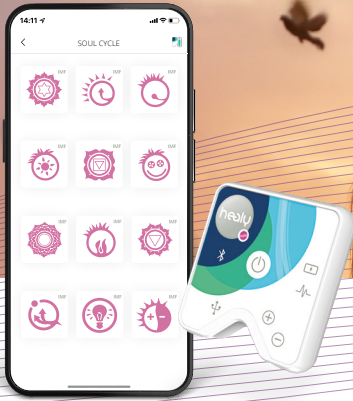




Frequencies for Your Life



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.

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



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.

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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