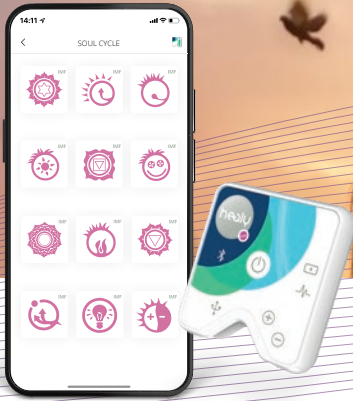




Frequencies for Your Life



Martina Kondritz's Guide to Using Soul Cycle

If you're new to the Soul Cycle programs and want to achieve a better sense of inner balance and calm, this step-by-step guide is for you. Note: The ideal time to use these programs is in the morning.



During these 36 days, pay extra attention to which program you do really well with and then apply it once every other day for the next 2 weeks.

After completing this routine, you will be more familiar with each program and that will help you choose the one that is best for you at that moment.

 3 DAYS 1 x A DAY ACCEPTANCE Energetic harmonization in the ability to accept ourselves the way we are.	1	 3 DAYS 1 x A DAY CONFIDENCE Energetic stimulation of the inner connection to ourselves.	7
 3 DAYS 1 x A DAY SERENITY Stimulating the inner balance of the energetic field.	2	 3 DAYS 1 x A DAY INNER BALANCE Energetic stimulation of the inner unity.	8
 3 DAYS 1 x A DAY BURDEN Energetic support for releasing.	3	 3 DAYS 1 x A DAY POWER RESERVE Stimulating the Bioenergetic Field (do not use too late in the evening).	9
 3 DAYS 1 x A DAY EMOTIONS Energetic support for processing emotions.	4	 3 DAYS 1 x A DAY SELF-CONFIDENCE Inner-centering of the Bioenergetic Field.	10
 3 DAYS 1 x A DAY AURA PURE Purifying the Energetic Field.	5	 3 DAYS 1 x A DAY ENERGY BALANCE Balancing the energy centers.	11
 3 DAYS 1 x A DAY HAPPY Positive alignment of the Energetic Field.	6	 3 DAYS 1 x A DAY STIMULATION Stimulating energetic regeneration.	12

If you have the HealAdvisor Analyse App, you can also do an analysis in the Information Field in the Resonance module and choose the program with which you currently have the highest resonance with.

Good luck on your path to deeper inner harmony with yourself and everything around you!

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