

Intuition Illuminated by Knowledge



A Raw and Real Rememberance Of What
It's Like To Be A Child

Hazel Alvarez

Intuition Illuminated by Knowledge



Nuna 5D Community, PEA
Publishing

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A Heartfelt & Mystical Thank You!

To my beloved husband, my children, my family, my friends, and the countless souls I have had the honor of teaching- this book exists because of you. You are the light that has guided me, the love that has lifted me, and the mirrors that have reflected both my deepest truths and my wildest dreams. Through every lesson, every challenge, every moment of connection, you have helped shape the wisdom within these pages.

To my husband, my rock, my protector, and my greatest love- thank you for seeing me, for believing in me even when my vision felt too vast, too unseen, too much for this world. You have anchored me in love, and in that love, I have found the courage to bring this work to life.

To my children, my greatest teachers, my infinite reflections- you are the embodiment of magic itself. In your presence, I have witnessed the raw beauty of the soul before the world tries to shape it. Thank you for reminding me, day after day, that love is the highest frequency and that our true power lies in simply being who we were always meant to be.

To my family and friends, the ones who have walked beside me on this path- you have been my sanctuary, my breath of fresh air, my sacred circle. Whether through laughter, wisdom, or quiet understanding, you have given me the strength to step fully into my purpose.

And to the students I have had the privilege of teaching- you are the reason I know, without a doubt, that this world is shifting toward something extraordinary. Each of you has left an imprint on my heart, a frequency woven into my being. I have seen in your eyes the spark of something ancient, something new, something deeply profound. You have taught me just as much- if not more- than I have ever taught you.

This book is my offering, my love letter to the sacred energy that connects us all. May it serve as a reminder that we are never alone, that we are always learning, always evolving, always stepping into deeper alignment with who we truly are.

With Love, light and infinite gratitude,
Nuna (Hazel Alvarez)

Preface

Every child comes into this world carrying unique frequencies, a gift that is meant to be nurtured, protected, and understood. As guardians-whether we are mothers, fathers, caretakers, or teachers, we are the protectors of these gifts. It is our sacred responsibility to create an environment where our children's true potential can unfold, where they can express the brilliance they were born with.

But in a world that often dismisses intuition, suppresses emotions, and conditions us away from our natural abilities, how do we protect what we cannot yet see? How do we recognize the signs, the energetic imprints, and the messages our children bring with them? The answer lies in connection. Deep, intentional connection.

This book is an invitation to shift our understanding of who and what we truly are. We are energy, frequency and vibration. When we learn to perceive ourselves in this way, we begin to embody the divine magic that we are. We start to recognize the way to communicate beyond words, how to express our innate wisdom, and how our energy signals our unique gifts to the world.

The bond between a mother and child, formed at the cellular and molecular level, is one of the most profound energetic connections in existence. It is not just biological; it's a fusion of consciousness, a transmission of wisdom that extends beyond this lifetime. When we fully embrace this connection, we awaken to the deeper truth-our children are not just here to learn from us, they are here to teach us, to remind us of what we have forgotten, to offer us a glimpse into the next stage of human evolution.

This book is not just about understanding and rediscovering ourselves, but about preparing ourselves as guardians. It is about learning to hold space for our children's gifts, protecting them from a world that may not yet understand them, and standing as the bridge between what is and what is possible.

When we honor this responsibility, we step into a level of closeness with our children that transcends anything we have ever known. We begin to see them not just as our children, but as guides, as mirrors, as beings of light who carry the codes for a new way of being.

My hope is that these pages will empower you, expand your awareness, and help you see that the realness of who we are is not something to fear, but something to understand. When we do, we unlock not only our children's potential-but our own. I offer to you my perspective, my view based on my experiences and my understandings.

Elder Wisdom & Spiral Learning

Our elders teach that hearing something seven times allows the knowledge to truly become yours. In other words, understanding deepens through repetition until wisdom is awakened within you.

For this reason, we will move in a spiral, revisiting key concepts more than once. Each return offers a new layer of insight, shaped by your lived experience and growing awareness.

Language, Gender, and Family Acknowledgment

For the purposes of this journey and our time together, I use language of mother and woman to refer to those who birth life. This language reflects the energetic, biological, and ancestral frameworks through which this work is taught.

At the same time, I honor and recognize that families are beautifully diverse in their forms, identities, and structures. Not every family is composed of a mother and a father, and all loving configurations are valid and worthy of respect.

When speaking about partnership, I will use the language of woman and man, while holding reverence for the many ways humans love, raise children, and walk in relationship with one another.



family

Introduction

This is not just a book- it is a journey. A journey into the unseen, into the energy that moves through us, and into the sacred responsibility we hold as guardians of the next generation.

Throughout these pages, you will not only read, but you will reflect, write, and discover. This book is designed as a workbook and notebook, a space for you to document your insights, your emotions, and the connections you begin to notice in yourself and your children. The process of writing is not just about remembering- it is about revealing. As you put pen to paper, you will begin to see patterns, messages, and moments of clarity that may have otherwise gone unnoticed.

What to Expect

Energy, Frequency & Vibration - A new way of understanding emotions and their role in our evolution.

The Guardian's Role- How we, as protectors, can create a safe space for our children's gifts to emerge.

The Mother-Child Connection- Exploring the profound molecular and energetic fusion between mother and child.

Reflective Exercises & Journal Prompts- Opportunities to engage with your own experiences, deepen your understanding, and apply what you learn.

Why This Matters

We are living in a time where the old ways of thinking are shifting. Our children are coming into the world more attuned, more sensitive, and more gifted than ever before. But if we do not recognize these gifts- if we do not prepare ourselves to nurture and protect them-then we risk losing sight of something extraordinary.

This book is not about teaching your child who they are. They already know. This book is about helping you remember who you are, so you can stand beside them, not just as a guide, but as a protector of the gifts they carry.

How to Use This Book

There is no single way to move through these pages. Some chapters will speak to you immediately, others may take time to unfold. Trust your intuition. Write down your thoughts, your questions, and your breakthroughs. Allow yourself to be present with what arises, and know that every realization is a step closer to deeper connection-not just with your child, but with yourself. You will notice that there are no page numbers as this remembrance is not bound by linear time.

Are you ready?

Take a deep breath. Open your heart. Pick up your pen.

Let's begin.

With Love and light,
Nuna (Hazel Alvarez)

Being Present With Knowledge That Transforms Us

When we are in the presence of knowledge that truly moves us and transforms us, it is often felt as a very real, embodied experience. For many of us, this can show up as physical sensations or symptoms in the body. Because of this, it is essential to understand what can serve as a resource, (something that supports integration and allows us to move forward with steadiness and care.

A **resource** is anything that feels safe, nourishing, and supportive. It is neutral, stable, and simple. On a physiological level, a resource gives you a sense of breath, space, or grounding. Resources help orient our nervous system towards cues of safety and offer us a conscious pathway back into regulation and connection.

We resource ourselves for the purpose of **health, growth, and restoration**. When are regulated, we are able to make choices creatively and productively. Resourcing, especially when we are doing deep inner work, is one of the most effective ways to anchor ourselves so we can weather the intensity of becoming.

Reflection:

What is a resource for you?

(Some examples: nature, music, a blanket, a familiar scent, a pillow, or the comforting presence of another person)

Four Kinds of Resources

External/Tangible:

Nature, floor beneath us, anything external of you (pillow, art, music)

Internal/Tangible:

Bones, breath, feet touching floor, gravity

Internal/Intangible:

Your energetic heart, your adult self, your wife self, your kindness

External/Intangible:

Ancestors, guides, animals, spirit, energy, loved ones that have transcended

These resources offer us a true refuge. They can be mixed and matched intuitively, for example, calling in ancestral support while grounding through breath and feeling the Earth beneath you.

Benefits of Learning How to Resource Yourself

- Allow at least **2-3 minutes** of sustained contact with the chosen resource. This builds capacity and supports nervous system regulation for everyone involved.
- Resourcing allows us to return to a situation with **greater choice and clarity**. If intensity increases, gently guide attention back to the resource.
- In the presence of connection to a resource, the body naturally begins to regulate. Physiology responds to safety before cognition does.
- Resourcing offers the **presence needed to move forward**, even within chaos or uncertainty, in the most grounded way possible.
- It allows us to remain *within* the midst of chaos while orienting towards something stable, something that is not overwhelming, reactive, or disregulating.
- As guardians, caregivers, and guides, this capacity is essential. Children learn regulation not through instruction, but through **mirroring our state of being**.



Journal Reflection: A Snapshot of Our Inner Landscape as Parents

Before we begin this sacred journey together, take a moment to pause and reflect.

The questions below are not meant to judge or define you--but to offer a mirror. They are a way to take a gentle snapshot of how you currently think, believe, behave, and embody the role of a parent. Whether you are already walking this path or are preparing for it in your heart, this reflection invites deeper awareness of the beliefs--both personal and cultural--that may be shaping your experience.

There are no right or wrong answers here. Simply allow whatever arises to come through with honesty and grace.

1. What inspired you to begin this journey--whether through reading this book or participating in this class?

*Journal Reflection:
A Snapshot of Our Inner Landscape as Parents*

2. How do you currently view the path of parenting? What feelings come up when you think of this role?

[illegible]

*Journal Reflection:
A Snapshot of Our Inner Landscape as Parents*

3. What cultural, ancestral, or societal beliefs have shaped your understanding of parenting or raising children?

[illegible]

*Journal Reflection:
A Snapshot of Our Inner Landscape as Parents*

4. In what ways have these personal and cultural perceptions influenced how you show up--as a caregiver, teacher, or guide?

[illegible]

*Journal Reflection:
A Snapshot of Our Inner Landscape as Parents*

5. When you encounter new truths or remember forgotten aspects of yourself, how do you integrate these discoveries into your life?

[illegible]

*Journal Reflection:
A Snapshot of Our Inner Landscape as Parents*

6. How do you offer yourself compassion, forgiveness, and grace when you feel challenged or uncertain in your role?

[illegible]

Journal Reflection: A Snapshot of Our Inner Landscape as Parents

7. What support systems--people, practices, or inner resources--do you turn to when facing moments of transformation or deep insight?

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*Journal Reflection:
A Snapshot of Our Inner Landscape as Parents*

8. How aligned do you feel with your potential as a parent? If you are not currently in that role, how do you envision yourself showing up in it?

[illegible]

*Journal Reflection:
A Snapshot of Our Inner Landscape as Parents*

9. What does truth feel like in your body? How do you recognize truth?

[illegible]

Spiral of Remembrance

Who and What are We, Really?

Remembering Our Guardian Soul Contract To Our Children: What is a Soul Guardian? The Importance of Healing Yourself as a Soul Guardian.

Understanding Parent Programming

The Septenniums

Harmonic Balance

Importance of Elemental Connection

Emotional Literacy

The Symphony of Consciousness: Brainwave States & Seven Year Cycles of life

The Real Meaning of Education: The Mystical Knowledge of the Essenes

Multiple Intelligences & Soul Guardianship- Guiding Our Children's Unique Gifts

Womb to Wisdom: Aligning Pregnancy with the Septenniums

The Mystical Alignment of Chakras & Septenniums: Energetic & Spiritual Evolution

Spiral of Remembrance

A Process of unpacking, revisiting, and remembering

- **Soul Guardian**

The one who tends to, nurtures, and protects the soul, safeguarding the path of becoming.

- **The Contract**

The energetic and soul-level agreement between you and your child.

- **Parental Programming**

Deep-seated beliefs, cultural norms, and inherited traditions that shape, and sometimes limit how we parent.

- **Healing**

Energetic healing that ripples into physical, emotional, and soul restoration.

- **Septenniums**

Seven year cycles of human development, growth, and energetic expansion.

- **Harmonic Balance**

The way energy flows within and around you, seeking coherence, rhythm, and harmony.

- **Elemental Connection**

Our relationship with the elements: Water, Fire, Air/Wind, Earth, and Spirit (Ether). These elements inform how we feel, move, respond, and grow.

- **Emotional Literacy**

Understanding how the brain and nervous system interact with frequency and vibration. Learning to read, sense, feel, hear, and witness emotions, bringing them into conscious awareness and understanding.

A woman with long, dark brown hair styled in a braid, looking directly at the camera with a calm expression. She is carrying a baby in a patterned, woven sling. The baby is looking off to the side. The background is a soft, warm, golden-brown color.

*Who and What are We,
Really?*

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



Reawakening Our True Essence

For generations, we have drifted away from our true nature, disconnected from ourselves and the embrace of our Earth Mother. This separation has caused us to forget who we are, yet within us lies an ancient wisdom waiting to be remembered.

It is time to awaken.

By reconnecting with our ancestral knowledge, we restore the wisdom, balance, and divine connection that has always been within us. This reawakening serves as the key to:

- *Nurturing and guiding our children with presence and intention
 - *Rebuilding the foundation of the core family
 - *Restoring harmony between the masculine and feminine
- *Remembering the innocence, wonder, and curiosity of childhood
 - *Recalling the truth of our shared human experience
- *Creating an environment that supports our children's physical, emotional, and spiritual growth
- *Honoring that our worth cannot be measured by tests or external validation
- *Allowing children the sacred space to explore, experience, and express their emotions, ideas, and dreams freely

As we return to our true nature, we cultivate:

- *Emotional intelligence- the ability to understand and navigate our feelings with awareness and compassion
 - *Physical intelligence- trusting our body's innate wisdom and ability to heal
- *Spiritual intelligence- aligning with the divine and living in harmony with universal truth
 - *Creative abundance- accessing limitless expression, imagination, and creation
 - *Connection to the Trinity- the sacred unity of mind, body, and spirit
- *The ability to heal ourselves-recognizing that healing is not something external, but an inner journey of alignment and remembrance

Through remembrance, we reclaim our power, stepping into alignment with the divine rhythm of life, where healing, wisdom, and abundance flow naturally.

The Presence of Light and Sound in Creation

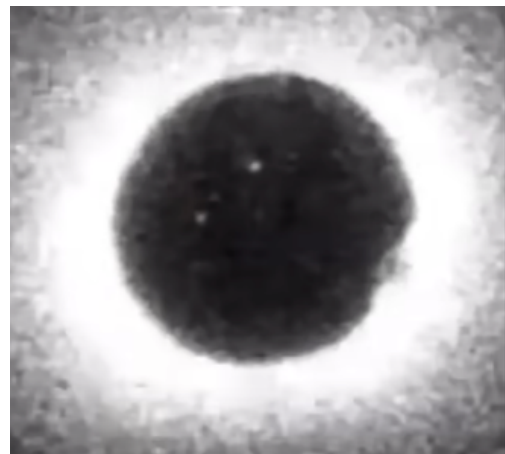
When we come into existence, we emerge through the presence of both **Light and Sound**. Creation is not merely a physical event but an energetic and spiritual unfolding. It takes place beyond the structure of 3D reality, in the unseen realms where light and sound harmonize to bring forth life.

Life itself is an act of creation- an interplay between the divine forces of energy and form. In this sacred process, we do not simply observe life happening; we actively **create, nurture, and protect** until what once existed in the unseen comes into manifestation. In Spanish, the phrase “**Dar a Luz**” beautifully expresses this truth- it means both “to give birth” and “to bring forth light.”

This reveals a profound truth about ourselves: **We are the creators**. Reality is not something that happens to us but something we participate in shaping. When we align with this awareness, we recognize the formula for life itself:

“Create it to see it! We are the creators.”

-Marina Jacobi



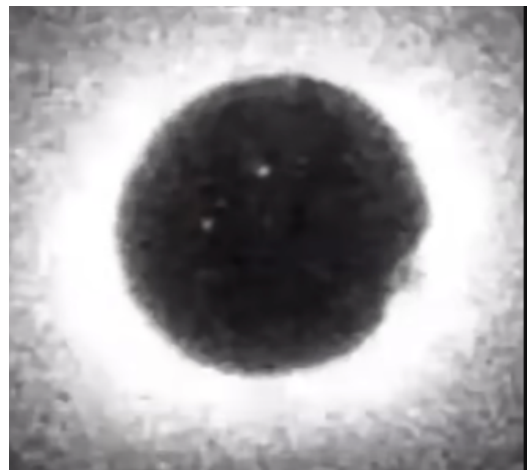
Moment of Conception

The Presence of Light and Sound in Creation

Our bodies are mystical, highly intelligent, and divinely crafted vessels-homes for the essence of who we truly are. Within these sacred forms, our light is protected, cradled within the intricate design of organic matter, woven from microscopic organisms and conscious intelligence far surpassing any human technology.

We are not merely flesh and bone; we are light, eternal consciousness having a human experience inside this sacred biological temple. Yet, our full potential remains locked away, veiled by the severance from our divine spark.

To awaken, we must first acknowledge the body for what it truly is-a miraculous, intelligent, protective suit, divinely designed by the creator to house the infinite within the finite. When we honor this truth, we step closer to reclaiming the limitless power within us.



Moment of Conception

The Presence of Light and Sound in Creation

From the very beginning of creation, the energy within us longed to know itself-to experience its own existence. First, there was light, illuminating the void. Then came the birth of form: cells emerged, each one a vessel of transformation, shifting and evolving in the sacred architecture of the body. These body parts, in turn, wove themselves into the tapestry of human form, through which consciousness could embark on the journey of life.

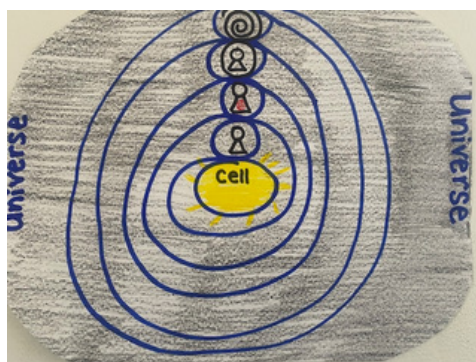
And so, we arrive-stepping into the dance of duality: light and shadow, male and female, expansion and contraction. The great cosmic harmony plays out in every breath, every heartbeat, every moment of becoming.

But let us not forget the sacred initiation of birth itself. We are not born once, but twice. The first birth is the awakening of light-the divine spark igniting as sperm and egg unite. The second birth is our passage through the womb, emerging into the dimensional realm of matter, sound, and vibration. In this, we are more than mere beings; we are luminous expressions of an infinite unfolding.

All of this- the grand symphony of existence-unfolds within the cosmic womb. The Mother Earth cradles us, yet she too rests within the womb of the galaxy, and the galaxy, in turn, is held within the boundless embrace of the universe. And here we are, moving through this sacred web, often unaware of the vast intelligence that birthed us into form.

Everything is in a womb!

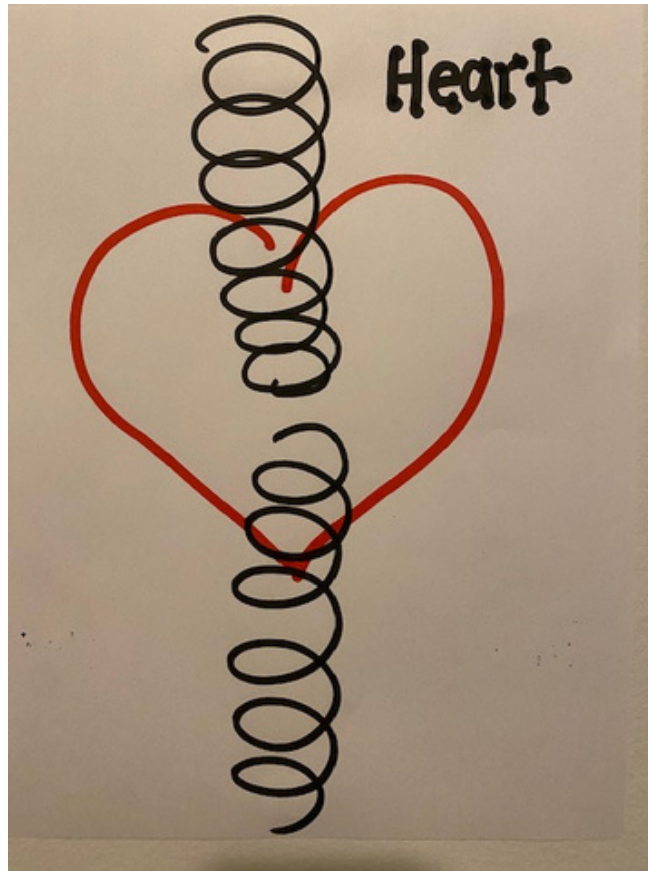
Let us awaken to this knowing. Let us walk with reverence, for we are woven from the very essence of the stars. May we pay homage to the great mystery that allows us to be.



The Intelligence of the Heart!

This is how I see the Heart. As the command center that oversees everything that happens in your body. The Heart is the giving and receiving of our energy. It's the grand central hub of energy, frequency and vibrations.

Breathe into that truth and feel into your heart. Say hello and thank you. It beats for you, everyday all day, no matter what! Now your talking to God. Now you have begun to connect with your inner world. The journey begins when we accept and acknowledge that what we are mystical and magical.

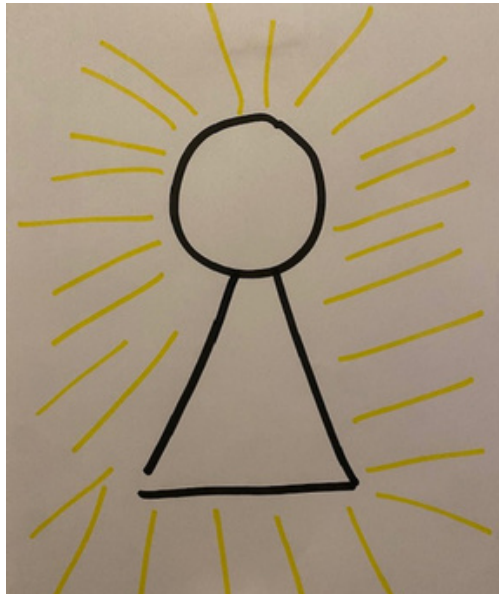


We Are Light

The moment the sperm fertilizes the egg, there is a spark of light. That light is life, and that life begins to build a protective vessel so that it can be made manifest into a physical form! That my friends is magic, it's spiritual, it's crazy, it's real.

Take a moment to breathe into that truth. Me, You, all of us are light, housed in an organic living vessels that fuses with us to give us the opportunity to experience life on this beautiful Earth. Our Mother.

THAT'S WHO AND WHAT WE ARE!!!





The Birth Atlas



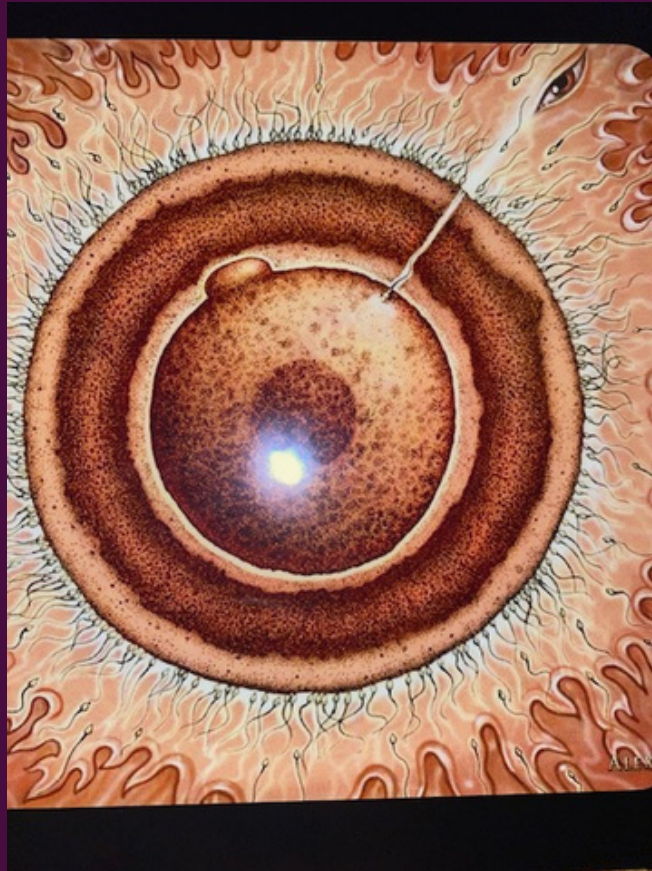
The Birth Atlas



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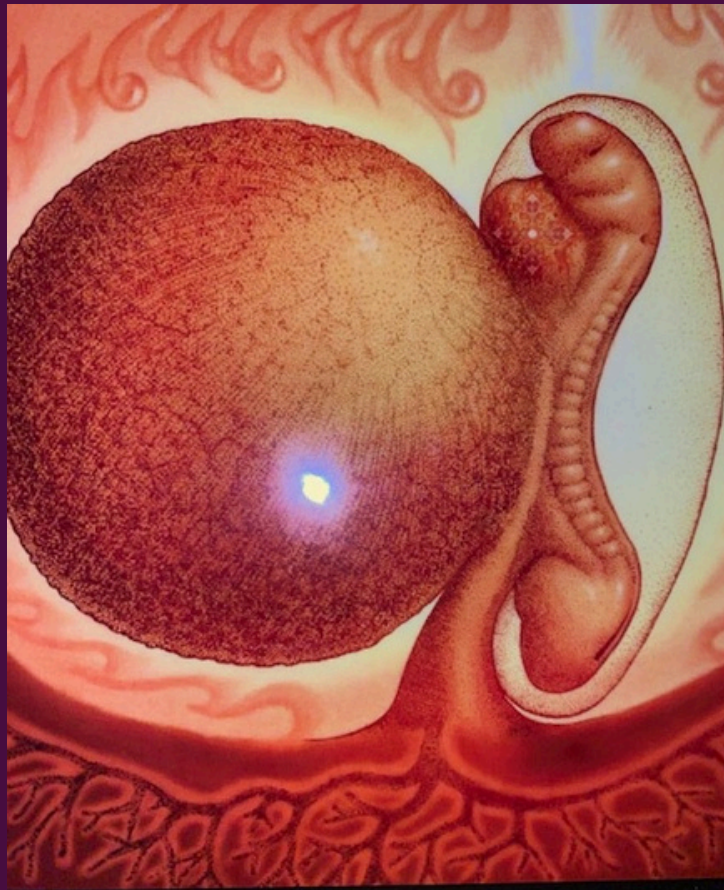
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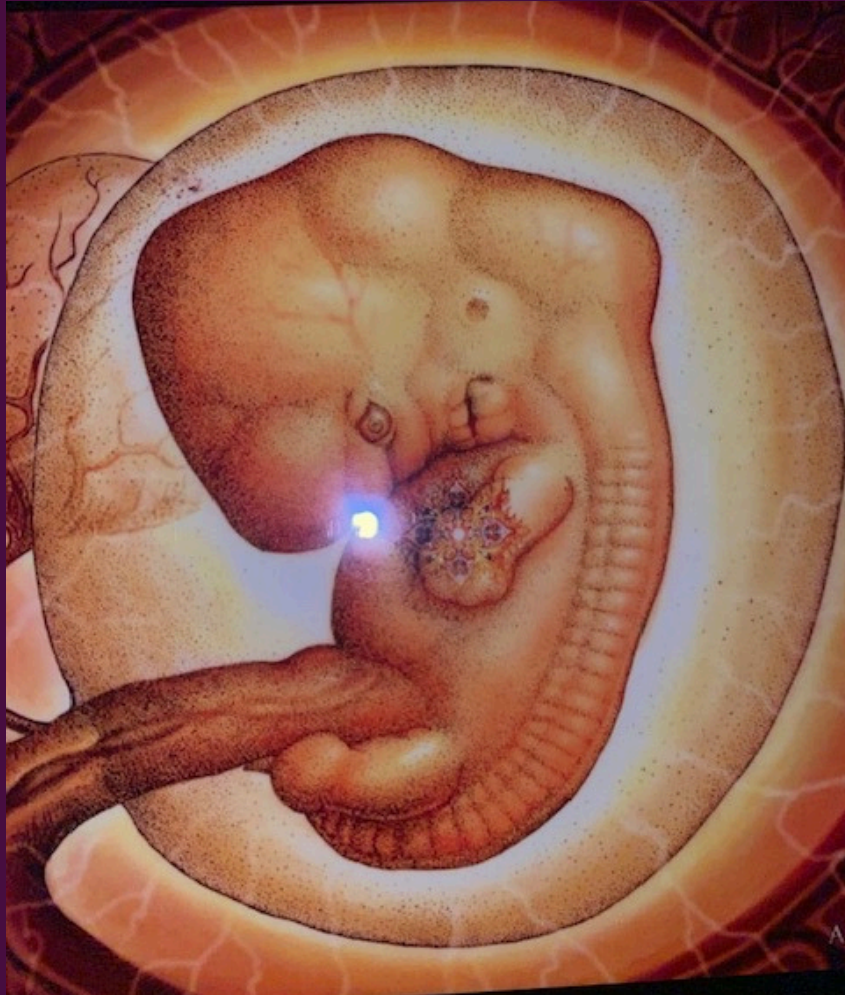
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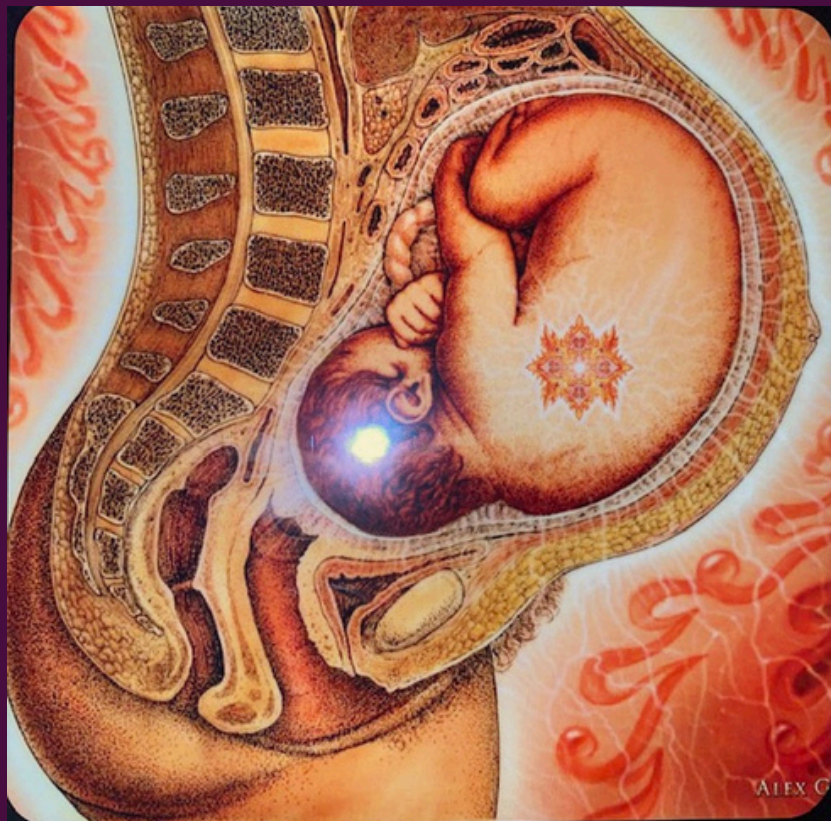
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The Birth Atlas



The Birth Atlas

The way we enter this world shapes every aspect of our being-our physical health, emotional patterns, subconscious imprints, and spiritual connection. Birth is not just a moment; its an initiation, a blueprint that influences how we navigate life, form relationships, and embody our true essence. Whether we are born in peace or in struggle, with love or with fear, the experience imprints upon us, shaping our nervous system, our beliefs, and our sense of safety in the world. To heal and unlock our fullest potential, we must acknowledge the significance of our birth and the deep impact it has on who we become. We are guardians of the Light.

When we have questions about ourselves the best thing we can do is turn to our physiology.





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A woman with long, dark hair is looking directly at the camera. She is holding a baby who is wrapped in a patterned cloth. The baby is looking towards the camera. The background is a warm, golden-brown color.

*Remembering Our Guardian Soul Contract
To Our Children:*

What is a Soul Guardian?

*The Importance of Healing Yourself as a
Soul Guardian*

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



What is a Soul Guardian?

Soul Guardians are spiritual stewards of their children, guiding, protecting, and nurturing them beyond just the physical realm. My perspective suggests that:

Parents are chosen souls - Some spiritual traditions believe that children choose their parents before birth, selecting them as soul guardians to help them on their life journey.

They provide more than physical protection - Beyond meeting basic needs, Soul Guardians influence their children's emotional, spiritual, and energetic development, acting as their first teacher and guides.

Their guardianship extends beyond life - Some believe that even after passing, a guardian's soul continues to watch over and guide their child from the spiritual realm.

Guardianship is about unconditional love - True Soul Guardianship is not about control but about empowering children to grow into their fullest potential while providing love, wisdom, and protection



Ways to explore deepening the soul connection between guardians and children:

Deepening the soul connection between guardians and children involves conscious nurturing, spiritual awareness, and energetic alignment. Here are some ways to strengthen this bond:

Spiritual and Emotional Presence

Be fully present - Giving undivided attention during conversations, play, or shared moments helps children feel seen and valued

Heart-Centered Listening- Tune into their emotions beyond just their words, offering understanding rather than immediate solutions

Energetic Bonding Practices

Soul -to-Soul Meditation- visualize an energetic connection between your heart and your child's sending them love and protection

Gentle Touch & Reiki- Physical touch, like holding hands or placing a hand over their heart, can strengthen the energetic link

Ways to explore deepening the soul connection between guardians and children:

Deepening the soul connection between guardians and children involves conscious nurturing, spiritual awareness, and energetic alignment. Here are some ways to strengthen this bond:

Teach Through Wisdom, Not Fear

Guide, don't control- A soul guardian's role is to empower a child's intuition, not dictate their path. Encourage exploration, curiosity, and self-trust

Encourage inner knowing- Ask open-ended questions like: "What does your heart tell you?" instead of always providing the answers

Soul Contracts & Ancestral Healing

Acknowledge past-life or ancestral ties- If you believe in reincarnation or soul contracts, reflect on why you and your child may have chosen each other in this lifetime.

Break generational patterns- Heal any family wound that could unconsciously shape your child's emotional well-being.

Ways to explore deepening the soul connection between guardians and children:

Deepening the soul connection between guardians and children involves conscious nurturing, spiritual awareness, and energetic alignment. Here are some ways to strengthen this bond:

Create Rituals for Connection

Bedtime Blessings- Whisper words of love, gratitude, or protection before they sleep.

Nature Walks & Grounding- Connecting in nature helps children feel safe in the world and energetically balanced

Storytelling & Symbols- Share stories with deep spiritual lessons and introduce meaningful symbols or talismans for protection.

Teach Energy Protection & Awareness

Shielding Techniques- Teach children how to visualize a protective light around them

Trusting Intuition- Encourage them to listen to their gut feelings about people, places, and situations.

Ways to explore deepening the soul connection between guardians and children:

Deepening the soul connection between guardians and children involves conscious nurturing, spiritual awareness, and energetic alignment. Here are some ways to strengthen this bond:

Honor the Evolution of the Relationship

As children grow, the form of soul guardianship changes. Letting go of control and allowing them to step into their own power is part of the journey.

Be vulnerable and open to expansion and elevation. Being a Soul Guardian will crack you open and beg you to heal and go within.

Ways to explore deepening the soul connection between guardians and children:

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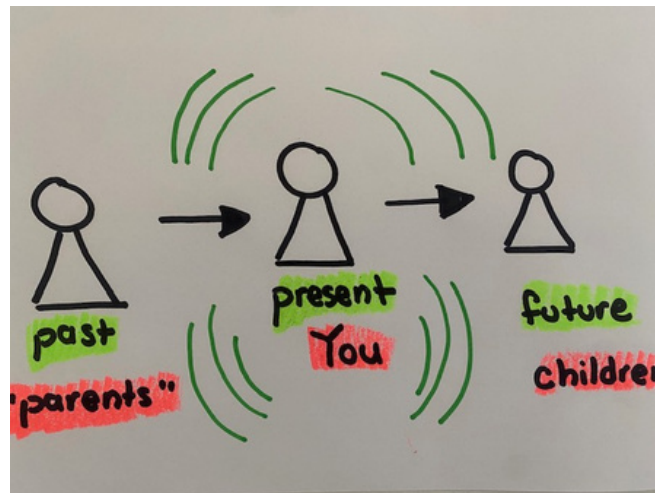
Recognize that being a Soul Guardian is an ongoing transformation for Mother, Father and child!

The illusion of separation! The change starts with us.

Your children are reflections of you in the future. Your parents are echoes of you in the past. And **you**—you are the present moment. This is where your power lies, the power to **shift, alchemize, and transform**.

The past and future are not separate from you; they are woven into the fabric of your being. But the work of transformation **only happens in the now**. It all begins with you.

When we choose to **alchemize and elevate ourselves**, that transformation ripples through time. It touches our parents, healing the past. It touches our children, shaping the future. **We are the key. We are the present moment.**



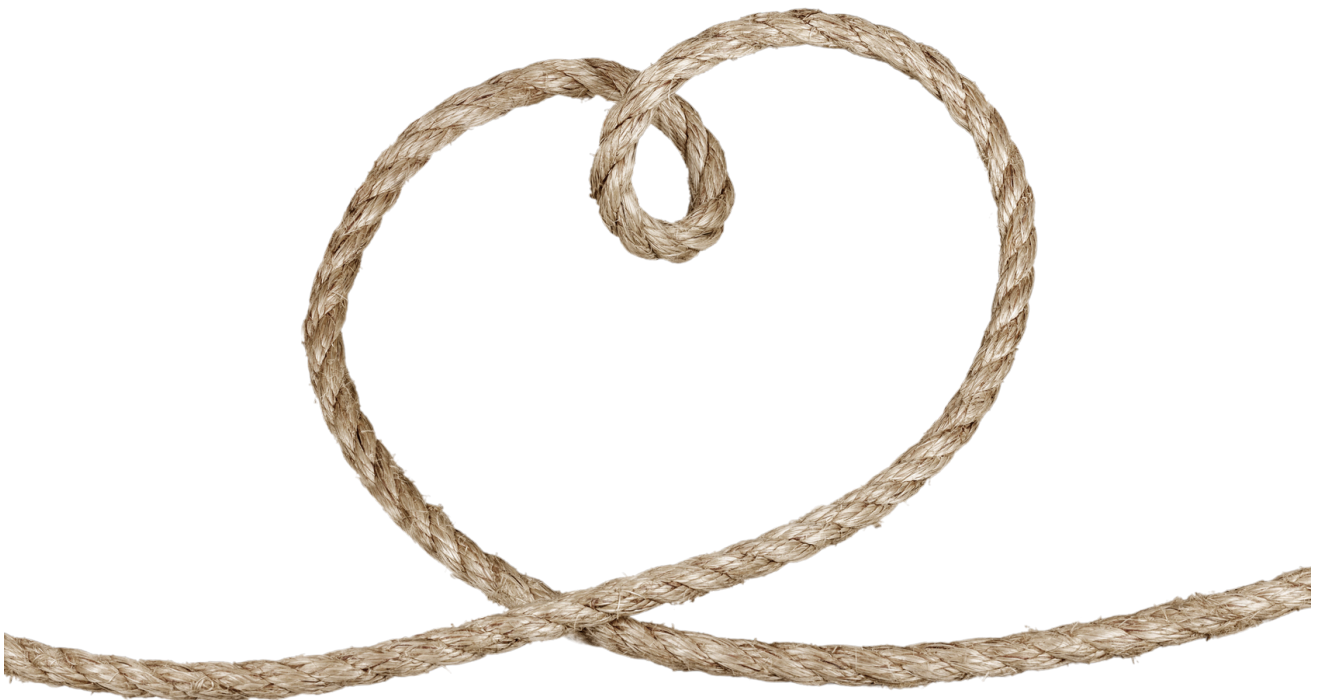
Soul Guardian Experience

I remember how bad I wanted to have children. I would look at pregnant women and think, “I can’t wait till that’s me”. Every cell in my body knew that I wanted to bring life into this world and I wanted to nurture it, love it and see it grow.

Anyone who is thinking about being a Soul Guardian should really understand that you are signing up for a complete change of your life, your beingness, your body, your beliefs, your values, your morals, and so much more.

IT IS A TRANSFORMATIONAL EVENT IN EVERY SENSE OF THE WORD. I hear people complaining about being “parents” and having children and how difficult it is. Well, you signed up for one of the toughest jobs known to humans, what did you expect?

If this is your path, then do it, and do it justice. Try to remember that, when you are faced with difficult times and forget that you wanted this. You are a ***Soul Guardian!!!*** This experience has to be held with the highest of honors. It is a whirlwind experience which comes with beautiful gifts.





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A woman with long, wavy brown hair is looking directly at the camera with a gentle expression. She is holding a baby who is wrapped in a thick, patterned blanket. The baby's face is visible, looking slightly to the side. The background is a soft, warm, golden-brown color.

Understanding “Parental” Programming

As a Soul Guardian or soon to be Soul Guardian, you have been called to reconnect with the sacred promise your soul has made to guide and nurture our children. We invite you to remember and embrace your purpose as a soul guardian. Anchoring us in intuition and knowledge to regain energetic, spiritual and intellectual connection with our children as they navigate the world, their life and their metamorphosis.

Centering to Receive

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Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



What Does the Word "parent" Have to Do With It?

The meaning of the word parent: the word parent comes from the words: pair and rent, which means a pair that rents. The truth is, the words that we say take on a life and energy. Once they are said, and accepted into our reality and our lives as truth, they become truth. Because we give it the power to be truth!

Parental programmings are deep seated beliefs, cultural norms and traditions that keep us attached or stuck in a certain way of "parenting". Many are passed as traditions but are very dysfunctional. As "parents" we adopt these norms and raise our children in the ways that were handed down to us.

Examples of Parental Programming

- *Parents believing that they own their children
- *Parents controlling the child and not allowing them to become their own unique self
- *Parents who seek to be friends with their children & do not provide structure and boundaries
- *Parents who use their children as their emotional punching bags or therapists
- *Parents who believe their children are investments in which they want to see a return
- *Parents seeking to mold their children to their liking
- *Parents attempting to live through their children, their likeness
- *Parents who believe financially supporting a child is all that is required
- *Parents who control their children through finances
- *Parents who believe their children owe them something
- *Parents who use their children as their source of happiness

How do we move forward, now that we know what we know?

(What we remember to be true? The remembrance that comes and knocks you out of orbit and makes you pay attention with your whole being.)

We must first understand the power of our thoughts and our words. This is a real thing. The unseen and the unheard have a tremendous amount of power in our lives, ourselves and our realities. We will dive into this concept in the section called:
Emotional Literacy.

Remember the fact that we are all divine souls who have purpose and gifts to share in this lifetime, you matter, our children matter and our planet matters.

Embrace the fact that we are energy and that our thoughts, beliefs and words give the energy its power, tells it what to be and what to become and how to be perceived by others.

Replacing the word “**parent**” with Soul Guardian communicates the understanding/innerstanding of your energetic connection to your child and your souls contract with them. Once we innerstand, we will transform from the inside out. This is when you will truly recognize the use of the word Soul Guardian instead of parent. It is so worth the justification of the use of the word, because it is truth. We are the Guardians of their Souls.

When we decide to have children, we make a pact with God, that we recognize and innerstand the gift that it is to Guardian a Soul on this Earth Plane. That comes with a lot of responsibility, and rightfully so.

How do we move forward, now that we know what we know?

As Soul Guardians we take on a sacred role to be the caretakers of these souls. To guide them, support them, listen to them, and provide them with conscious guardianship that allows them to blossom into their Higher Selves.

Allow space for grace and forgiveness because we have awakened into a long history of programming and false beliefs which were inherited and passed on to us. Remembering that it was all with the intention of love!

Forgive yourself and forgive your own parents for the programs they unconsciously instilled in you. This now allows us to break generational patterns and become conscious guardians for our children. This will make generational ripples and impact you and your children in a way that will impact our ancestry in the past and in the future. Breaking generational curses and energetic bonds that did not allow us to become fully human.

Love yourself fully and completely, heal your own wounds and bring forth your own higher self so that your children can have that as an anchor and an example of how to be in this life.

When we love ourselves and heal our wounds, we begin to provide a pure and conscious environment for our children to develop their innate gifts and transform into their version of fully human.

How do we move forward, now that we know what we know?

We are currently witnessing a huge shift in consciousness in regards to who we are, how we function, what we are capable of and how we are to live in order to be happy, healthy and in harmony, the 3Hs. Now is the time to listen to our children and really honor what they have to say, what they want to experience, how they would like to embrace learning, and the development of their own gifts, abilities and interests. By honoring and respecting each child's interests, we support them in feeling safe to explore and dive into their gifts and abilities which they were born with. The children of every generation come with the hope that their guardians are going to understand who they are and what they are. How beautiful and how powerful we all are, and that we know to protect, love, cherish, nourish, that thing we call life.

We must see children as pure love as they do not live in polarity, they live in coherence and can see and feel all. Cherish and protect that. It is present to be built upon, not be changed or taken away. It happens for a reason, a natural organic reason. Do not disturb it, but support it!

Know that all children have the divine right to follow their own path, to be different and not become that which we want them to be. If we mold them to be what we want them to be, we are robbing them of an organic opportunity to experience and create from within, not from without!

Honor the fact that each soul has to be given the opportunity to express themselves in their own individual way, it is their birthright!!

Accepting our role, which is to nurture, guide, and facilitate the process of becoming our higher selves and slowly stepping into each new phase of life. Our programs keep us from seeing what our true purpose and our true service is to our children. We have become so wrapped up in the way things should be, that we are blind to the intuitive instincts that we carry. We don't even register that they are happening. We are so deeply disconnected that the energy is cut off and can not communicate. We need to nourish ourselves back to life spiritually, soully, mind and body! Our planet is the medicine we need. It will heal and elevate us to heights we have never seen. It will school us on how to human!

How do we move forward, now that we know what we know?

Innerstand that the world is a reflection for each child, and that they do not yet know that they have and are in their energy field. We as guardians are also like children, we do not yet know or understand that we too are in and have an energy field. We are like kindergarten children picking up a crayon for the first time! The wonder, awe and excitement is so grand that it makes our souls anchor itself to its body and its presence here on Earth. Everytime we have one of these remembrances, we sign the covenant with life once more, we extend the terms and come to another agreement of longevity, happiness, flow, synchronicity, breath, and life!! Everything that comes with it, we say yes all over again. And that is the way we live a long. long. time!

Know that every soul comes here with a purpose and a calling. All are born with different gifts and abilities. This is nature's way of telling us, allow the child to choose how he/she would like to experience learning. The reason why we are all born with different gifts and abilities is because we each have a piece of the puzzle. This game of life is a tough one. We come here to learn ourselves and our divinity, to come back home to who we truly are. We are not just “regular boring humans” that are here to work and play sometimes, and enjoy nature sometimes. That’s not the point. The point is to come back home to who you truly are. We can do this and we are doing it! My proof that we are doing it is in this course and courses like these. The time has come and the people demand to heal and unlock themselves like never before. It starts with us!

Create environments that:

- *Listen to and observe our children.
- *Respect the characteristics of each individual child and support in developing them.
- *Recognize that this process allows us to flow with the Child's interest and support development of their individual gifts, ultimately helping them to align with their purpose in life at a very early age.
- *Innerstand that close child observations allow us to read the energy of each child and enable us to get to know the child on an energetic level.
- *Have discipline and structure: examples: consistency; inconsistency creates dysfunction. When we provide consistency for our children there is no need for physical discipline. Structure should have flow and should also allow the children to partake in how the structure is set up. They are very intelligent beings that want to be heard and whose opinions have value. Communicate clearly with your children and speak with them not at them.

Remembering that our Children are Mirrors

All children, especially under the age of 12, are pure mirrors. Meaning, they display the programming they have inherited from the Mother and Father : fear, anxiety, dysfunctional patterns, woundings and traumas of their genetic line upon birth. This is a hard truth to accept.

Our children will show us exactly where we are still holding belief systems and programming.

When we allow ourselves to be open enough to observe this, we immediately take accountability for this within ourselves.

We notice the behavior, bring it to light and let our children know that we will be changing this behavior together. We need to be vulnerable in front of our children, this will set into motion a huge energetic shift and our children will witness that energetic shift. Transformation in the making! They are going to feel that! What a beautiful moment between child and soul guardian. This establishes safety and a bond so deep with your child that nothing can come between it. This is what we want as guardians, this is true guardianship. It's scary, beautiful, ugly, easy, hard, fucked up, and not, it's all the things wrapped up into one. If you chose to be a guardian, you are asking God to give you the experience of a lifetime. An experienced squeezed into a short period of a few years. What a ride!

Notice and remember that we are the example that our children will observe and thus create their idea of: relationships, everything they see, hear, feel, taste and smell! We are the examples, they are copying us in every way you can think of, using all their senses to do so.

A Way of understanding the programming we inherited from our parents is to look at our control dramas. **Control Dramas** are unconscious behavioral patterns people use to manipulate others to gain energy, attention, or control in interactions. This term comes from ***The Celestine Prophecy*** by James Redfield. It describes how individuals adopt certain roles based on their upbringing and emotional conditioning. Our children are great at helping us act out and embody those programs still present in us and bring them to light. They also come to help heal us as guardians. That's the exchange, we guard them and they gift us with many opportunities to heal. Through the everyday of guardianship we are rewarded with opportunities to heal and look at ourselves.

Remembering that our Children are Mirrors

There are four primary control dramas:

1. **The Intimidator (Aggressor)**- uses fear, dominance, or threats to control others.
2. **The Interrogator (Criticizer)**- Uses questioning, criticism, or judgement to make others feel inadequate. This creates a power imbalance where the interrogator feels superior
3. **The Aloof (Withholder)**- withdraws emotionally, acting distant or uninterested to make others seek their attention or approval. This forces people to work for their connection.
4. **The Poor Me (Victim)**- plays the victim, using guilt, self-pity, or helplessness to gain attention or support from others. This drama seeks sympathy and rescuing.

These patterns often develop in childhood as survival mechanisms in response to family dynamics.

Recognizing them in ourselves and others can help break the cycle and encourage healthier more authentic interactions.

*This requires self awareness, emotional regulation, and conscious communication.
Here's how to recognize and move beyond the Drama: Warning: Easier said than done!*

How to Shift out of Control Dramas

1. **The Intimidator:** → *Cultivate Respectful Strength*

- *Recognize the behavior:* notice when you are using aggression, anger, or threats to control a situation.
 - *Shift the Mindset:* instead of dominating, practice assertiveness with kindness. Express your needs without overpowering others.
 - *Practice:* Deep breathing, pausing before reacting, and using “I” statements (I feel unheard when...) can help you communicate without intimidation.
- 

2. **The Interrogator:** → *Replace Criticism with Curiosity*

- *Recognize the behavior:* If you often critique, question, or find faults in others, you might be trying to gain power through superiority,
- *Shift the mindset:* Move from judgement to curiosity-ask questions to understand, not to control.
- *Practice:* Show appreciation and give constructive feedback with compassion (I appreciate your efforts on this. Have you considered trying...)?

How to Shift out of Control Dramas

3. **The Aloof:** → Engage in Authentic Connection

- *Recognize the behavior:* If you withdraw, stay vague, or seem distant to make others seek your attention, you're playing the aloof role
- *Shift the mindset:* Understand that true connection comes from openness, not mystery.
- *Practice:* Express your thoughts and emotions honestly. Try saying, "I need some time to process this", rather than disappearing.



4. **The Poor Me** → Take Responsibility for Your Energy

- *Recognize the behavior:* If you often feel helpless, victimized, or expect others to rescue you, you might be using this drama.
- *Shift the mindset:* Move from seeking external validation to self-empowerment.
- *Practice:* Replace "Why is this happening to me?" with "What can I do to change this?" Take small steps towards self sufficiency.

General Practices to Transcend Control Dramas

Become self-aware - observe when you or others are engaging in a drama:

1. *Stay Present* - Respond to situations consciously instead of reacting from old patterns.
2. *Practice energy awareness* - Notice when you're seeking energy externally (control) versus cultivating it within.
3. *Improve Communication* - Use direct and honest dialogue instead of manipulation.
4. *Heal past wounds* - Many control dramas stem from childhood conditioning. Journaling, therapy, meditation, time in nature, gardening, listening to music, art, creativity, gratitude, self love, can help shift deep seated patterns! I know because I did them all.

Guardian Checklist: To support you in navigating and integrating: ***Adopted from***

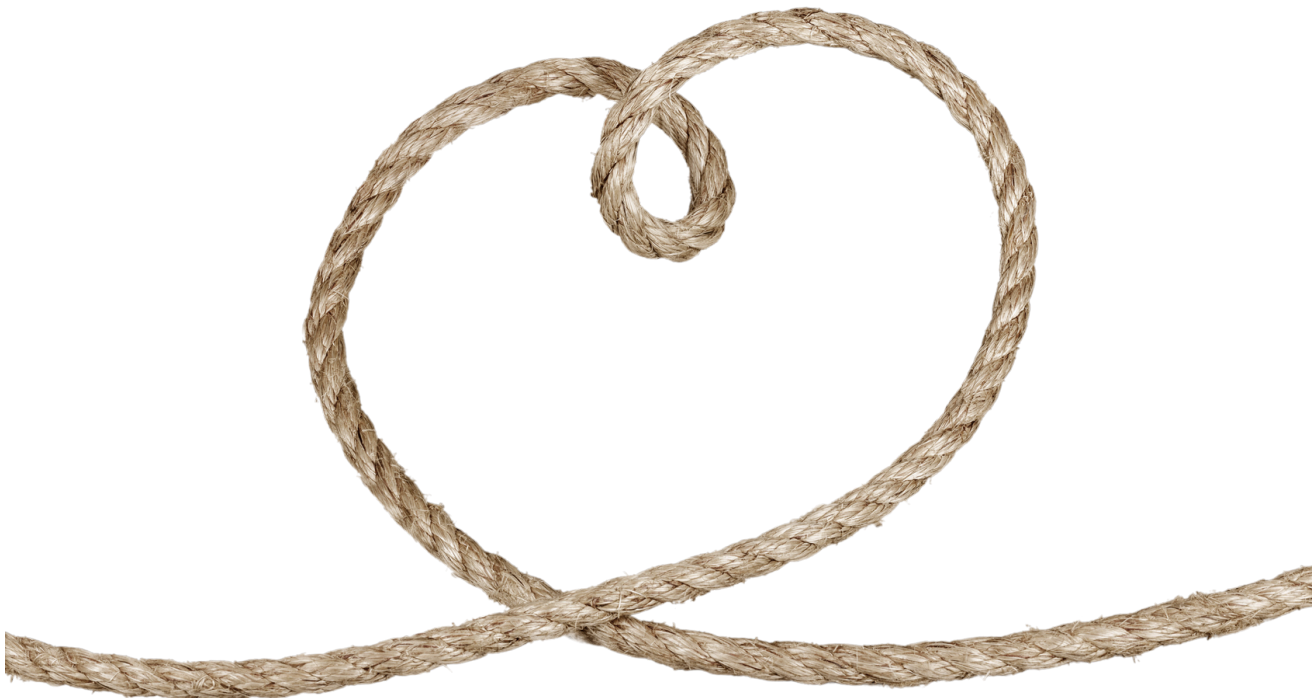
motherearthcrystalschools.org

- Forgive yourself, your parents and all experiences
- Take accountability for all programmings and dysfunction that you have taken on and passed on
- Begin observing your EGO programmings and dysfunctions and work to dissolve them
- Implement self-love disciplines as part of your family's daily routines
- Have patience with yourself! You are fulfilling a sacred role and you are a superhero!
- Be consistent with your disciplining of your children. Communicate clearly the boundaries and right action. Do it always with love, compassion and empathy
- Trust your guidance and intuition as the guardian. You know your child best because they chose you as their guardian!

Final Words on "Parent" Programming

*We are the guardians of these souls that choose us as the portals in which they can come into this reality to experience an earth walk.

*We birth our children and do not rent them! We are their Soul Guardians on this Earth plane! It is our duty and obligation to protect, serve and honor our children so that they may become the generation of fully conscious, evolved, elevated, transformed humans we have always been but never knew we were. It is time to remember!





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



Septenniums



Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



What is a Septennium?

The concept of Septennial Cycles in Human Development, where life progresses in seven year stages, has roots in various traditions, including anthroposophy (Rudolf Steiner), esoteric psychology, and developmental biology. This perspective sees human growth as a series of natural phases, each with unique psychological emotional, and physical transformations.

A Septennium is a period of 7 years. The word comes from the latin word *septem*, meaning seven, combined with *annum*, meaning year.

Our human development takes place in cycles of 7 years. Each 7 year cycle allows us to expand and build upon the last one. When we reach the 8th year, we are beginning the cycle all over again. The cycles are interdependent on one another giving us an organic blueprint to build upon.

Why do we need to know about Septenniums?

How can we truly connect with our children if we have drifted so far from a childlike state ourselves?

Society pushes us to shed our childhood as quickly as possible, replacing it with beta mode thinking, focused on logic, productivity, and constant action.

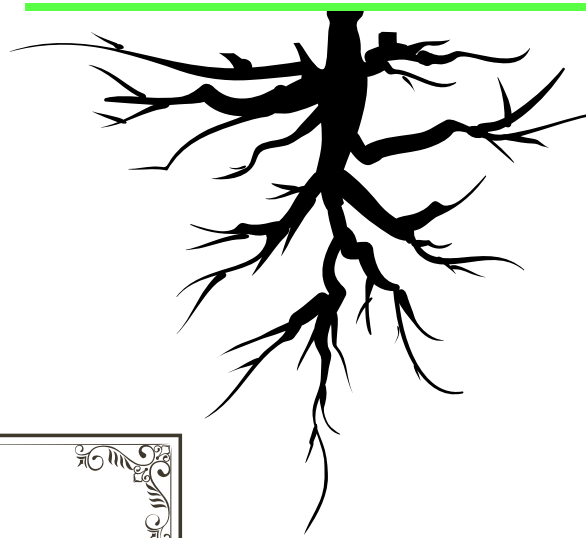
This rapid transition distances us from the natural wonder, curiosity, and presence of childhood. The consequences are profound and far reaching, setting off a chain reaction that shapes our relationships, our inner world, and the way we engage with life itself.

Let's dive deeper into the Septenniums

ROOTS TO SKY: Our journey into our divine humanness moves from earthly childhood (roots) to spiritual wisdom (Sky/Stars)

ROOTS: Ages 0-7

Childlike innocence, golden light, animals, and nurturing energy.
This Septennium roots us into our mother, our Earth. This gives us the stability to grow and not be taken by the elements.



The inner child comes forth in
the adult that is open to
healing!

When adults begin to heal they have to experience each septennium as they go along in their journey. It's the only way for us as Soul Guardians to have compassion and empathy for our children. We must remember and experience it in a divine organic way. As we integrate, feelings of guilt and shame will make themselves present so that you can face the programming and release them!

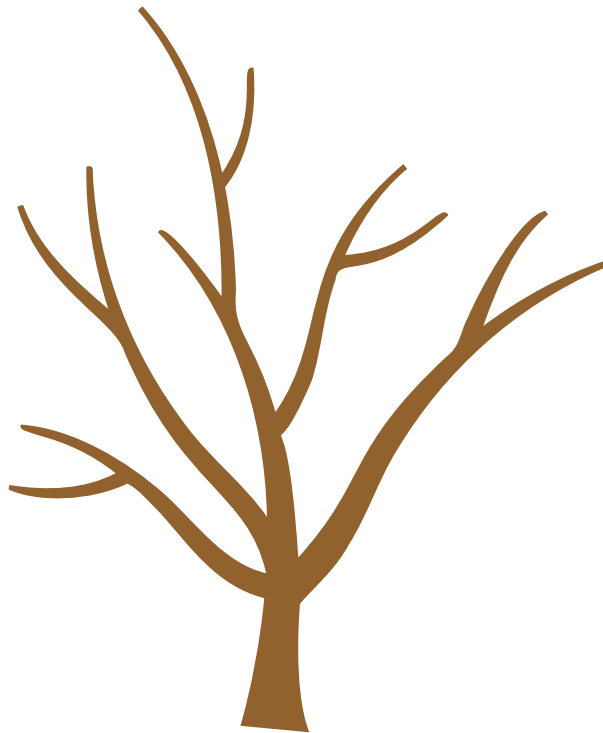
Let's dive deeper into the Septenniums

Lower Trunk: Ages 7-14

Books, imagination, symbols of curiosity



This Septennium begins the growth out of the mother, the earth. We begin to extend above ground and open up into the world that surrounds us. We poke our heads out of our comfort of our mother.



Branch: Ages 14-21

Teens looking to the horizon, crossroads, seeking identity

Let's dive deeper into the Septenniums:

What does it look like? What can I expect? How Can Soul Guardians support and facilitate this process?

1st Septennium: (ages 0-7)

The Foundation of Life

Soul Guardian Role: Protector & Nurturer

Spiritual Connection: Children absorb everything like sponges. Their energy fields are wide open, and they experience life through feeling and imitation rather than logic.

Key Needs: Safety, Love and rhythm

Soul Guardian Practices:

Sacred Touch: Hold, rock, and offer loving physical contact

Energetic Protection: visualize a golden light surrounding them daily

Bedtime Rituals: Sing, tell comforting stories, and whisper affirmations like: “You are Loved, you are safe.”

Nature Connection: Let them experience natural rhythms- sun, moon, trees, animals,- grounding them in the world

Avoid Harsh Intellectualism: The world should feel magical; abstract, reasoning comes later!



2nd Septennium: (ages 7-14)

The Realm of Imagination and Emotion

Soul Guardian Role: Guide & Emotional Anchor

Spiritual Connection: The Child begins to awaken their emotions and individual thoughts, exploring moral understanding through stories and symbols.

Key Needs: Emotional Security, Imagination, and a Sense of Wonder

Soul Guardian Practices: Myth & Symbolism

Share stories of virtue, heroism and wisdom (eg: fairy tales, mythology)

Encourage Intuition: Ask, “What does your heart tell you?” instead of forcing an answer.

Soul-based Discipline: use guidance over punishment, connecting actions to values rather than rules

Create Expression: Support arts, music, movement as spiritual gateways

Teach Subtle Energy Awareness: Help them sense “good” and “bad” vibes in people and spaces

Let's dive deeper into the Septenniums:

What does it look like? What can I expect? How Can Soul Guardians support and facilitate this process?

3rd Septennium: (ages 14-21)

The Age of Identity & Willpower

Soul Guardian Role: Mentor & Space Holder

Spiritual Connection: The soul is searching for its unique purpose, questioning rules, seeking independence, and forming its own moral compass

Key Needs: Freedom, Self-discovery, trust

Soul Guardian Practices: Teach Energy Sovereignty

Help them recognize their own energy field and how to protect it (eg: white light visualization, grounding)

Encourage Intuition: Ask, “What does your heart tell you?” instead of forcing an answer.

Soul-based Discipline: use guidance over punishment, connecting actions to values rather than rules

Create Expression: Support arts, music, movement as spiritual gateways

Teach Subtle Energy Awareness: Help them sense “good” and “bad” vibes in people and spaces

Encourage Deep Inquiry: Welcome big questions (about life, death, purpose) without judgement

Empower Don't Control: Instead of saying NO, ask: “What do you feel is the right choice?”

Role Model Integrity: They learn by example, not lectures

Honor Their Spiritual Autonomy: They may explore different beliefs-stay open and supportive!



The Septenniums Explained in Relation to Sound

*Since we are Sound and Light, a
Musical analogy is perfection!*

*We are each a symphony being
created and played during our
lifespan.*

There are 7 years in a Septennium, 7 keys in the musical system, 7 year cycles of expansion, development and growth for humans.

Every 7 years we expand our sound frequency which should be experienced organically and naturally as part of the dance with life. We must allow and flow with this expansion. This expansion resonates in our heart, mind and soul.

Septenniums are cycles that happen in 7 year spans. If counting only the major scale, it feels like 7 notes (before repeating the first note). If including the repeated root note, it's 8 notes, which is why it's called an Octave. These Octaves represent the physical expansion in our organism and is experienced through changes in physiology, psyche, and soul. For the purpose of explaining the Septenniums in relation to sound, we will focus on the 7 intervals knowing that the 8th interval is when you reach the Octave. Reaching the octave begins the cycle again but at a higher pitch/level.



The Septenniums Explained in Relation to Sound

What is an Octave?

An Octave represents the repetition of a pitch, but at a higher or lower frequency, giving it a sense of “completion” or harmony.



To understand harmonic discussion, you must understand intervals. Our bodies are light and sound. Meaning we have intervals and Octaves. We will discuss more about harmony, in the *Harmonic Balance* chapter.



The Septenniums Explained in Relation to Sound

1st Septennium:

Ages: 0-7

Pitch - perceived frequency of sound, determining how high or low a note sounds. Measured in Hz

One birthday to the next. One Year

There are 7 pitches in each Septennium

0 - 1

1 - 2

2 - 3

3 - 4

4 - 5

5 - 6

6 - 7

Intervals: measure space between 2 pitches. There are 7 Intervals

1st Septennium:

Ages: 0-7

0 - 1

1 - 2

2 - 3

3 - 4

4 - 5

5 - 6

6 - 7

Octave: 1 complete octave is 8 years long and has 8 pitches 8 intervals. When we reach the age Of 7, we prepare to begin the Cycle again in the 8th Octave or 8th year of life.

The Septenniums Explained in Relation to Sound

This applies to all Septenniums:

2nd Septennium

Ages 7-14

7 - **8**

8 - 9

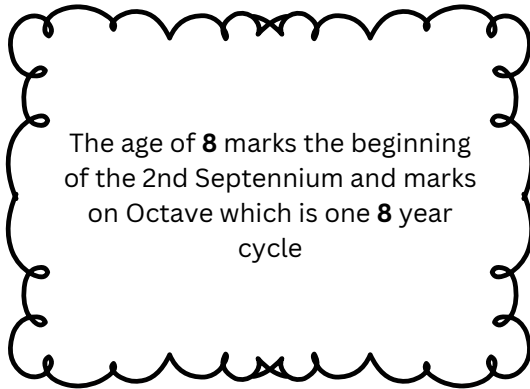
9 - 10

10 - 11

11 - 12

12 - 13

13 - 14



This applies to all Septenniums:

3rd Septennium

Ages 14-21

Pitch

14 - 15

15 - 16

16 - 17

17 - 18

18 - 19

19 - 20

20 - **21**

Interval

The Septenniums Explained in Relation to Sound

What happens when we reach the Octave? Or the 8 year mark?

When we reach the Octave, we arrive at the Crescendo!

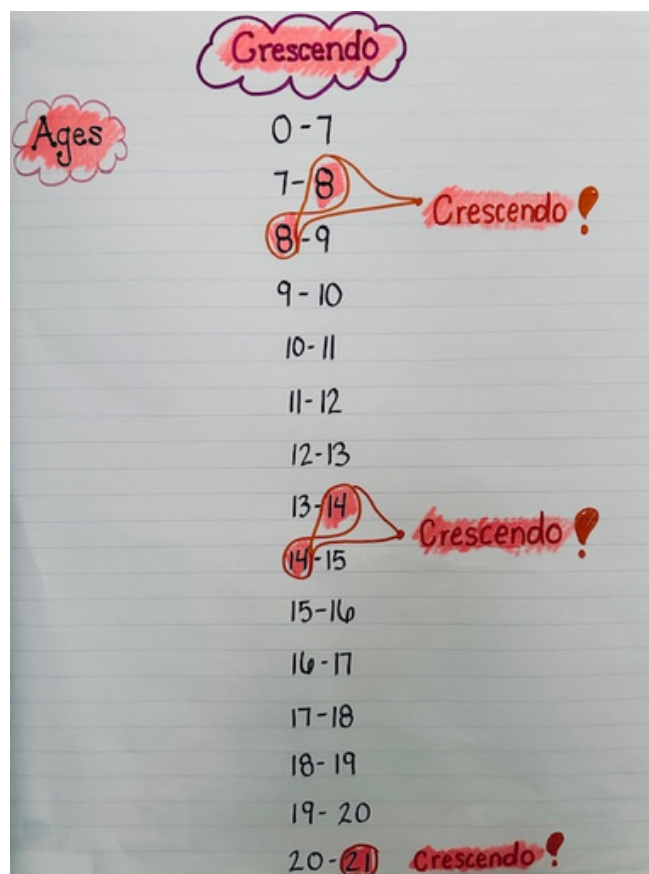
What is a Crescendo?

A Crescendo means to grow. It is a gradual increase in volume or intensity in music. It is often used to build tension, excitement, or emotion within a piece of music.

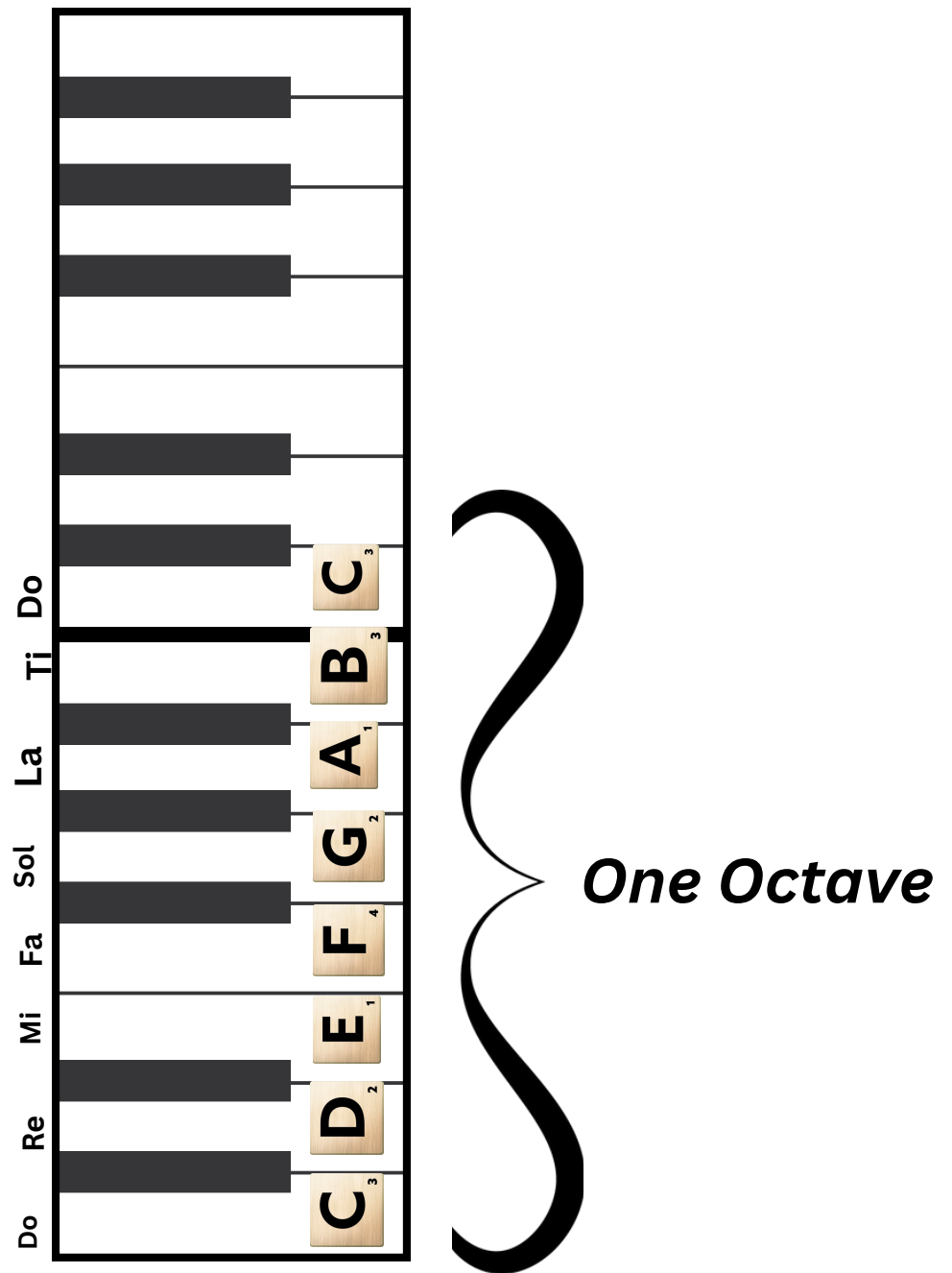
Why do we arrive at a Crescendo?

A crescendo is a process of unfolding rather than an isolated concept. In music, it happens naturally over time as sound grows in intensity.

Emotionally and metaphorically, crescendos occur in life, storytelling and personal growth-you move towards them, building momentum.



The Septenniums Explained in Relation to Sound



This shows one Octave. The difference between both keys of c is that one is at a lower pitch and the other is at a higher pitch.

The Septenniums Explained in Relation to Sound

We now begin to see the fragility and beauty of what we are. Without support, nurturing, love, acceptance, integration and flow, the creation of a symphony is impossible.

Our development, evolution and growth is ebb and flow of sound and light. Music is an auditory manifestation of how we are composed and the organic blueprint of how we can transform into fully human. It is all there, right in front of us. We just need to **tune** in!!



Tune: to adjust or align with something, like a radio station or a mindset. The goal is to align with your authentic self. When enough of us do this, we can then work together to create an orchestra!

The Septenniums Explained in Relation to Sound



1st Septennium: (Ages 0-7)
Evolving resonance and energetic imprint.

All about energy here!

2nd Septennium: Ages (7-14)
Energetic expansion, emotional
exploration, and intellectual
awakening



The Septenniums Explained in Relation to Sound



3rd Septennium: (Ages 14-21)
Self-discovery, identity
formation, and the awakening of
personal power

We have other Septenniums which are :

4th Septennium: Ages 21-28

5th Septennium: Ages 28-35

6th Septennium: Ages 35-45

7th Septennium: Ages 45-49

At the age of 49 we embark on a journey of rebirth and self discovery all over again. In Traditional Chinese Medicine it is known as the Second Spring. This is where you take all of your experiences and create your own Septennium! You create your own pitch/intervals and octaves.

I am currently writing this on the brink of entering my 7th Septennium. I have already begun to create my own pitches/intervals and Octaves, and I am living my life in presence and in love. (February 1, 2025)

The Septenniums Explained in Relation to Sound



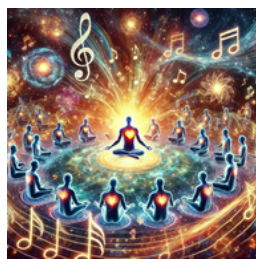
The 7th Septennium: (Ages 45-49)
Illustrates wisdom, transformation,
and the balance between spiritual
enlightenment and grounded
mastery.

The Universal Language of Sound

Sound unites us all, because, at our core, we are sound. Each of us vibrates with a unique frequency, forming part of the great symphony of existence. Through sound, we access another dimension of communication—one that transcends words and allows us to share information, emotion, and connection.

As highlighted in The Telepathy Tapes, this truth is beautifully demonstrated by autistic children who are nonverbal. Despite not using spoken language, they possess an extraordinary ability to compose and communicate through music. Their melodies become a bridge, transmitting thoughts, feelings, and experiences in a language that resonates directly with the heart.

In this way, music serves as a reminder that communication is more than words, it is vibration, energy, and frequency. It is the sound of our souls speaking to one another.





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A full-page photograph of a woman with long, dark brown hair styled in a braid, carrying a baby in a patterned sling. The woman is looking directly at the camera with a calm expression. The baby is peeking out from the sling, looking slightly to the side. The sling has a complex geometric and floral pattern in shades of brown and beige. The background is a soft, warm, golden-brown color.

Harmonic Balance

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



What is Harmonic Balance?

Harmonic Balance in a human refers to the state of physical, emotional, mental, and spiritual alignment, where all aspects of being resonate in harmony, just like musical frequencies that vibrate in perfect proportion. When a person is in harmonic balance, they experience well-being, vitality, and inner peace.

When we are in Harmonic Balance we are able to balance our masculine and feminine energies, leading us to our DIVINITY.

When we are in balance, we can hear our own unique symphony and we can create new ones.

As **Soul Guardians** we set the tone for our children. They tune into our vibrations, frequency and energy.

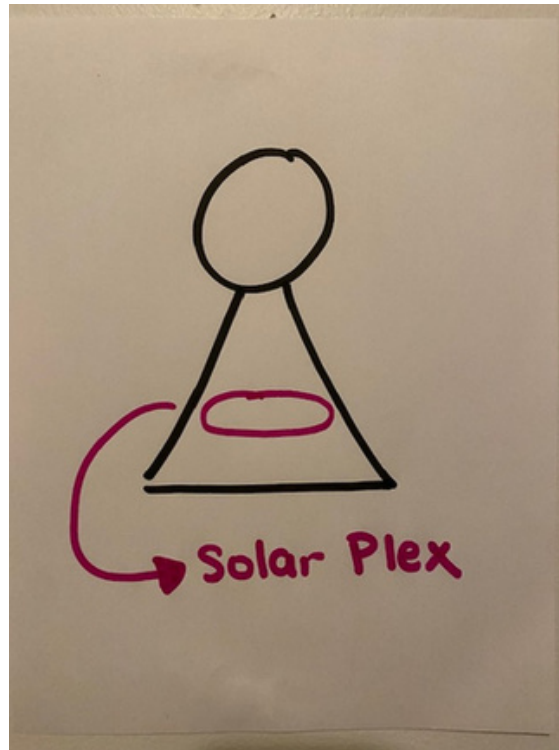
*How do we balance our frequency so that we have harmony?
How do we make our way back to ourselves?*

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

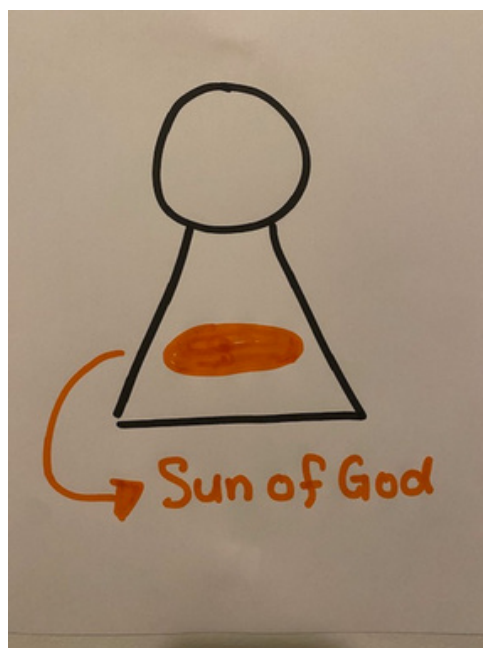
How do we balance our frequency so that we have harmony?

How do we make our way back to ourselves?

Our Solar Plexus is a black hole when we are in disharmony (no balance).
Lots of people suffer from gut issues because they are in a state of disharmony.



Once harmony begins to be established, the solar plexus changes to the Sun of God, and by God, I mean YOU! Harmony turns on the light within!



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

How do we make our way back to ourselves?

Birth is an experience that allows us to balance the feminine and masculine energies which lead to harmony. We create life together but we have to complete the equation and birth life together! It's not just the mother birthing her baby, it's the father as well.

$$1 + 1 = 3$$

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!

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

How do we make our way back to ourselves?

As we explore the concept of the Septenniums, we begin to recognize the intricate design that guides us toward harmonic balance. The pieces of who we are start to come together, revealing the deeper connections that have always existed within us.

The Creator understands that from the moment we are born, life will present us with challenges-experiences that may shake us, distract us, and lead us away from our true essence. It is in these moments of disorientation that we forget who we are and why we are here.

But within this divine design lies a blueprint, one that illuminates our unique path back to ourselves. The Roadmap to Human is not a rigid formula; it is an unfolding journey, unique to each of us. My work serves as a guide, offering insight and direction as you navigate your way home to your truest self.

What 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?

Yes! It's called **Psychophysiological Coherence**. It refers to a state in which the mind and body are in optimal synchronization, leading to increased emotional stability, cognitive clarity, and physiological efficiency. It is often associated with heart-brain coherence, where the heart's rhythms become smooth and harmonious, positively influencing the nervous system, brain function, and overall well-being.

Key Characteristics of PsychoPhysiological Coherence:

1. *Balanced Heart Rhythms*- A smooth, ordered heart rate variability (HRV) pattern, often called a coherent waveform.
 2. *Emotional Stability*- Reduced stress and anxiety, leading to greater emotional regulation and resilience.
 3. *Optimal Nervous System Functioning*- A balance between the sympathetic (fight or flight) and parasympathetic (rest and digest) nervous systems.
 4. *Enhanced Cognitive Performance*- Improved focus, decision-making, and mental clarity.
 5. *Efficient Energy Use*- The body operates with less physiological strain, reducing wear and tear on the system.
-

Practices That Promote Coherence include:

- *Heart-focused breathing*- Slow, deep breaths while focusing on the heart area
- *Positive emotions*- Cultivating gratitude, love, or appreciation
- *Mindfulness and meditation*- Engaging in present moment awareness
- *Biofeedback technology*- Tools like HeartMath Inner Balance device can measure and train coherence. <https://www.heartmath.org/>

This state is particularly beneficial for holistic health practitioners, pregnant women, and individuals seeking emotional balance and enhanced intuition. This applies to all humans!

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

Step 3: Imagine breathing directly into your heart

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



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.

Why are we not born in harmony and stay that way?

I know that we were once born into Harmonic Balance. I know this because my soul craves harmony. If I crave harmony, that means that it was done before and my soul recognizes that frequency, sound and state of being. I was in harmony in the womb.

We can temporarily be born into harmony but then life begins. We can not stay in harmonic balance because then where is the learning, the expansion and the growth?

This is by design, perfectly made for us to decide to come home to our own unique harmony when we want too.

Our job as **Soul Guardians** is to facilitate growth and expansion by supporting each child through the 7 year cycles. This way they start accumulating frequency/harmony.

Connection of Septenniums to Harmonic Balance:

So we learned that every 7 intervals equal 1 Octave, which means there are 7 intervals or steps that span one octave.

The intervals between these notes are a combination of whole steps (2 semitones) and half steps (1 semitone).

Skipping, rushing, introducing future intervals before they are ready, or forcing the intervals between the notes before its organically time, will inhibit the next note (stage of development, expansion and growth).

We must allow for semitones and half steps because it is the organic process. It's like the dance of evolution and expansion.

Once you go through an octave (7 year cycle) you are doubling the sound frequency - Doubling the harmonic sound, or lowering the harmonic sound, by 2, it is totally up to us.



Perception: Notes on an octave apart are very similar and often perceived as the same note but at a higher/lower pitch.

Good example is when we compare children that are the same age or close in age.



Connection of Septenniums to Harmonic Balance:

Our systems, thought processes and programs do not recognize nor create space for our children to expand, grow and develop in a naturally organic way.

We manipulate and set forth benchmarks that are not organically or harmonically aligned to our divine design of sound and light. These are the beliefs and systems that have been handed down to us for generations. We no longer have the luxury of just accepting what is and what has always been. It is no longer working because we are in complete misalignment and disharmony.



The Septenniums are set to a tone that provide the necessary time and space to create a sense of unity and structure across the pitch range of every interval of our lives.

The Septenniums create linear structure and unity in development, growth and expansion of the Human! ***As Soul Guardians***, we need to provide stability so that each Septennium can be navigated and experienced.

We need to integrate all the intervals prior to going to the next octave of our lives.



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



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.





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A full-page photograph of a woman with long, dark brown hair styled in a braid, carrying a baby in a patterned sling. The woman is looking directly at the camera with a calm expression. The baby is peeking out from the sling, looking slightly to the side. The background is a soft, warm, golden-brown color. The text "The Importance of Elemental Connections" is overlaid on the left side of the image.

*The Importance of
Elemental Connections*

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



Elemental Connection: Harmonizing with Nature's Forces

- Everything in existence, including humans, is composed of the four classical elements- Earth, Water, Fire, and Air-along with the fifth element of Spirit or Ether.
- These elements are not just physical but also represent energetic forces within us.
- Achieving balance and connection with these elements enhances harmony, vitality, and spiritual attunement.
- Both the human body and Earth are composed of fundamental elements, mirroring each other in composition and function. This deep connection between humans and nature tells us that we are not separate from the planet but rather an extension of it.
- The Scientific Elements in the Human Body & Earth
 - * *Oxygen*- water, air, rocks, minerals, plants (5th Octave)
 - * *Carbon*- living organisms, atmosphere, soil, limestone, coral reefs (5th Octave)
 - * *Hydrogen*- water, atmosphere (air) (4th Octave)
 - * *Nitrogen*- atmosphere, soil, water (5th Octave)

This highlights the deep connection between humans and the natural world!

These elements are found in the first 5 Octaves which are likened to birth, childhood, youth and growing strength.



Oxygen (O)- (found in water, blood, cells)
Carbon- (backbone of organic molecules, DNA)
Hydrogen (H)- (found in water and body fluids)
Nitrogen (N)- (found in proteins, DNA, and amino acids)
Calcium (Ca)- (bones, teeth, muscle function)
Phosphorus (P)- (energy production, DNA)
Potassium (K), Sulfur (S), Sodium (Na), Chlorine (Cl), Magnesium (Mg)- Essential for
nerve function, fluid balance, and metabolism

How does the connection with the elementals support us in our development?

The elements are nurturing to our bodies and help to soothe us.

- **Water:** helps to soothe anxiety, nerves, trust issues, heals us
- **Fire:** gives us warmth, spiritual connection, knowledge of true self, fire transforms you
- **Air:** breathing techniques to center, calm, fosters trust, movement of air in and out (understanding body as vessel)
- **Earth:** body as the vessel, has all the elements, fosters love of self and love of others, grounds you, facilitates the movement of our bodies

During the 1st and 2nd Septenniums, it is of utter importance that children bond and are exposed to the elements. Allowing our children to be in nature and explore will foster a love and connection to Mother Earth. An established connection with the Earth- of love and caring will instill a connection to their body and love of self. Learning that Mother Earth gives us everything we need to be alive and experience everything in this lifetime will create wonder and awe in our children. They will learn to care for their planet, their environment, and themselves with respect and dignity.

The elements serve as medicine for:

- Emotional Outbursts
- Trauma
- Bringing the children back to a state of love and health
- Provides the balance that is needed in order to tap into your gifts and purpose
- Breath and Breathing - Inhalation-cause of electricity, principal of growth, reaction that absorbs heat from its surroundings, vitalizes, nourishes, refreshes, regenerates, integrates

Universal One, Walter Russell



The Four Classical Elements in the Body & Earth:

Earth (Solid Structures & Minerals)

In the Human Body:

- *Bones, muscles, skin, teeth, nails
- * Minerals like calcium, magnesium, phosphorus, and potassium

Provides structure, stability, and grounding

On Earth:

- *Rocks, soil, mountains, minerals

Responsible for the foundation of all life



Water (Fluids & Flow)

In the Human Body:

- *Makes up 60-70% of body weight
- * Blood, lymph, saliva, cerebrospinal fluid

Regulates temperature, transports nutrients, and removes waste

On Earth:

- *Oceans, lakes, rivers, rain
- *Covers 71% of the planets surface
- *Essential for sustaining all life forms**



The Four Classical Elements in the Body & Earth:

Fire (Energy & Transformation)

In the Human Body:

- *Body temperature, digestion, metabolism
- * cellular respiration (food into energy)
- * *Passion, willpower, and vitality*

On Earth:

- *The Sun, lightning, volcanic activity

The energy that fuels life and ecosystems

Responsible for growth, decay, and renewal



Air (Breath & Movement)

In the Human Body:

- *Oxygen intake, respiration, circulation
 - * The nervous system and brain activity
- Governs thoughts, communication, and inspiration*

On Earth:

- *The atmosphere (oxygen, nitrogen, carbon dioxide)
- *Wind, weather patterns, clouds
- **Essential for plant and animal life*



The Four Classical Elements in the Body & Earth:

Ether (Spirit & Space)

In the Human Body:

- *The space between atoms, molecules, and cells
- * Consciousness, intuition, and higher awareness
- * *The energy field (aura) surrounding the body*
- **The Keeper of our emotions, the emotional realm*

On Earth:

- *The cosmos, the sky, the vacuum of space

The unseen force that connect all things

Governs the unseen, the divine, and the infinite potential



The Profound Connection Between Humans & Earth:



We Breathe the Same Oxygen as Plants & Animals
The Water in Our Bodies Have Been on Earth for Billions of Years
The Minerals in Our Bones Come from the Earth's Soil & Rocks
The Energy in Our Cells Comes from the Sun's Fire

We are the Universe Expressing Itself in Human Form!

Our interconnectedness with the elements, illustrates the unity between humanity and nature!



Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A full-page photograph of a woman with long, dark brown hair styled in a braid, carrying a baby in a patterned sling. The woman is looking directly at the camera with a calm expression. The baby is peeking out from the sling, looking slightly to the side. The background is a soft, warm, golden-brown color. The text "Emotional Literacy" is overlaid on the left side of the image.

Emotional Literacy

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



What are Emotions?

Emotions can be understood as **energy in motion**-vibrational frequencies that influence our physical, mental, and spiritual states.

From the perspective of **energy, frequency, and vibration**, emotions are different energetic states we emit and experience based on our thoughts, environment, and overall consciousness.



Emotions as Energy

Everything in the universe, including our emotions, is made of energy. Just as sound waves, light, and electricity have specific vibrational frequencies, emotions also carry distinct energetic signatures. These energy patterns interact with our body, mind, and the external world, influencing our well-being and reality.

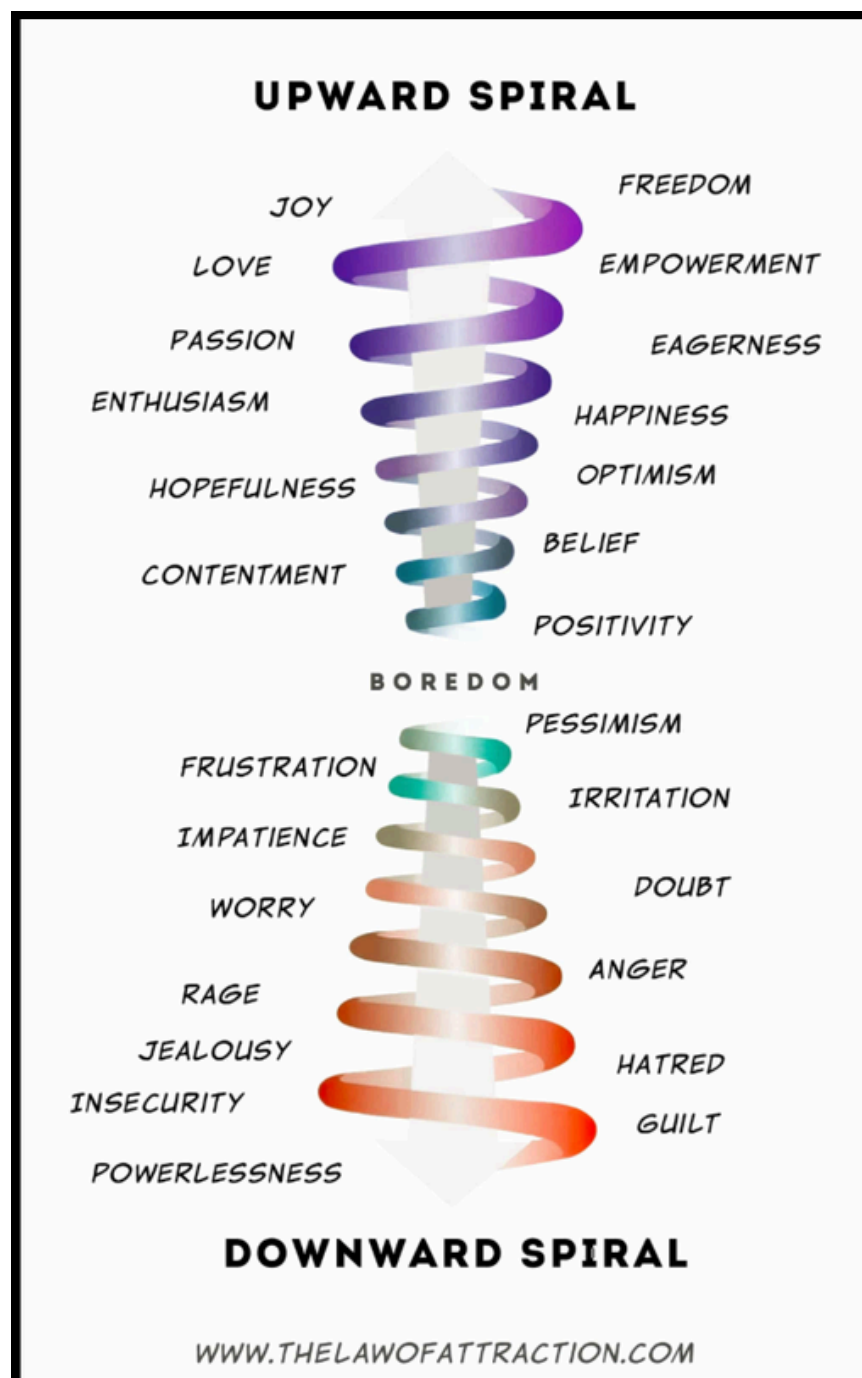


Emotions as Frequency

Each emotion vibrates at a different frequency, with higher frequencies associated with positive emotions and lower frequencies linked to negative emotions:

Higher Frequency Emotions: (love, joy, gratitude, peace) resonate at a fast and expansive rate. They bring a sense of lightness, healing, and connection.

Lower Frequency Emotions: (fear, anger, shame, guilt) resonate at a slower denser rate. They can create blockages, stress, and a sense of heaviness.



Emotions as Vibration

Vibration refers to the movement or oscillation of energy. When we experience emotions, we shift our energetic state, affecting our physical and mental health.

- **High-vibrational emotions** uplift, heal, and expand our energy field, making us feel connected to life and others.
- **Low-vibrational emotions** constrict, drain, and lower our energetic field, making us feel isolated and heavy.

By no means do we have to be High Vibrational all the time. We live in a fluid world and must flow. Just accept what you are feeling.

Dr. David R. Hawkins, in his work Power vs. Force, mapped consciousness in relation to emotions (among other things) on a scale based on their vibrational frequency.

*“The energy field of consciousness is infinite in dimension. Specific levels correlate with human consciousness and have been calibrated from 1 to 1,000. These energy fields reflect and dominate human consciousness. Everything in the universe radiates a specific frequency or minute energy field that remains in the field of consciousness permanently. Thus, every person or being that ever lived and anything about them, including any event, thought, deed, **feeling**, or attitude, is recorded forever and can be retrieved at any time in the present or the future” (David, R. Hawkins, Power vs. Force, p.321).*

MAP OF CONSCIOUSNESS®

God-view	Life-view	Level		Log	Emotion	Process
Self	Is	Enlightenment	↑	700-1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑	600	Bliss	Illumination
One	Complete	Joy	↑	540	Serenity	Transfiguration
Loving	Benign	Love	↑	500	Reverence	Revelation
Wise	Meaningful	Reason	↑	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑	250	Trust	Release
Permitting	Feasible	Courage	↕	200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓	150	Hate	Aggression
Denying	Disappointing	Desire	↓	125	Craving	Enslavement
Punitive	Frightening	Fear	↓	100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓	75	Regret	Despondency
Condemning	Hopeless	Apathy	↓	50	Despair	Abdication
Vindictive	Evil	Guilt	↓	30	Blame	Destruction
Despising	Miserable	Shame	↓	20	Humiliation	Elimination

David R. Hawkins, *Power vs. Force*, Appendix B, pg. 318-319

Dr. David R. Hawkins, M.D., Ph.D.

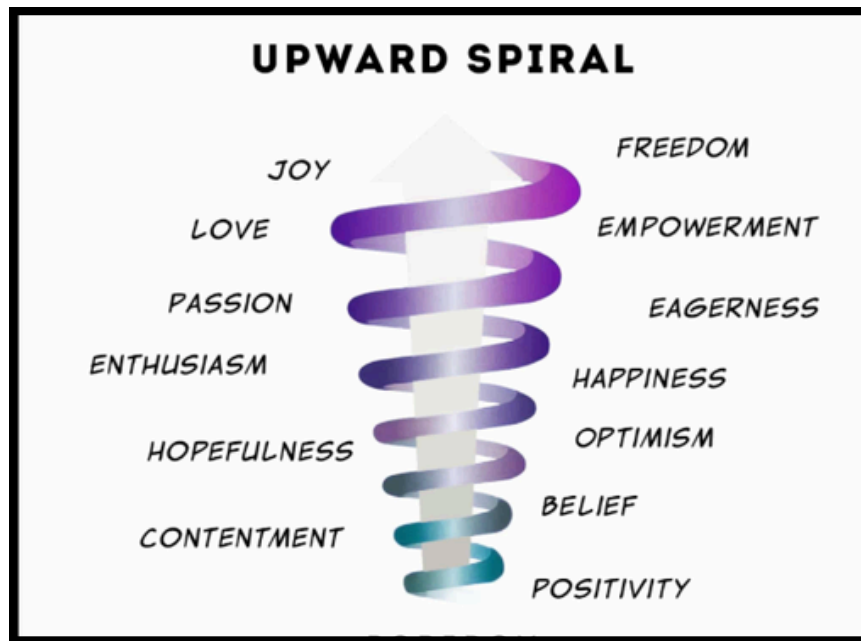
I share Dr. Hawkins work so that it may give you a physical representation of how the unseen realm of our emotions manifests itself through every aspect of our being. Every single part of us is connected to every aspect of our lives and our journey here on Earth.

Upward Spiral Emotions

These emotions are described as **upward** because when we feel these emotions we feel high, elevated, accepted, seen, connected.

These emotions fuel us and create even more energy for us to have. It activates your DNA, cells and wakes up every molecule, vessel, muscle, bacteria, blood, everything! It's a real thing.

Can we be there always? No, it's not possible if you are truly living. If you are truly living, you know that everything has a flow and nothing stays the same. We try really hard to have predictable lives, but we do not have control over that. Plus, we need downward to recognize upward.

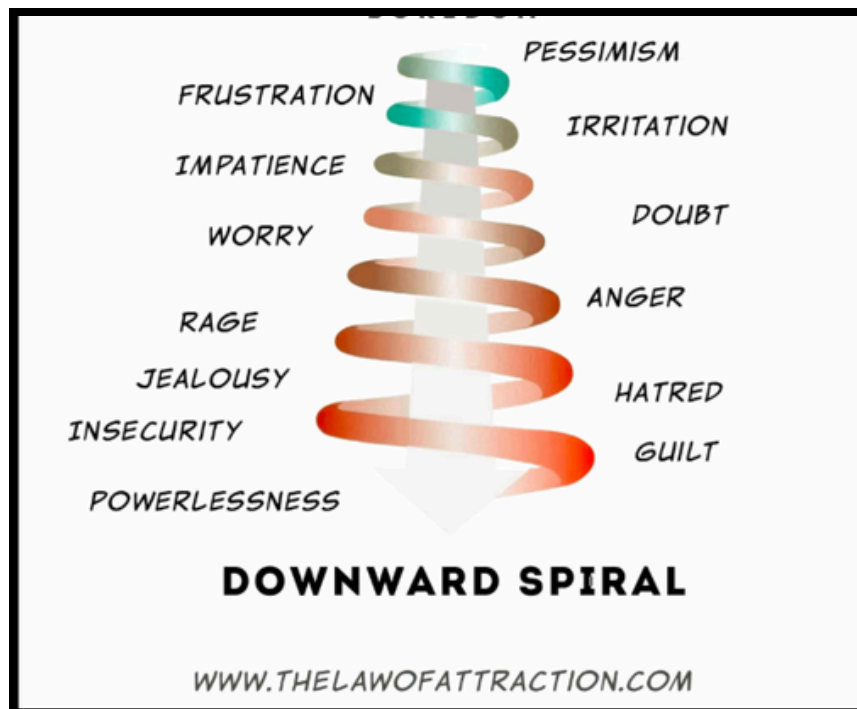


WWW.THELAWOFATTRACTION.COM

Downward Spiral Emotions

These emotions are described as **downward spiral emotions**. They are labeled downward spiral emotions because when we feel and experience these emotions, we feel really heavy, low, slow, dark, sad, insecure, can't think, develop dis-ease, not aligned, thrown off course.

These emotions do not fuel us, instead they take energy from us. It leaves us empty, lost, and stuck. These emotions are very dense and thick. They are heavy to carry and make your life seem like a struggle. They are necessary to help us tell the difference between high frequency, vibration and energy emotions and low frequency, vibration and energy emotions. We live in a world of polarity and they must both exist. Good/bad, happy/sad.



A word about Boredom:

I see boredom as a checkpoint in your Emotional Position System (EPS). It is a void where nothing is happening and you are not feeling anything. Boredom can be a great catalyst for change, innovation, creativity and self discovery.

We are afraid of letting ourselves and our children be or feel bored. Boredom is actually downtime which is much needed in such a complex system.

Boredom could be the way your true inner self is communicating with you.

There is nothing wrong with being bored.

I have created beautiful things when I have been bored and it's so much fun. The trick is to allow the feeling or state of being bored and see what comes of it.

This forces us to be still and slow everything down. It's almost a forced inward action to pay attention to how we feel. It brings you to the present moment.



Boredom

A word about Boredom:

Boredom can also be a sinkhole if you let it.

Not recognizing boredom can make us nervous, anxious and uneasy.

At boredom you can decide if you want to feel upward spiral emotions or downward spiral emotions.

Boredom can also make you vulnerable and open to emotions you have never felt. This is what I believe happened to many people during covid lockdowns. In a way the lockdowns forced us into slowing down and that slow down lead to boredom and that boredom brought up emotions we were suppressing, hiding, or not aware of.

Knowing about boredom allows us to see boredom for what it really is. It's a chance to stop everything and decide what you want to feel next.

Let's teach our children that being bored can help bring up great ideas, creations and help us get to know ourselves better.



Boredom

Why are Emotions so important?

Emotions are dynamic frequencies of energy that shape our experience of reality. I like to call them our “Spidey Senses”. Emotions are absolutely a superpower that we overlook and take for granted. By becoming aware of our emotions and their vibrational nature, we can consciously shift our frequency to align with love, joy, and peace, thus transforming our personal and collective reality.

When we are feeling, expressing, and moving through our emotions, we are keeping our bodies and souls happy and healthy so that we can be in our natural state of love, joy, peace, optimism, freedom and enthusiasm.

I see **Emotions** as the vehicle to help us navigate our world/reality. Our emotions allow us to feel, and feeling tells us what we believe to be true. What you believe to be true creates the vibration that navigates you!

It gives you an exact location of where you stand in your world/reality. It’s a GPS for navigating this journey. I like to call it the ***EPS: Emotional Positioning System***. The function of the ***EPS*** is to smack you *into presence*!

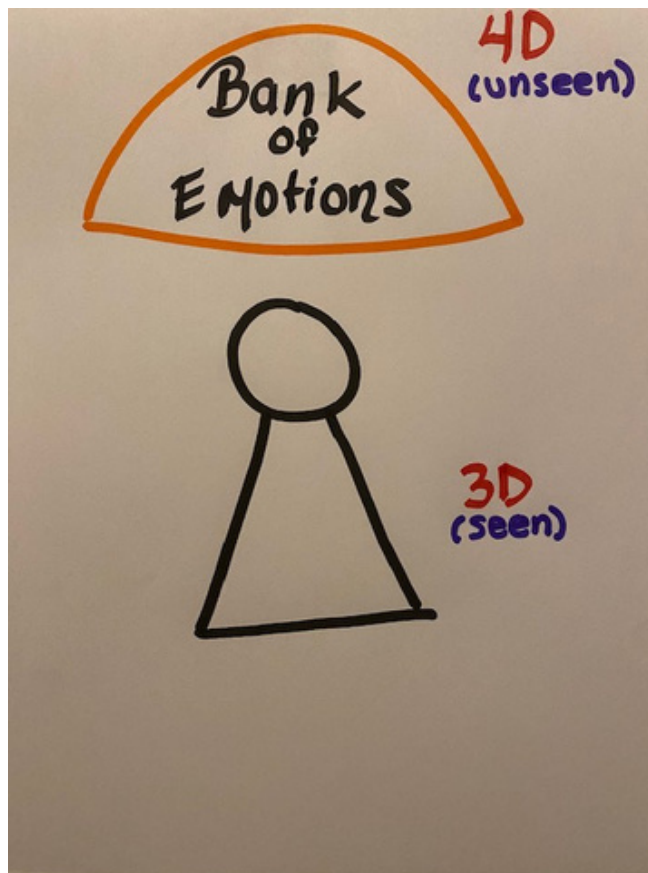
To be smacked into presence you must pay attention to your emotions. It is critical that as Soul Guardians we learn all we can about emotions and how the unseen is just as real as the seen. The best parts of us are unseen (love, hearts, intentions, emotions, thoughts, memories, perspectives, connections, education, untapped creative abilities, untapped potentials, and when we kiss we close our eyes).



Intuition Illuminated by Knowledge: Upload/Download about Emotions:

Emotions are stored in the 4th dimensional realm. I see that storage place as the Bank of Emotions. The bank holds all the emotions we could possibly feel (from love to hatred and everything in between).

We do not realize that emotions come in and out of us. They are frequency, energy and vibration. They come in and we become and embody them, we shape shift. I say this because an emotion has the power to change how you feel, how you vibrate and how you physically look!

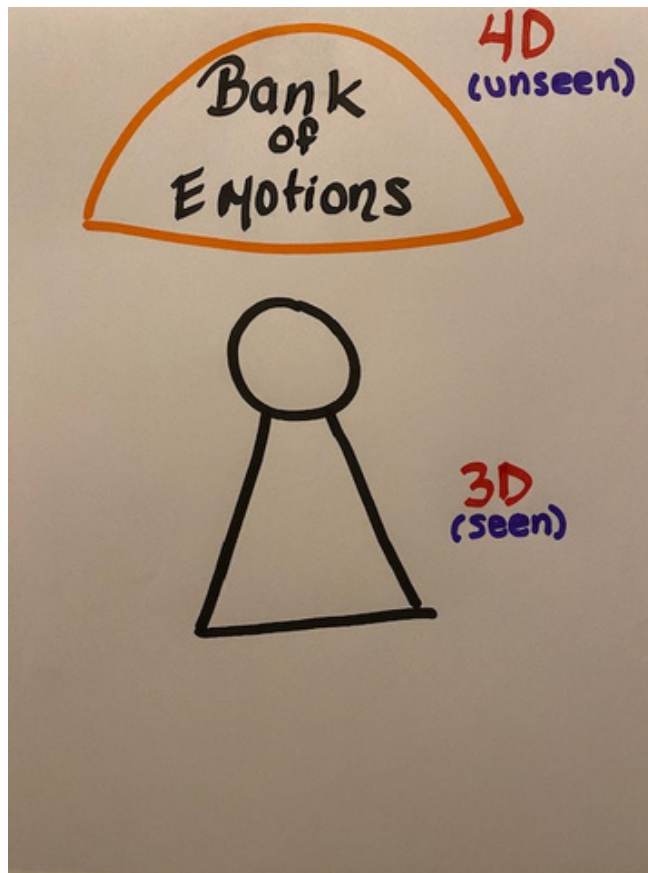


Intuition Illuminated by Knowledge: Upload/Download about Emotions:

Once we realize that emotions are unseen energies that come into us and we become and embody them, we can begin to play with emotions and balance them so that when moments arise, you can observe the emotion, pull back, question, analyze and then react.

Every situation is just a situation. We fuel it with emotions and give the situation a different dimensionality!

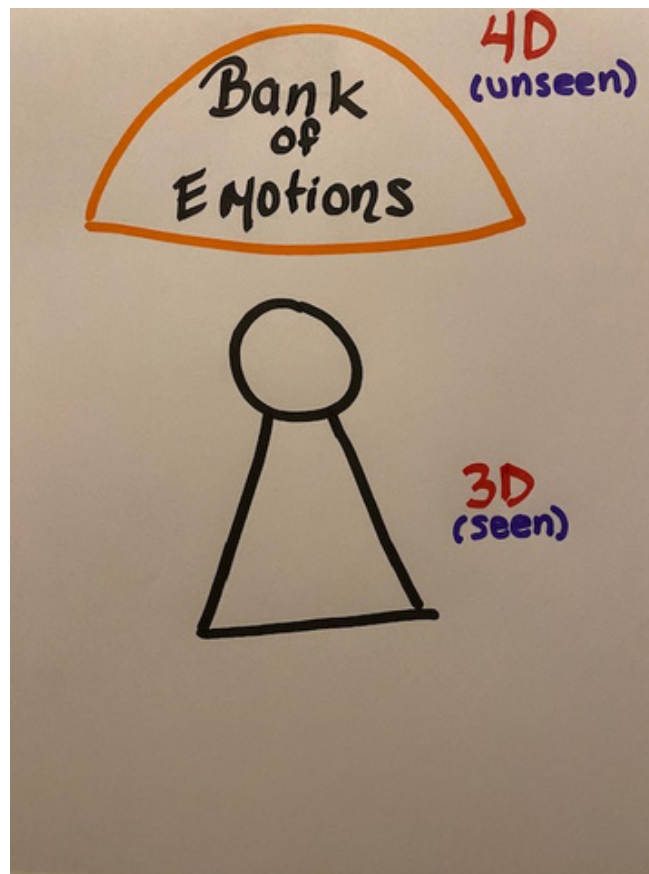
This divine power of having the ability to feel or express emotion is a beautiful superpower that we must learn about so that it will not limit us on our journey. Emotions are a gift that we must learn to use.



Intuition Illuminated by Knowledge:

Upload/Download about Emotions:

- Emotions are energetic possessions
- Emotions are the gateway to other dimensions
- Emotions are a state of feeling not a state of being
- Emotions were made to be absorbed, transformed, alchemized
- We feel emotions in our stomach/intestines/solar plexus (remember the chart with the solar plexus? When we live without learning about navigating our emotions, we are carrying excess baggage that makes us feel like victims to our emotions. We do not even know where to begin to help ourselves because this topic is not explored and talked about). When we begin to work with our emotions, we then begin to bring light into our solar plexus and we become the light of god.



Intuition Illuminated by Knowledge: *Upload/Download about Emotions:*

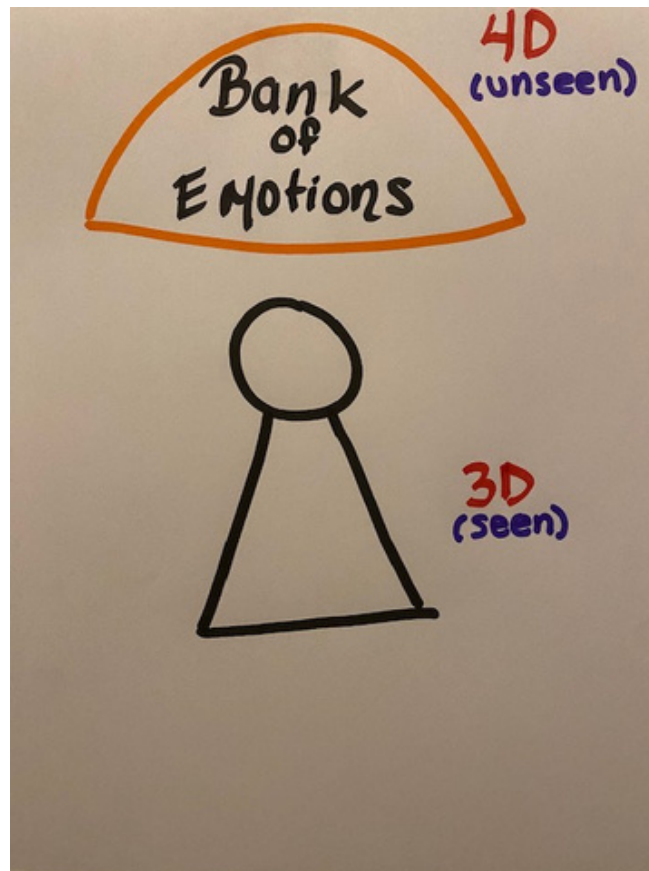
We were taught to identify with our Emotions!

When we say:

I am **mad**! We are actually telling our body, our brain and our soul that we are mad. The physical body takes that on and embodies that emotion. You can tell because our faces change and we become mad. This is where we stay stuck because we are giving our body a command, and we combine it with the thought of madness and it infects our cells.

Instead we should always say:

I **feel** mad. The word **feel** reminds us that we are just experiencing a momentary emotion that will come and go. We then allow the feeling, express the feeling and use our tools. We are not the emotion! You feel them without letting them become who you are. Let them flow through you.



Intuition Illuminated by Knowledge: Upload/Download about Emotions:

Tools

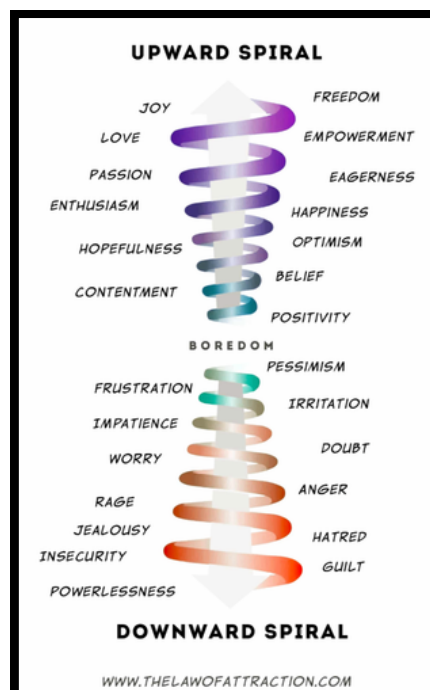
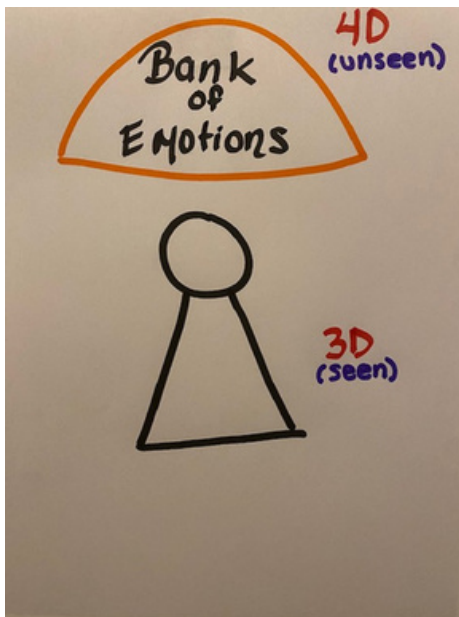
*Using tools to help us process our lower emotions and transform them from
Downward to Upward Spiral*

Practice:

Allowing yourself to feel
Openly expressing the emotion, be honest
Use Tools to transform

Tools for Transformation:

Grounding
Music
Crying
Talking
Writing
Gardening
Singing
Meditation/Prayer
Anything that brings you joy, do what you love
to do!

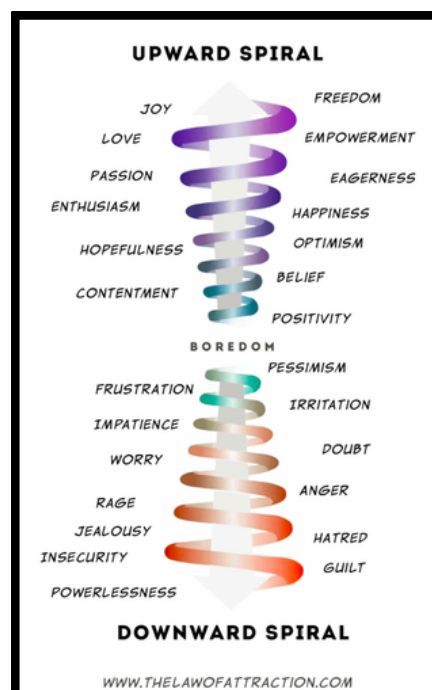


Emotions

We were divinely designed with all these emotions so that we can have feelings for all of our experiences. If we did not have emotions, this life experience would be flat, dare I say boring and dead.

Having the ability to feel is so beautiful. Emotions can transcend you to a memory, emotions can help you travel in time, connect with younger or older versions of yourself. This gift was so carefully crafted just for us. How about that? Wow!

The least we could do is open ourselves up to being conscious about emotions and that yeah, they exist! Our emotional state determines whether we make it or not. Right now, we are in a bad emotional state. There are many people feeling things they have never allowed themselves to feel. These emotions are just coming up. Imagine what our children are going through? If it's hard for us, what about them? This is scary but also a beautiful opportunity for us as Soul Guardians to undergo a transformation of consciousness right in front of our children's eyes. And Holy shit, what a learning experience! The ripples that this will cause are without limits.



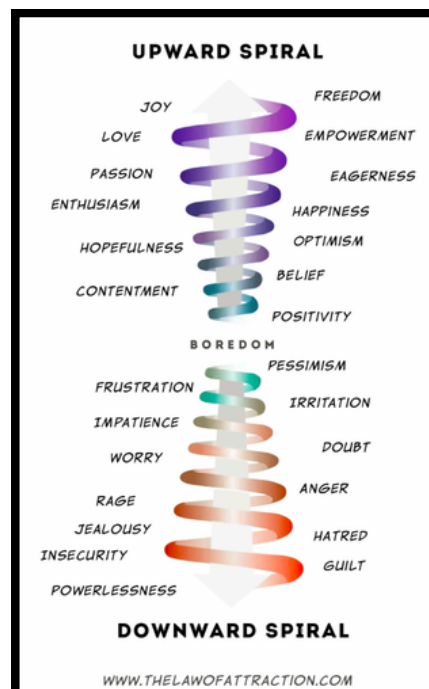
A word about Anger & Fear

We are so divinely designed that we have a way to come back from the depth of some very low vibrating emotions. Emotions like:

- Grief
- Anger
- Fear
- Shame
- Guilt
- Hatred

These emotions that live in the downward spiral have the special ability to transform you:

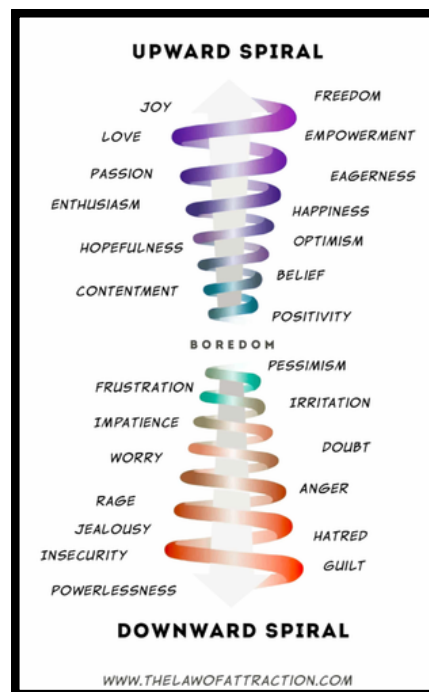
- **Anger:** Anger is really change energy that is stuck but has not gone anywhere. What needs to be changed? It's a desire for change. Next time you get angry or your child gets angry ask: *What needs to change? What hasn't changed?*
- **Fear:** Fear was designed to move you away from that which you are not sure of, and it can also alert you to something you should move forward with.



A word about Anger & Fear

Fear is the lack of experience with something, lack of permission to deal with something in a forward way. Next time you feel fear say: What is it about this situation that I have never experienced? Do I feel like I have a lack of permission to deal with this situation in a forward way?

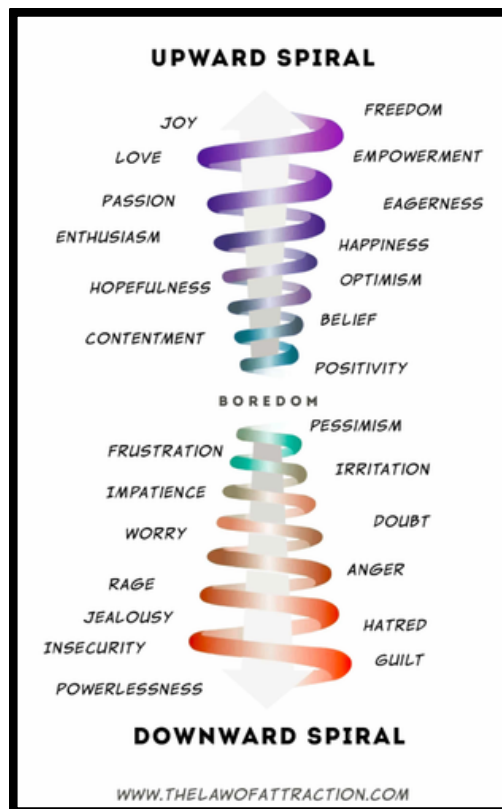
These are beautiful ways of beginning to consciously be aware of what emotions you are feeling and asking why? Doing this creates a magical lense into your life. You are essentially beginning to observe and study yourself. This is the beginning of such a wonderful journey into interconnectedness.



More Upload/Download about Emotions:

- When we experience emotions, those experiences and feelings are to be used in some way. We need to alchemize these emotions and be able to learn from them.
- If we experience sadness every so often and we ask, why am I sad? Does that make sense? Do I really have a reason to be sad? Once these questions begin to be asked, you have immediately placed yourself in the observer role. You are observing and analyzing yourself.
- Anger is a great emotion because it is so powerful. If you can pull back and alchemize anger, you can witness how you will be able to see all angles of any situation or possibility. Alchemize the anger by identifying what makes you angry and why? It's change energy with intent and it is strong!

Knowing all of this will make you a great Soul Guardian. You are able to speak about who and what we are in an energetic way. Emotions play a very important role in our humanness.



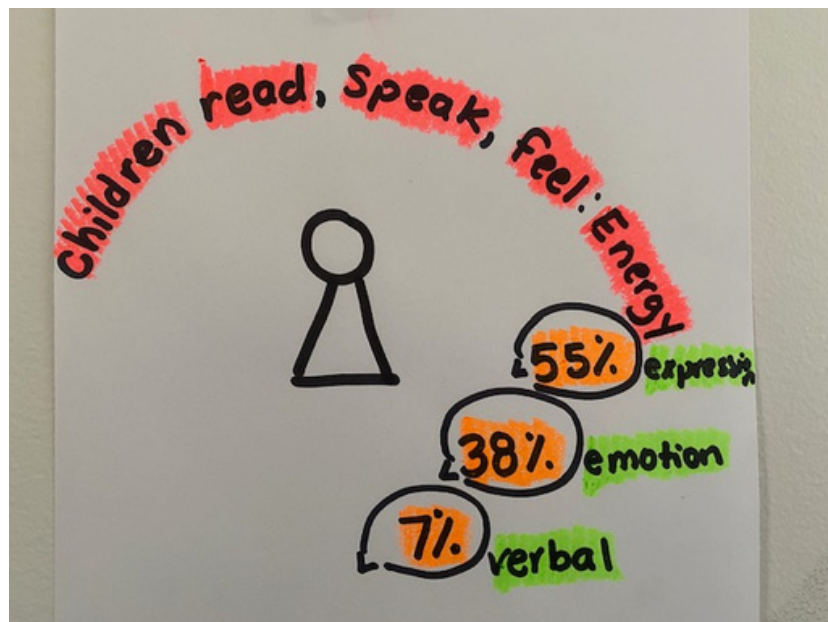
Non Verbal Communication- Albert Mehrabian's Work

Albert Mehrabian's research on nonverbal communication is deeply relevant when exploring the emotional realms. It explores the subtle, energetic, and often unconscious aspects of human experience.

His famous 7-38-55 Rule suggests that:

- 7% of communication comes from words (verbal content)
- 38% comes from vocal elements (tone, pitch, and emotion in the voice)
- 55% comes from body language (facial expressions, posture, gestures, and energy)

This suggests that what we say is far less impactful than how we express it.



Non Verbal Communication- Albert Mehrabian's Work

Mehrabian's research provides scientific validation that communication is about energetic exchange, resonance, and embodiment.



This explains why children may feel uncomfortable around certain individuals. They instinctively perceive the energy behind the words, sensing unspoken emotions, intentions, and authenticity. Their ability to read, feel, and hear beyond language is a natural skill—one that is often overlooked in the modern world.

Children exist beyond the rigid structures of communication we impose upon them. They are highly attuned to frequency, energy, and unspoken truths in their interactions. Rather than conditioning them to rely solely on words, we must recognize and nurture their deeper, more intuitive ways to perceiving the world.

More Upload/Download about Emotions:

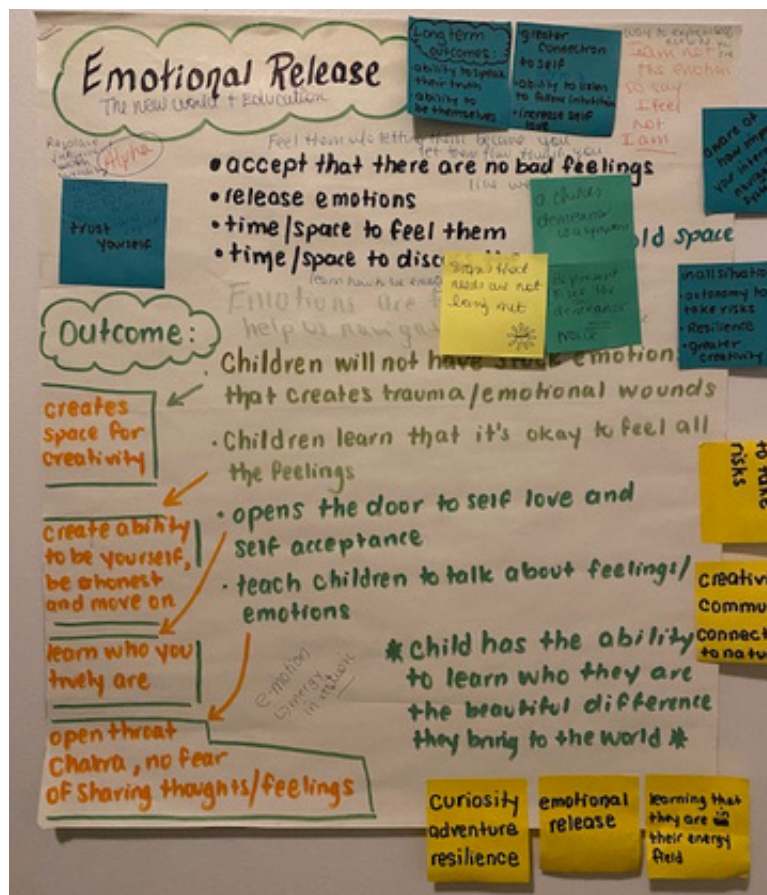
My first chart!

Knowing all of this will make you a great Soul Guardian. You are able to speak about who and what we are in an energetic way. Emotions play a very important role in our humanness.

I remember writing this chart. It was the first time in my life that I wrote and it felt as if it was coming through me not from me. It was magical, and at the end, I thought, "wow, I wrote that?" This was the beginning of my gift of remembrance.

A child's demeanor is a symptom of the Emotion. What is the definition of demeanor: a person's outward behavior, attitude, or manner of presenting themselves. It encompasses facial expressions, body language, tone of voice, and overall disposition, reflecting one's emotions, personality, and state of mind.

Let's look at the symptoms (demeanor), and then consider the emotions. As Soul Guardians we should be present to see the demeanor and notice the symptoms. This is how we support and also tune in to our children on an energetic level.



More Upload/Download about Emotions:

What Does the Chart Say?

The chart talks all about the **Benefits of Emotional Release in the New World and in Education.**

Emotional Literacy helps to:

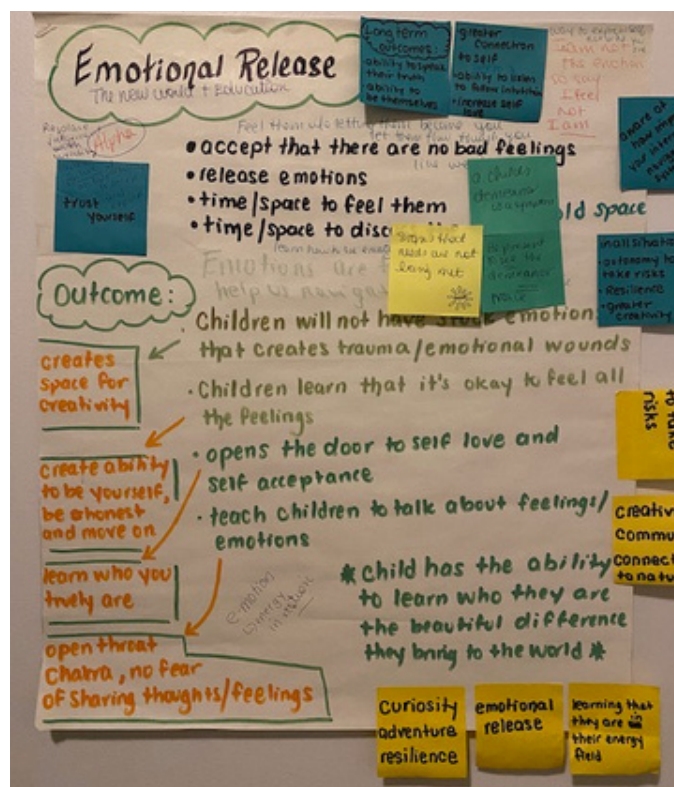
*allow acceptance that there are no bad feelings

*release emotions

*provide time/space to discuss them- in order to discuss your emotions, you have to learn how to be emotionally clear, honest and transparent. Say what you mean, just the way you mean it.

*provide time/space to feel them, no amount of time is the perfect amount set for everyone. This is an individual process and should never be rushed.

*remember that emotions are the vehicle to help us navigate this journey.



More Upload/Download about Emotions:

What Does the Chart Say?

Emotional Release/Emotional Literacy helps:

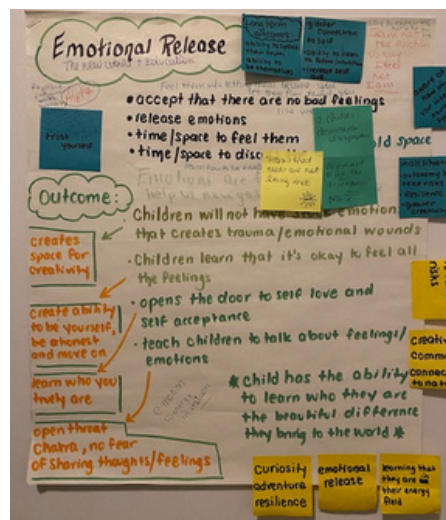
*To provide children with an understanding of what these waves of emotions are. Bring emotions to light and give it the time and dedication it deserves. It is a beautiful power and it deserves our attention. This will then take care of the stuck emotion problem. This means no stuck trauma. This means an unemotionally clear human that can begin to live, not filled with old frequencies of emotions that were never dealt with. Now the creative force from within you has the ability to come forward and take its rightful place. It's fucking magic!! Our children deserve to know this information about themselves. It is their birth right to know.

* Children to learn that it's ok to feel all the feelings they need or want to feel

*Open the door to self love and self acceptance

*Teach children to talk about feelings/emotions

*Supports the child to realize that he/she has the ability to learn who they are and the beautiful difference they bring into this world.



More Upload/Download about Emotions:

The Outcome Of Emotional Literacy:

- Create space for creativity
- Create the ability to be yourself, be honest and move on
- Learn who you truly are
- Open your throat chakra, no fear of sharing thoughts/feelings. You are an individual and you shouldn't expect everyone to be like you. Let's wake up to that simple truth!
- Children learn that they are in their energy field. There is real energy around them and inside them.
- Illustrates how to be in the present moment, in your body. You become awakened and aware of what you're feeling!!! You are alive, that's what it's supposed to be like. Welcome to your life!
- All of a sudden you are aware and connected to your internal navigation system, also known as the EPS=Emotional Positioning System. This tells you where you are located in this reality.

More Upload/Download about Emotions:

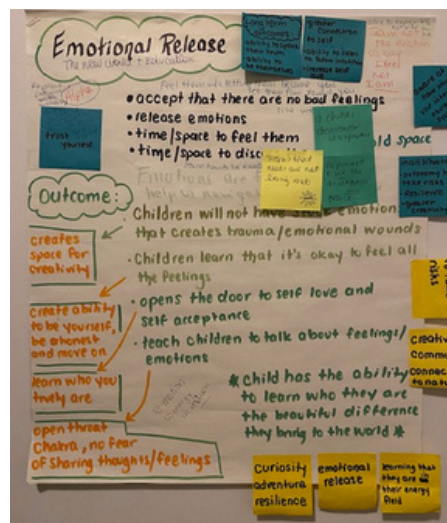
The Outcome Of Emotional Literacy:

- In all situations you learn that you have the autonomy to take risks, be more resilient, and have greater creativity.
- Replace failure with an opportunity to learn and expand
- Trust of self increases exponentially
- You begin to feel your emotions without letting them become you. You let them flow through you, you feel them, you acknowledge them, and you host it for a while if you like or not. Just know that it's an experience and it gives you a location on the map.
- Learn to be emotionally clear
- Learn that I am not the emotion. Instead of saying "I am", say: "I feel".
- The ability to speak their truth
- Ability to be themselves
- Greater connection to self
- Ability to Listen and follow intuition
- Increase self love

More Upload/Download about Emotions:

The Outcome Of Emotional Literacy:

- Knowing that you can't heal what you can't feel
- Knowing that Emotions connect me to my spiritual body.
- Have grace= the ability to align with and move with energy, exist in frequency
- Knowing that emotions are just feelings not a state of being! We don't need to literally become it.



Why Are Emotions So Important?

Human emotion is really where our highest levels of understanding, mastery and power reside. The ability to understanding our emotions is a powerful tool of spiritual warfare!

When we innerstand emotions, we begin to have a soul level connection to self. This then allows us to have soul level connections with others.





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A woman with long, dark hair is holding a baby. The baby is wrapped in a patterned cloth, possibly a sling or a blanket, and is looking towards the camera. The woman is looking slightly away from the camera. The background is a warm, golden-brown color.

*The Symphony of
Consciousness-
Brainwave States and the
Seven-Year Cycles of Life*

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



The Brainwave States

The human brain operates through patterns of electrical activity known as brain waves, each measured in Hertz (Hz). These waves reflect different states of consciousness, from the deep stillness of sleep to the heightened awareness of spiritual insight. While all brain waves are present throughout life, their dominance shifts as we grow, shaping our experiences of the world.

FREQUENCY	BRAIN WAVE	BRAIN STATE
Delta (0.3 - 4Hz)		• Dreamless sleep • Access the subconscious • loss of bodily awareness
Theta (4 - 8Hz)		• Inner peace • REM sleep • Deep meditation
Alpha (8 - 13Hz)		• Creativity • Flow state • Focus
Beta (13 - 30Hz)		• Concentration • Arousal • Alertness
Gamma (30Hz and above)		• Multi-processing

The Brainwave States: A symphony of Frequencies

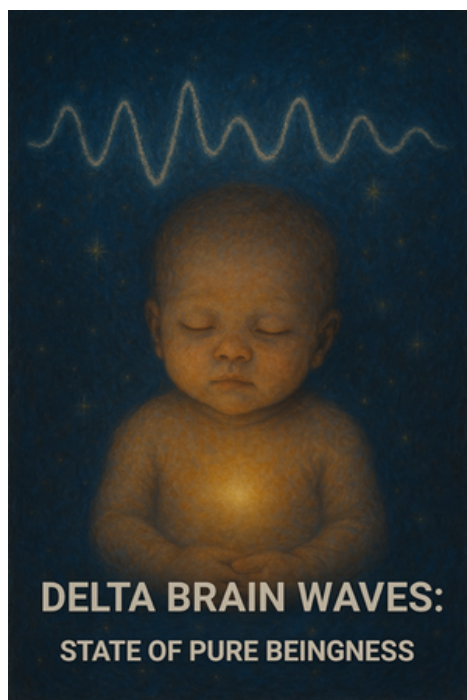
Children experience the world through distinct states of consciousness, shaped by their brainwave patterns. These waves—Delta, Theta, Alpha, Beta, and Gamma—each play a role in how children perceive, process, and respond to their surroundings. Unlike adults, whose brains are often conditioned to prioritize logic and language, children naturally operate in slower, more fluid states, making them more attuned to **energy, emotion, and vibration**.

*By understanding these brainwave states, we gain insight into how children communicate beyond words—through **frequency, intuition, and presence**.*

Here are the brainwave states in order from slowest to fastest:

1. Delta Waves (0.5 - 4 Hz): The State of Pure Being

- Delta waves are the slowest brainwaves, dominant in infants and young children.
- This state is associated with deep subconscious connection, where there is no sense of separation between self and others.
- Children in Delta experience life as an interconnected whole, absorbing the energy and emotions of those around them. This openness explains why young children can sense the unspoken intentions behind words.
- The realm of cosmic knowing



The Brainwave States: A symphony of Frequencies

2. **Theta Waves** (4 - 8 Hz): **The Realm of Imagination and Intuition**

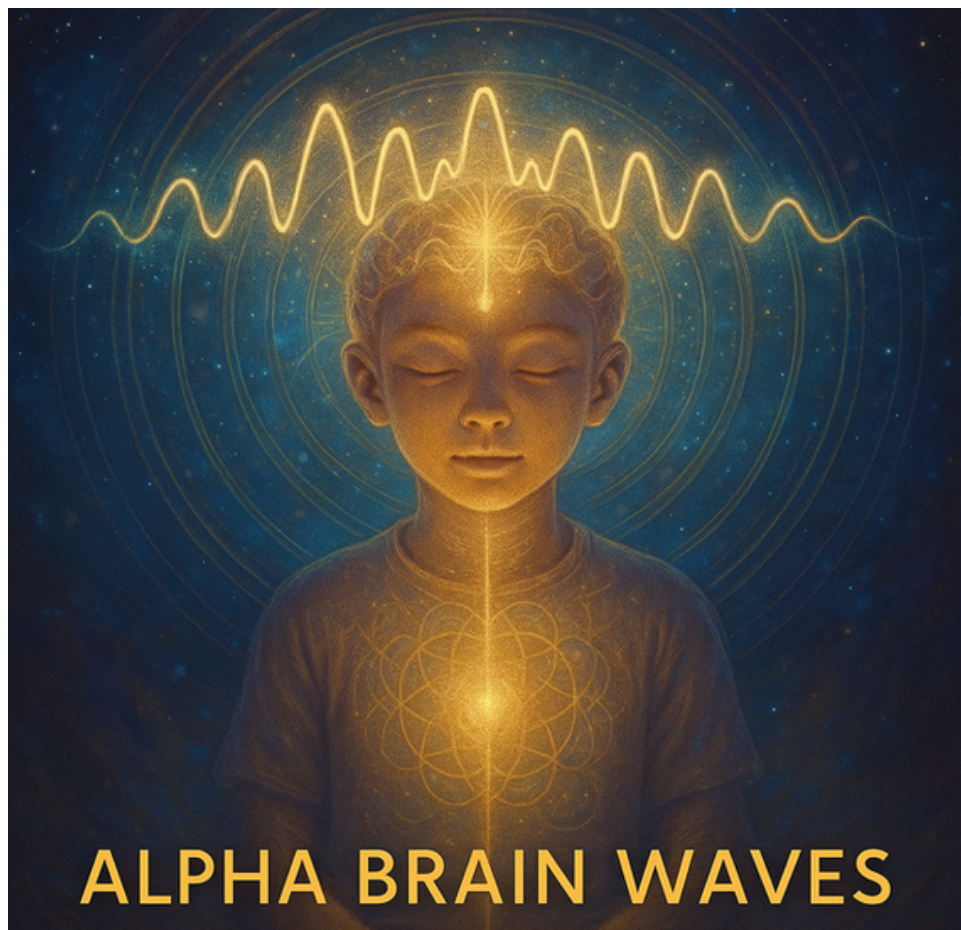
- Theta Waves are prevalent in early childhood and during states of creativity, play, and deep relaxation.
- This state is linked to **heightened intuition, vivid imagination, and a natural openness to energetic communication.**
- In Theta, children naturally tune into the vibrational language of others, sensing their emotions, thoughts, and intentions without needing words. This is why they often respond to the **energy behind actions and speech** rather than the words themselves.
- Everything about you is stored here in Theta, this is the soul
- Healing happens here
- Realm of knowing



The Brainwave States: A symphony of Frequencies

3. **Alpha Waves** (8 - 14 Hz): **The Bridge Between Inner and Outer Worlds**

- Alpha waves become more dominant as children grow, supporting a state of **calm relaxed awareness**.
- This state acts as a bridge between the conscious and subconscious mind, allowing children to integrate their inner experiences with the external world.
- In Alpha, children begin to process verbal and nonverbal communication more consciously while still maintaining a deep connection to **energy and emotional frequencies**.
- Realm of feeling/emotions

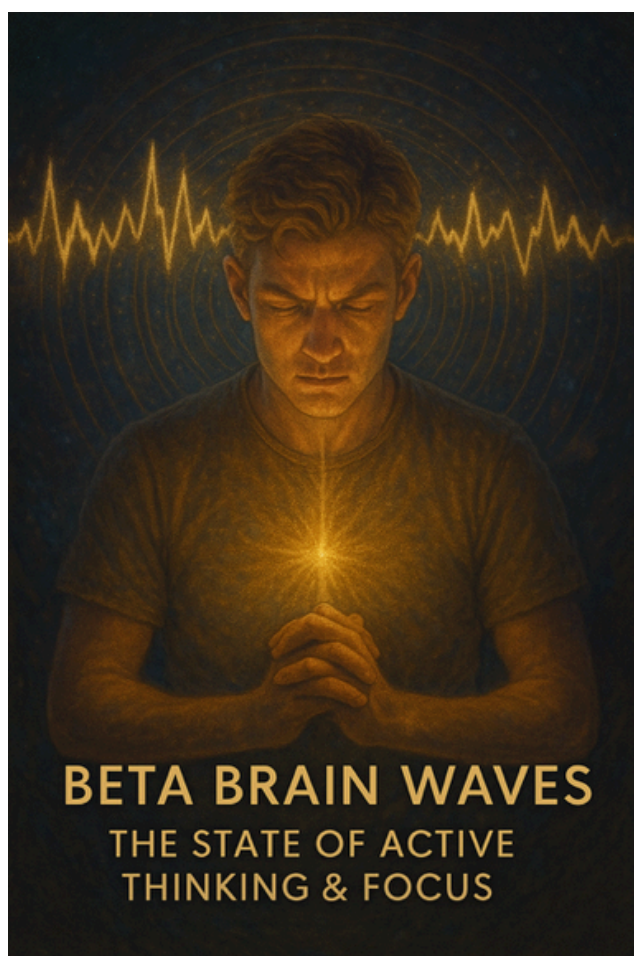


The Bridge Between Inner & Outer Worlds

The Brainwave States: A symphony of Frequencies

4. **Beta Waves** (14 - 30 Hz): **The State of Active Thinking and Focus**

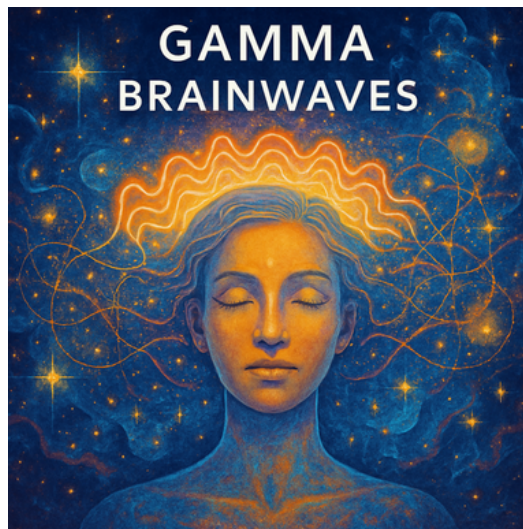
- Beta waves are associated with alertness, logical thinking, and active problem-solving.
- As children mature, Beta waves become more prevalent, especially during tasks that require concentration and critical thinking.
- While Beta waves help children develop verbal communication and cognitive skills, *excessive time spent in this state—particularly under stress—can limit their connection to their intuitive and energetic awareness.*
- Unlike slower brainwave states, which foster **connection, creativity, and empathy**, prolonged Beta activity can lead to **overthinking, anxiety, and disconnection from the present moment**. This is why it is essential to support children in balancing intellectual development with practices that nurture their emotional and energetic wellbeing.
- Everyday Reality



The Brainwave States: A symphony of Frequencies

5. **Gamma Waves** (30 -100 Hz): **The State of Expanded Awareness and Connection:**

- Gamma waves are the fastest brainwaves, associated with **heightened states of consciousness**, advanced cognitive functioning, and **moments of profound insight and spiritual connection**.
- Some children—especially those who are highly intuitive or neurodivergent—can access Gamma states more frequently.
- This state allows children to **process information from multiple sources simultaneously**, including both verbal cues and energetic vibrations.
- Gamma is linked to empathy, compassion, and the awareness of interconnectedness, enabling children to sense the energy and emotions of those around them with remarkable clarity.



Each of these brainwave states represent a unique layer of consciousness, and as we journey through life, we move through them like notes in a grand symphony—sometimes resting in the deep stillness of Delta, other times soaring into the expansive awareness of Gamma.

The Brainwave States: A symphony of Frequencies

The Septenniums & Brainwave States of Consciousness

The integration of the Septenniums and the Brainwave states explore the relationship between consciousness, energy, and human development. This reflects how our states of consciousness evolve over time, influencing our perception and interaction with the world.

The idea here is that as the brain matures, it transitions from slower, more intuitive brainwaves (Delta and Theta) to faster, more analytical waves (Beta and Gamma), mirroring the developmental stages described in the septenniums.

Let's explore the connection between the brain's natural rhythms and the ancient wisdom of the seven-year cycles. They both influence our development, communication, and spiritual evolution.

As Soul Guardians, these details about our humanness help us to better innerstand how we evolve. And in turn, this helps us to guide our children through their evolution, and helps us to heal ourselves as we see ourselves in our children. It's all connected because we are all one.



The Brainwave States: A symphony of Frequencies

The Septenniums & Brainwave States of Consciousness

<i>Septennium</i>	<i>Brainwave States Of Consciousness</i>
0-7 years: The Foundation of Life	Delta Waves
7-14 years: The Realm of Imagination and Emotion	Theta Waves
14-21 years: The Emergence of Identity and Willpower	Alpha Waves
21-28 years: The Age of Action and Exploration	Beta Waves

From the moment our children are born, society begins to shape their experiences—often pushing them towards a Beta state of consciousness long before they are developmentally ready. In our world, where productivity and logical thinking are highly valued, we introduce structured learning as early as infancy, placing children in daycare environments where cognitive tasks and external expectations are prioritized.

Yet in doing so, we often overlook the natural state of consciousness and developmental phase each child is meant to experience. Each stage of life is designed to unfold at its own rhythm—like the notes of a symphony that must be played in harmony.

When we rush children into states of higher brainwave activity before their minds and spirits are prepared, the effects can be profound, impacting their emotional wellbeing, cognitive development, and spiritual connection to themselves and the world.

Because of the generational programming we have inherited, we unconsciously accelerate our children's transition into a Beta state of consciousness—long before they are developmentally ready.

The Brainwave States: A symphony of Frequencies

The effects of rushing our children to Beta State of Consciousness

- *They are not intune/know how to navigate their emotions
- * They do not learn how to regulate
- * They are stressed way before they need to be
- * They are unsure of themselves
- *Disconnection to self and nature
- *They have trouble learning and retaining academic information
- *They are hesitant to speak their truth
- *Behavior issues are rampant and being a guardian becomes very difficult
- *They have little or no inner intuitive guidance
- *They seek guidance from outside of self
- *They struggle with stamina/seeing a task to completion



The Brainwave States: A symphony of Frequencies

Becoming Aware

By becoming aware of the natural progression of brainwave states and developmental stages, we can create environments that honor each phase of a child's growth:

- Allowing infants to remain in the Delta state of pure presence, where they feel safe, connected, and deeply loved.
- Encouraging young children to dwell in the Theta state, where their imagination and intuition can blossom without the pressure of constant cognitive demands.
- Supporting older children as they transition into the Alpha state, balancing logical learning with creative expression.

In doing so, we empower our children to develop not only their minds but also their hearts and souls, creating a generation that is both intellectually capable and emotionally resilient—grounded in their true power as beings of energy, frequency, and vibration.

Let us remember that the greatest gift we can offer our children is the freedom to be where they are—to grow, learn, and awaken in harmony with the natural rhythm of their consciousness. For it is within this sacred timing that their true potential unfolds.





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A woman with long, dark, wavy hair is shown from the chest up, looking slightly to the left. She is holding a baby in a patterned wrap. The wrap has a complex geometric and floral design in shades of brown and beige. The baby is looking towards the camera. The background is a soft, warm, golden-brown color.

*The Real Meaning of Education:
The Mystical Knowledge of the
Essenes*

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



The Real Meaning of Education: The Mystical Knowledge of the Essenes

Education, in its highest form, is not about memorizing facts but about awakening deeper understanding-of energy, nature and the self. It is about drawing out rather than pouring in-awakening knowledge that already resides within. The word education comes from the Latin educare, meaning “to draw out” or to “lead forth”. In a mystical and spiritual sense, education is less about memorization and more about revelation of deeper truths.

The Essenes, an ancient group known for their deep wisdom and disciplined way of life, practiced a form of education that went beyond conventional learning. Their methods fostered personal transformation, self-mastery, and a profound connection with the unseen forces of the world.

In contrast to modern schooling, which focuses on external knowledge, the Essenes understood that true learning comes from within. Their approach integrated silent contemplation, nature-based study, and energetic awareness, teaching that wisdom was not something to be acquired but something to be remembered and lived.



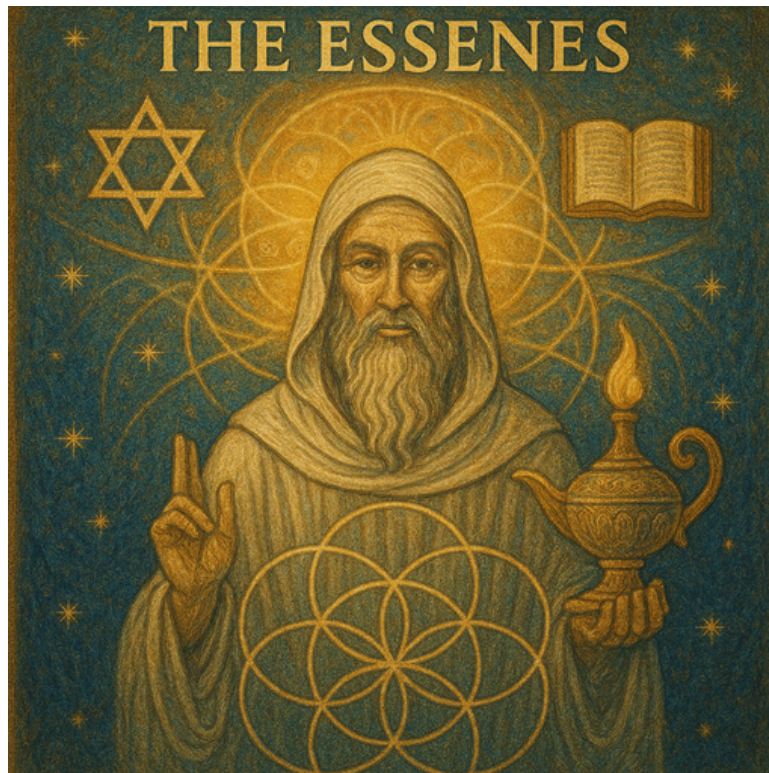
Education As An Initiation Into Deeper Knowing

The Essenes believed that knowledge should unfold in stages, with deeper teachings revealed only when a person was ready to receive them. Learning was not just intellectual-it was experiential and required personal transformation.

Rather than imposing rigid systems of learning, they encouraged:

- *Self-inquiry*: questioning one's own thoughts, beliefs, and perceptions.
- *Direct experience*: understanding concepts through lived practice rather than memorization.
- *Energetic sensitivity*: developing awareness of how thoughts, emotions, and vibrations influence reality.

Today, education often focuses on information that stays in the mind. The Essenes, however, emphasized knowledge that shaped the entire being-mind, body, and energy.



The Power of Silence and Inner Perception

Unlike the constant stimulation of modern life, the Essenes valued silence as a tool for learning. They believed that true wisdom arises not in noise, but in stillness.

They used:

- Periods of silence to develop inner clarity.
- Observation of nature to learn universal truths.
- Meditative focus to refine perception beyond ordinary senses.

This aligns with what many now understand about intuitive learning—that when the mind is quiet, deeper insights naturally arise. Schools today rarely teach students how to listen to their inner guidance, yet this is one of the most powerful forms of intelligence.



Learning Through Nature and the Elements

The Essenes studied nature as a living teacher, recognizing that everything in the external world reflects deeper principles.

- The cycles of the sun, moon, and stars were seen as rhythms of life, guiding inner and outer balance.
- The elements: earth, water, air, fire, were not just physical substances but forces that shaped consciousness.
- Plants and herbs were used not only for healing but for expanding awareness and tuning into nature's wisdom.

This method of learning through direct observation, interaction, and alignment with natural forces is largely missing from modern education. Yet, many indigenous and holistic traditions still emphasize this way of understanding the world.



The Teacher as a Guide, Not an Authority

In the Essene tradition, a teacher was not someone who simply gave knowledge-they were a guide who helped students discover knowledge within themselves.

A true teacher:

- Facilitates self-discovery rather than dictating answers.
- Encourages curiosity and questioning instead of blind acceptance.
- Embodies what they teach rather than just speaking about it.

This contrasts with today's educational system, where students are often expected to passively absorb information rather than engage in active discovery.



The Role of Energy and Vibration in Learning

The Essenes understood that learning is not just a mental process-it is an energetic one. They recognize that thoughts, emotions, and intentions carry specific vibrational frequencies that shape our perception and ability to absorb knowledge.

Key principles they followed included:

- Harmonizing the body and mind before engaging in deep learning.
- Using breathwork and movement to activate higher awareness.
- Recognizing that environments affect learning-certain places hold energies that enhance or block understanding.

This aligns with what modern neuroscience and quantum physics are beginning to reveal: our state of consciousness determines how well we learn and retain information.



Learning as a Lifelong, Transformational Process

For the Essenes, education was not confined to childhood or structured institutions-it was a lifelong path of refinement and expansion.

- Knowledge was layered, with deeper truths revealed as a person evolved.
- Wisdom was something to be lived rather than simply understood.
- The purpose of learning was not just survival but self-mastery and a deeper connection with existence.

Modern education often focuses on preparing students for jobs, yet true learning is about preparing the individual for life itself-physically, mentally, and energetically.



Reclaiming the Lost Essence of Learning

The Essenes preserved a form of education that was holistic, intuitive, and deeply transformative. Their methods remind us that real learning:

- Is about awakening inner knowing, not just acquiring external facts.
- Should include silence, contemplation, and self-inquiry as essential tools.
- Works best when integrated with nature, energy awareness, and direct experience.
- Is a lifelong process of refinement, not something that ends with a diploma.

If we were to reintroduce these principles into modern education, we could transform learning into something far more meaningful—one that nourishes the mind, body, and spirit, guiding individuals toward their highest potential.





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A woman with long, dark, wavy hair is looking directly at the camera with a gentle expression. She is holding a baby who is wrapped in a patterned cloth. The baby's face is visible, looking slightly to the side. The background is a soft, warm, golden-brown color. The overall mood is intimate and tender.

*Multiple Intelligences and Soul
Guardianship—Guiding Our Children's
Unique Gifts*

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



Multiple Intelligences: The Many Ways of Knowing

Children come into this world with a profound connection to their souls—each carrying unique gifts, perspectives, and ways of perceiving and interacting with the world. As **Soul Guardians**, our role is not to mold children into predefined roles, but to **nurture their inherent brilliance**, guiding them to express their gifts in ways that align with their **authentic nature**.

One of the most powerful tools for understanding and supporting a child's development is the theory of **Multiple Intelligences**, introduced by **Howard Gardner**. This framework reveals that intelligence is not limited to **logical reasoning or linguistic ability** but encompasses a wide range of skills, talents, and ways of knowing. When we align this understanding with the natural progression of **Brainwave States** and the **Seven-Year Cycles of life (Septenniums)**, we create a holistic approach to being a Soul Guardian—one that honors both the *mind* and the *soul*.



Multiple Intelligences: The Many Ways of Knowing

Gardner identified eight primary intelligences, each representing a unique way of experiencing and interacting with the world. When viewed through the lens of energy and consciousness, these intelligences reflect the diverse ways in which children tune into the vibrational field of life:

1. Linguistic Intelligence (Word Smart):

- Sensitivity to language, meaning, and storytelling.
- Children with this intelligence are naturally drawn to **words, rhythm, and the power of expression**. These children operate mostly in the Alpha State as Alpha waves foster a connection between structured language patterns and the rhythm inherent in poetry and storytelling.

2. Logical–Mathematical Intelligence (Logic Smart):

- Ability to analyze patterns, solve problems, and think critically.
- These children resonate with the structured frequencies of numbers and logic, often thriving in Beta Wave States as they grow.

3. Musical Intelligence (Sound Smart):

- Sensitivity to sound, rhythm, and melody.
- Children with musical intelligence naturally tune into the vibrational language of sound, often operating in Theta and Alpha States, where creativity and emotional resonance flow freely.



Multiple Intelligences: The Many Ways of Knowing

4. Bodily Kinesthetic Intelligence (Body Smart):

- Ability to express through movement, touch, and physical sensation.
- These children are deeply connected to the energy of the body, using movement to communicate and process the world around them. They resonate best at Beta brainwave states, Alpha and occasionally Gamma waves.

5. Spatial Intelligence (Picture Smart):

- Ability to visualize and manipulate images in the mind.
- Spatial thinkers often access Theta and Alpha States, with some involvement in Gamma, where creativity and imagination guide their perception.

6. Interpersonal Intelligence (People Smart):

- Sensitivity to the emotions, intentions, and energy of others.
- These children naturally tune into the emotional frequencies of those around them, often sensing more than what is spoken—a gift that resonates with the Gamma State of expanded awareness.

7. Intrapersonal Intelligence (Self Smart):

- Deep awareness of one's own emotions, thoughts, and inner world.
- Children with this intelligence often thrive in Alpha and Theta States, where introspection and self-reflection are most accessible.

8. Naturalistic Intelligence (Nature Smart):

- Sensitivity to the natural world and its rhythms.
- These children are deeply attuned to the energy of the Earth, often experiencing a profound sense of connection when immersed in nature. The brainwave states most aligned with Naturalistic Intelligence are Alpha, Theta, and some involvement of Delta during deep, nature-connected states.

As you do your inner work, you start to realize that you are visiting all of these Intelligences. This is because we all possess the ability to expand and get to know ourselves fully. All you have to do is say yes to you!



The Role of Brainwave States in Multiple Intelligences:

Each intelligence is supported by specific brainwave states that align with the child's natural way of processing information and energy. For example:

- **Musical, Spatial, and Bodily-Kinesthetic Intelligences** flourish in the **Theta and Alpha States**, where creativity, intuition, and sensory awareness are heightened.
- **Logical-Mathematical and Linguistic Intelligences** thrive in the **Beta State**, which supports critical thinking and verbal expression. This is where our current programs teach us to be; in beta and only beta. We have been doing this for many generations and have forgotten that we are capable of exhibiting multiple intelligences at the same time. ***I think that Howard Gardner named it Multiple Intelligences because we have the ability to possess all of them and experience all of them at the same time!!!***
- **Interpersonal and intrapersonal Intelligences** are enhanced in the **Gamma State**, allowing children to sense both their own emotions and the energy of those around them. So lacking in the world right now. We need to come back to our interpersonal and intrapersonal ancestral knowledge. It has been erased by generations of programming and dumbing down of our intellect.

When children are allied to develop naturally—moving through each **Septennium** in alignment with their dominant **Brainwave States**—they cultivate a deeper connection to their unique intelligence and learn to express their gifts with confidence and authenticity, making them an active and conscious participant in their lives.



Soul Guardianship: Guiding Children with Wisdom and Compassion

As Soul Guardians, our role is to honor and nurture the energetic essence of each child, supporting their growth in a way that aligns with both their individual gifts and the natural rhythms of life. This requires us to move beyond conventional models of “parenting” and education, which often prioritize logical intelligence at the expense of creativity, intuition, and emotional awareness. We have an epidemic of adults, children, and elderly that need to be in-touch with emotional awareness. Emotions are the pillars of this life! I can not stress this enough.



How to Support Each Intelligence Through Soul Guardianship

1. Honor Their Unique Frequency:

- Recognize that each child operates at their own **energetic frequency**, which influences how they learn, communicate, and connect with the world.
- Create an environment that allows them to express their intelligences in ways that feel **authentic, natural and safe**.

2. Align with Their Developmental Stage:

- Understand that children’s brains naturally shift from **Delta to Theta, Alpha, and Beta** as they grow, and avoid pushing them into **higher-frequency states** before they are ready.
- For example, allow young children to remain in the **imaginative world of Theta** without rushing them into **Beta-driven tasks** that prioritize logic and memorization.

3. Foster Emotional and Energetic Awareness:

- Help children develop **interpersonal and intrapersonal intelligence** by teaching them to recognize and regulate their emotions, while also honoring their sensitivity to the **energy of others**. Please! Our humanness depends on it!
- Encourage practices like **mindfulness, breathwork, and time in nature** to help them maintain a sense of **energetic balance**.

How to Support Each Intelligence Through Soul Guardianship

4. Encourage Creative Expression:

- Support **musical, spatial, and bodily-kinesthetic intelligences** by providing opportunities for **music, art, dance, and free movement**—all of which allow children to express their emotions and energy without words. Create a space where time is not limited, this will allow complete surrendered and trust into themselves. This is a beautiful way to connect with the divine in you.

5. Guide with Presence and Love:

- Children are highly attuned to the **frequency of their caregivers**. By embodying **presence, compassion, and authenticity**, we create an energetic environment where they feel **safe, loved, and understood**. All Soul Guardians should really do their inner work, because this journey will break you open.

Remember that our role is not to control or shape our children's development but to **guide them with wisdom and compassion**, helping them navigate both their **internal world** and the **external world** with confidence and grace.



Breaking the Cycle of Generational Conditioning

For generations, society has prioritized logical and linguistic intelligence, often at the expense of other forms of knowing. Children have been pushed into Beta States of constant thinking and productivity leaving little room for creativity, intuition, and emotional connection.

But as we awaken to the truth of our energetic nature, we have the opportunity **to break this cycle**—allowing our children to develop at their own pace, in harmony with both their **brainwave rhythms** and **their soul's unique purpose**.

This shift begins with us. By recognizing our role as **Soul Guardians**—not just caregivers or teachers—we can create a new paradigm of “parenting” that honors the **whole child**: mind, body, and soul. In doing so, we not only support our children in realizing their **full potential** but also help to create a world where **creativity, compassion, and connection** are valued as highly as logic and productivity.



Conclusion: A New Vision for Humanity

When we nurture each child's unique intelligence in alignment with their natural brainwave states and developmental cycles, we awaken their full potential—not just as individuals, but as beings of energy, frequency, and vibration. As Soul Guardians, our greatest gift is to guide them with love, presence, and wisdom, helping them remember their true power and express their gifts in service to a world that deeply needs their light and brilliance.

For in nurturing the Souls of our children, we are also nurturing the soul of humanity itself!





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A woman with long, dark brown hair styled in a braid, looking directly at the camera with a calm expression. She is carrying a baby in a patterned, earth-toned sling. The baby is looking off to the side. The background is a soft, warm, golden-brown color.

***Womb to Wisdom:
Aligning Pregnancy with the Septenniums***

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



Womb to Wisdom: Aligning Pregnancy with the Septenniums

Pregnancy is the sacred initiation where the soul's journey begins, weaving energetic, emotional, and physical patterns that shape a child's essence. The womb becomes the first classroom- a sanctuary where the imprints of life take root.

When Soul Guardians consciously honor and align with these developmental rhythms, they nurture a harmonious foundation, planting seeds of wisdom and growth that resonate throughout a lifetime.



Womb to Wisdom: Aligning Pregnancy with the Septenniums

First Trimester (Weeks 1-12)

Theme: Creation & Incarnation

Linked to: 1st Septennium (0-7)

Focus: The sacred unfolding of physical formation and the awakening of will.

Energetic Connection: Establishing the child's life force-laying the foundation for the etheric body, where spirit meets form.

Affirmation: “ Beloved soul, I welcome you with reverence. You are safe here. Your journey into this world is sacred, and I honor your arrival”



Womb to Wisdom: Aligning Pregnancy with the Septenniums

Second Trimester (Weeks 13-27)

Theme: Sensory Integration & Emotional Embodiment

Linked to: 2nd Septennium (7-14 years)

Focus: The blossoming of emotional Intelligence, the awakening of imagination, and the deepening of the inner world.

Energetic Connection: Nurturing the development of the astral body-where emotions, dreams, and intuition intertwine.

Affirmation: “ I honor your senses and spirit with love, creativity, and harmony. Your inner world is a sacred space, and I support your journey into feeling and being.”



Womb to Wisdom: Aligning Pregnancy with the Septenniums

Third Trimester (Weeks 28-Birth)

Theme: Identity, Expression and Purpose

Linked to: 3rd Septennium (14-21 years)

Focus: The emergence of self, purpose, and individuality- awakening the soul's unique expression.

Energetic Connection: Nurturing the seeding of the "I AM"-- the conscious awareness of one's true essence.

Affirmation: "You are whole, unique, and purposeful. I honor your unfolding journey. You are born from love, destined to embody your sacred truth."



Womb to Wisdom: Aligning Pregnancy with the Septenniums

Reflection

Pregnancy is not just the birth of a child—it is the birth of a soul's journey and the creation of a foundation for lifelong growth. By consciously aligning with the septennium themes throughout gestation, soul guardians can nurture the unfolding of their child's holistic essence. Embrace the sacred responsibility of guiding the soul's path from the womb onward, honoring the divine.

By honoring pregnancy and birth, we lay down the foundation to all this energetic work that lies ahead for all those who choose to be Soul Guardians. Being a Soul Guardian, to me, is the most selfless, loving, unconditional action we can make as humans. The divine in me, sees the divine in you.



Nuna Luz Birthkeeper.com

Maternal Health and the Energetic Harmony of Our Children

The mother's body is the first temple, the first rhythm, and the first universe a child ever knows. Within her womb, the child learns to receive, respond, and resonate. Every heartbeat, emotion, and thought becomes a vibrational teaching, the language of the mother's field shaping the developing consciousness of the child.

When the mother's energy flows in harmony, her child rests within coherence. When her energy is scattered, the child has a difficult time learning to adapt to fluctuation. Both are part of a divine choreography of growth, an intricate dance of vibration and awareness. Maternal health, therefore, is not only nutrition and rest; it is about emotional regulation, energetic clarity, and spiritual presence.

The Mother's Field as a Template for Emotional Regulation

A baby's nervous system is built upon the rhythm of the mother's. Her breath, her tone of voice, her emotional landscape, all teach the child how to regulate energy. Long before logic forms, the child learns how to exist in the world through felt sense.

When a mother tends to her own peace, she teaches peace. When she breathes through stress with awareness, her child learns that energy can move and transform safely. Even the moments of imbalance are teachers, because repair and reconnection are part of the energetic blueprint of resilience.

A regulated mother is not a "perfect" mother, she is an aware one. Awareness itself creates the field through which harmony becomes possible.

The Energetic Continuum After Birth

The energetic tie between mother and child does not end with the physical birth. Though the umbilical cord is cut, a luminous and real energetic cord remains. It pulses with information, allowing energy, emotion, and intuition to flow between them long after birth.

Through this invisible current, the child continues to attune to the mother's field. The baby uses this connection to self-regulate, to find calm, and to feel safe. As children grow, they often mirror the unprocessed emotions or energetic patterns within the other; not as a reflection of blame, but as a sacred invitation for her healing.

Maternal Health and the Energetic Harmony of Our Children

When a mother shifts her energy; grounding, forgiving, resting, her child feels it. When she suppresses emotion or overextends herself, the child may unconsciously carry that vibration. It is through awareness, compassion, and energetic hygiene that the mother can bring the field back into balance. Our children are not just our students; they are our mirrors, healers, and energetic allies.

Epigenetic Resonance and Energetic Inheritance

Science has begun to recognize what ancient wisdom always knew: our emotional and energetic states can influence the expression of genes. This phenomenon, known as epigenetic, shows that the environment, both physical and emotional, can turn certain genetic switches on and off.

In energetic terms, maternal vibration imprints on the child's energy field and cellular memory. A mother's coherence strengthens her child's inner alignment, just as prolonged stress or disconnection can create patterns that the child may later seek to harmonize.

Yet even in the absence of the biological mother, the child is never abandoned energetically. Life, in its intelligence, provides opportunities for regulation and nurturance through feminine frequency. Whether through a grandmother, aunt, teacher, caregiver, or even Earth herself. Feminine energy is not limited to a person; it is a universal resonance of receptivity, compassion, and creation. Children who lack direct maternal presence can still find balance and safety through feminine embodiment in other nurturing figures and through their own relationships with nature.

The masculine, too, holds sacred responsibility in this energetic exchange. Fathers and men are the shield of protection that allows the feminine to soften and open. When a man embodies presence, strength, and integrity, he creates the energetic safety that permits women to rest, feel seen, and nurtured without fear. In this way, he indirectly sustains the child's energetic harmony by protecting the womb space energy, even long after birth.

The masculine's grounded presence and the feminine's nurturing flow are not opposites but complements. Together, they form the energetic circuitry through which children learn trust, stability, and love.

Maternal Health and the Energetic Harmony of Our Children

This is not to create guilt, it is to awaken power. Every moment offers the opportunity to rewrite the energetic story. Whether through biological or chosen family, healing and harmony can be reestablished. As a mother and father remember their roles as energetic stewards of life, the lineage recognizes itself in balance. Healing becomes hereditary through vibration.

Practical Ways to Strengthen the Energetic Bond with Awareness

1. ***Heart-to-Heart Coherence:*** Sit quietly, place a hand on your heart, and imagine a beam of light extending from your heart to your child's. Breathe into that connection until you feel warmth or calm. This practice restores energetic harmony between mother and child.
2. ***Energetic Cleansing:*** After emotionally intense days, visualize yourself surrounded by light. See all energies that are not yours being lovingly returned to Source. This keeps the maternal field clear so your child's energy remains their own.
3. ***Sound and Voice:*** Your voice carries frequency. Humming, singing, or softly speaking to your child harmonizes both your nervous systems and reestablishes safety within the field.
4. ***Movement and Earth Connection:*** Movement clears energy. Dancing, walking barefoot, or swaying with your child helps discharge stagnation and restores grounding to both mother and child.
5. ***Mirror Awareness:*** When your child expresses strong emotion, pause before reacting. Ask within: What part of me is being shown for healing? This awareness transforms triggering moments into portals for growth.

Maternal Health and the Energetic Harmony of Our Children

The Mother as the living Field

A mother is not merely the vessel of life, she is the living field through which life remembers its rhythm. Her health, happiness, and harmony are not luxuries, they are the foundations of her child's energetic architecture.

When a mother honors her body, emotions, and energy, she raises the vibration of her lineage. The child then grows within a field that whispers, "You are safe", You are loved, You belong."

The mother's healing is the child's freedom. Her peace is the family's pulse. Through her awareness, balance is restored, not only to her children, but to the collective human field itself.





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.



A woman with long, dark hair is holding a baby. The baby is wrapped in a patterned cloth, possibly a sling or blanket, and is looking towards the camera. The woman is looking slightly away from the camera. The background is a warm, golden-brown color.

***The Mystical Alignment of Chakras and
Septenniums:
Energetic and Spiritual Evolution***

Centering to Receive

Coming into presence: coming back home to you will put you in the middle of your compass and open you up to receiving, creating, understanding and innerstanding. You are in all locations at once! Open your heart and the rest will follow!

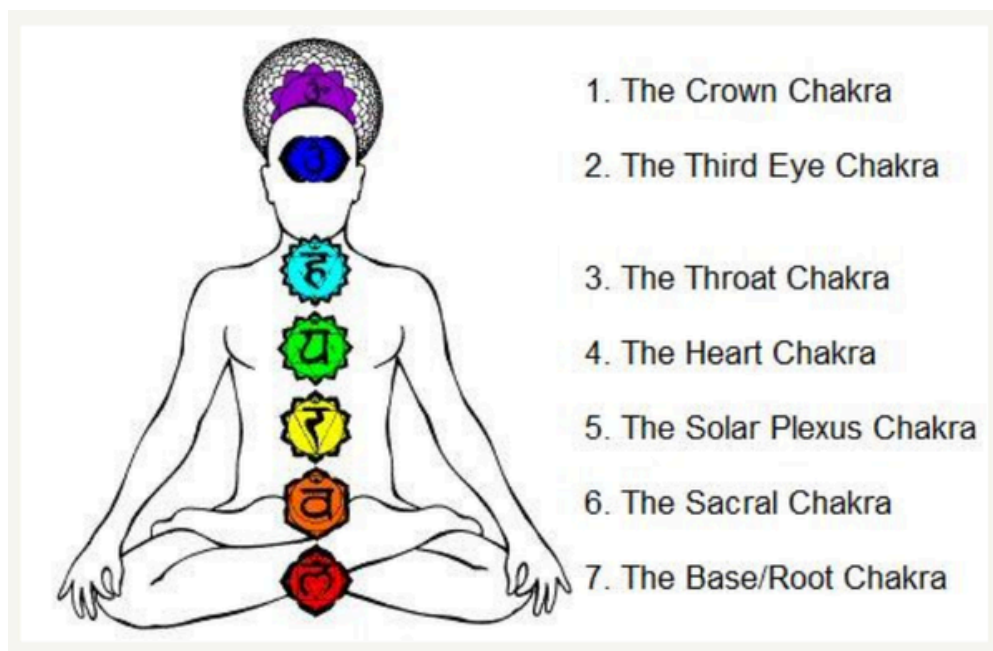
Ask that you hear what you need to hear, that you see what you need to see, and that you feel what you need to feel. We ask that we remember what we already know.



The Chakras & The Septenniums

The chakras, as energy centers within the human body, correspond to different stages of life when aligned with the Septennium model. Each seven-year cycle reflects a period of spiritual, emotional, and physical transformation. By understanding the alignment between chakras and septenniums, we gain insight into the soul's journey and the evolution of consciousness throughout life.

Allow me to take you on an exploration of the mystical and spiritual connection between each chakra and its corresponding life stage, offering contemplation practices to deepen the understanding of one's person, growth, and transformation. And by consequence, allowing ourselves to see how these connections will allow us to support our children as Soul Guardians.



The Chakras & The Septenniums

The Root Chakra and 1st Septennium (0-7)

Theme: Foundation and Physical Embodiment

Spiritual Aspect: Establishing a sense of safety, grounding, and physical presence in the world

Energetic Focus: Connection to the earth, basic survival, and familial roots

Contemplation: “How do I feel rooted and safe in my body and environment?”



The Sacral Chakra and 2nd Septennium (7-14)

Theme: Emotional Awareness and Creativity

Spiritual Aspect: Awakening creative potential and emotional fluidity

Energetic Focus: Exploring relationships, feelings, and imaginative expression.

Contemplation: “What brings me joy and emotional fulfillment?”

The Chakras & The Septenniums

The Solar Plexus Chakra and 3rd Septennium (14-21)

Theme: Personal Power and Identity

Spiritual Aspect: Cultivating self-confidence, autonomy, and purpose

Energetic Focus: Developing a strong sense of self and willpower

Contemplation: “How do I assert myself with clarity and intention?”



The Heart Chakra and 4th Septennium (21-28)

Theme: Love, Connection, and Harmony

Spiritual Aspect: Opening to unconditional love and deep interpersonal connections

Energetic Focus: Balancing compassion with self-love and relationship building

Contemplation: “How can I love more openly and authentically?”

The Chakras & The Septenniums

The Throat Chakra and 5th Septennium (28-35)

Theme: Authentic Expression and Communication

Spiritual Aspect: Finding one's voice and truth in the world

Energetic Focus: Expressing ideas, beliefs, and creative thoughts clearly

Contemplation: "What truths am I ready to share with the world?"



Third Eye Chakra and 6th Septennium (35-42)

Theme: Wisdom and Inner Vision

Spiritual Aspect: Deepening intuition, insight, and personal vision

Energetic Focus: Integrating life experiences into a coherent understanding

Contemplation: "How do I perceive the world beyond the material?"

The Chakras & The Septenniums

The Crown Chakra and 7th Septennium (42-49)

Theme: Spiritual Fulfillment and Unity

Spiritual Aspect: Embracing higher consciousness and divine connection

Energetic Focus: Transcending the ego and embracing spiritual wholeness

Contemplation: “How do I experience oneness with all of existence?”



The alignment between chakras and septenniums highlights the unfolding spiritual journey from physical embodiment to spiritual realization. Embracing each stage with awareness allows for holistic growth and a deeper understanding of one's purpose. By tuning into the energy of each chakra during its corresponding life phase, we harmonize the soul's path with the flow of universal energy.





Integration of Truth:

As we move forward, we ask for support in living, embodying, and aligning with deep wisdom in every aspect of existence. We remind ourselves that with grace and love, the truth moves from an actual idea into an embodied reality.





In this book I share my most intimate thoughts and visions. Thoughts, messages and images that showed me how far we have come from our divinity, our truth, and our magic.

This book is a raw look into my life. Everything I write about I have experienced in some form or another. Some were visual experiences, others were emotional experiences.

I am so grateful for all the experiences my life has given me so far. I am constantly humbled by my interconnectedness with myself and the world. Through the interconnectedness with myself, I found my connectedness with others, the earth, the stars and the galaxies.

My knowledge came to me like a rushing river. Hard to stop, hard to understand; if you fight the current. I had to surrender and listen to be able to move on. It broke me in a million pieces, and now it's putting me back together again as I watch in amazement.

I am a worrior of our organic humanness. The discoveries about ourselves are so vast and so incredible. To think that we have only just begun to embark on this grand journey of remembrance, is crazy to me.

I am open and welcoming to all the memories that are awaiting to come to the surface of my consciousness. It is my greatest honor to be human and in service to humanity. 

Love your big sister,

Nuna

A Collection of Quotes That Align With My Inner Knowing:

“Knowledge is not acquired from without by merely recollected from within.”

“To know how to think in light from within is to open the doors to all knowledge.”

“All information that comes to us is to help us in the journey.”

“The greater the imagination, the greater the perception of reality of universal existence, hence the greater the intelligence.”

“The Lesser the imagination the greater the reality of the appearance of existence.”

“The greater the imagination the nearer to one-ness-and the further from animal.”

“Great imagination=great intelligence”

“Genius is the bridge between man and God.”

“Genius is locked within the soul of every man.”

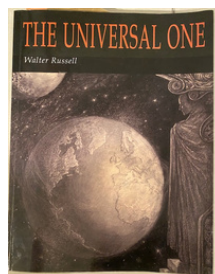
“Genius gives to man the harmonies of universal rhythm.”

“Genius gives to man knowledge which is the soul.”

“He who tunes his heart to the message of genius purifies himself- in communion with the holy one.”

“Genius awaits he who listens-for the inner mind alone, inner voice, inner guidance, leads to inner knowledge, must be in touch with self.”

All of these quotes come from *The Universal One*, Walter Russell, 1926.





Personal References That Anchor My Remembrance

Personal Experiences

Motherhood

Being a Daughter

Being a women

My Dreams

My Fears

My trauma

My Anger

My Awakening

My Downloads

My Remembrances

My Perceived Limitations





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