of vibrational harmony
-Promotes Emotional and spiritual balance: Certain points address emotional trauma or energetic imprints.
-Acts like a tuning fork: can reset or retune the frequency of organs or systems that have gone out of alignment

ACUPUNCTURE MERIDIANS AND VIBRATIONAL THEMES

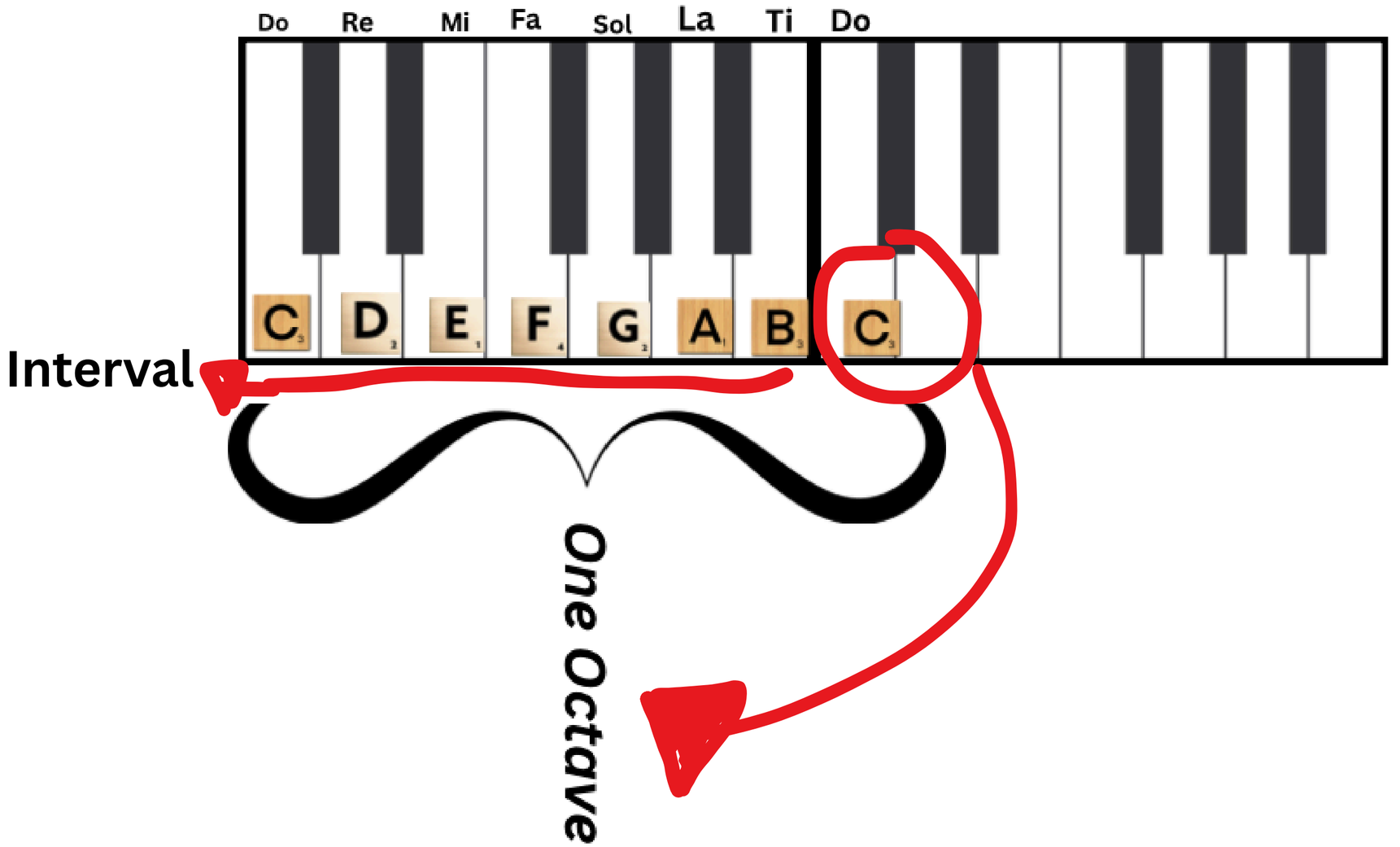
ACUPUNCTURE	VIBRATIONAL THEMES
Spleen	Emotional Stability
Kidney	Grounding
Liver	Transformation
Heart	Love
Pericardium	Balance
Lung	Clarity
Large Intestine	Self-Expression

The Use of Coherence

- For pregnant women, this technique can regulate emotions, reduce anxiety, and strengthen the bond with their baby.
- For students in intuitive education, it can clear mental noise and enhance focus before engaging in learning or meditation (Great for our children & ourselves).
- In healing sessions, it helps clients enter a parasympathetic state for deeper relaxation and self awareness -this is the place where you are in a state of receiving.
- For Soul Guardians, helps to slow everything down and bring them into presence where their children are

Connection of Septenniums to Harmonic Balance




Do
Re
Mi
Fa
Sol
La
Ti
Do
C
D
E
F
G
A
B
C
Interval
One Octave

The Intervals between notes



Interval between the notes

Connection of Septenniums to Harmonic Balance



Here are some ways to support us in achieving Harmonic Balance:

- *Align with Natural Rhythms*- follow cycles of nature (circadian rhythms, lunar cycles, seasons)
- *Vibration & Sound Healing*-use music chanting, singing bowls, or frequencies like 432Hz to restore balance
- *Energy Work*- practices like Reiki, Qi Gong, and Chakra alignment can help maintain vibrational harmony.
- *Conscious Living*- cultivate awareness of thoughts, emotions, and habits that enhance harmony.
- *Inner Stillness*-silence and presence allow the body and mind to recalibrate to their natural state
- Music: symphonies, orchestra, no words just the instruments



Why it Matters

Just as musical instruments must be tuned to resonate beautifully, humans must be in harmonic balance to live in flow, vitality, and truth.

Disharmony manifests as stress, illness, confusion, and emotional distress, while harmony brings clarity, healing, and alignment with one's highest potential.

For our bodies to be in balance we need to resonate at 70 - 90 Hz.



Journal Prompt

- When I listen to my gut, what does it tell me about how I process the world around me?

- What emotions might be seeking digestion?

- What does true balance feel like in my body, mind, and spirit?

- Where in my life do I feel aligned, and where do I feel out of tune? Explore the areas (physical, emotional, relational, spiritual) where you sense dissonance, and imagine what harmony would look like and feel like instead).

- In what ways do I embody the masculine (doing structure, logic) and feminine (being, flow, intuition) energies in my daily life?

- Are they working in harmony, or is one overpowering the other?

- What would it look like to bring these forces into sacred balance within me?

Integration of Truth