

# Resonance Reset

With  
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# WELCOME, BEAUTIFUL SOUL

This guide is for soul-led healers, coaches, and creatives who know they're here to make a difference and something has felt off. Maybe you're seasoned in your craft, just getting started, or somewhere in between. Maybe your energy has felt scattered, your momentum low, or your direction unclear.

If that sounds familiar, take a breath. You're in the right place.

This is support for you to reconnect with your resonance and begin creating from the truth of who you are.

This guide is for you if:

- You're someone who senses there's more to healing, life, and business than endlessly "doing the work" and never quite "getting there."
- You've checked the boxes, taken the trainings, followed the call.... and yet you feel stuck, or like you've lost your way.
- You believe that "the journey is the point"—but still find yourself spinning in the same loops, wondering when it will finally click.

Here's what your soul already knows:

Thriving in your life, healing journey, and purpose-driven business doesn't have to feel so hard.

It can be lighter, easier, more joyful, aligned and more YOU!

This guide is a gentle doorway into that possibility and it all begins with a simple truth:

# EVERYTHING IS ENERGY

Yes, everything. You, your dream clients, your business vision, your relationships, your emotions, they're all made of energy and every form of energy carries resonance.

When your energy is resonant, when it's aligned with your truth and soul frequency things flow with more ease, cohesiveness and stability.

When it's not, you feel friction, fatigue, misalignment, confusion, resistance etc. So what if your path forward isn't about efforting... but being in harmony with yourself!?

As you reconnect with this truth, you may begin to notice where your own energy is flowing and where it's asking for attention. That's where we begin...

## READY TO RESET?

The resources in this Guide will help you facilitate this reconnection and reset your resonance so you can align with and create the life and business you desire!

So.... how do you actually reset your resonance?

Consider this simple yet powerful path I lovingly refer to as the 3Cs!

1. Clarify what you truly desire and what your soul is here to do and BE!
2. Clear what's not yours and no longer aligned to this soul resonance
3. Call In to create what matches your soul's frequency- the life and business you are here to create and thrive in!

This is how we shift our resonance, not through hustle, force or more doing, but through alignment, flow and more BEING!

## CLARIFY. CLEAR. CALL IN.

One more key note about these 3Cs.... they are NOT actually linear and they often feel like they overlap, much like the ebb of flow of ocean waves. Sometimes we need to start with Clearing, sometimes with Clarifying your truth, what IS yours and what is NOT, and sometimes we start with Calling In all that is a match and allow creation to flow. There is not "a" way, there is only yours way.



# CLARIFY

This is where your soul gets to speak clearly. “Clarify” isn’t about figuring it all out, it’s about tuning in. It’s about remembering what’s already true inside you: what lights you up, what you deeply desire, and what your energy is actually here to create. Let yourself get honest, dreamy, and bold. This is about accessing and acknowledging your soul’s deepest truth, desires and purpose.

## CLARIFY ACTIVITY ~ DREAMS LIST!

Write your wildest dreams list! (include you spouse/family in the process as you feel led, but be sure to write YOUR own!) This is not a list of goals or to-dos

If money and time were no object... what would you be DOing and BEing with your life, focus, energy, time, business, relationships, etc - write in as much detail as you feel inspired to!



## CLARIFY SUPPORT ~ BE FULL OF YOURSELF

Having a hard time? Perhaps consider a little (easy and quick!) exercise to connect to your inner resonance and allow it to create resonances with your outer resonance.... Time to get full of yourSELF!



Take a moment to quiet yourself and allow your awareness to fall inward to the center of your body.

With each gentle inhale imagine the energy that is "you" to gently expand from your center

With each exhale, allow any and all energy that is not "you" to shift out of your field transmuted to the highest frequency with love

Remember that you can access this easy alchemy anytime you have a moment to consciously breathe.

Feeling more clear on your vision, dream, on YOU.... Ready to keep flowing? Let's keep going... it only gets lighter from here!

Next step—> Clear

# CLEAR

Clear is your sacred permission to lovingly release what isn't yours and no longer aligns. The outdated identities, the inherited patterns, the energetic clutter—poof. When you clear what's in the way, space opens for more of you to flow through. Lighter. Freer. Truer.

There are many ways to clear energy and create space for what is truly desired. You can use frequencies, elements, intention, sound, crystals, sage... the list can go on and on! In this guide we will resource the element of Fire!

## CLEAR ACTIVITY ~ FIRE RITUAL

Resourcing Fire to clear out and make space!

Prepare a list (can be on a piece of paper, post it note, napkin, leaf, whatever you have to use and able to burn). Write out anything keeping you from their dreams and living the life you know desire, stuckness, frustration, low vibration emotions/experiences etc...

In a safe/contained area, Light a candle (real or figurative)

When you are ready to release and alchemize all that is in the way and is not serving you - light your list on fire (and allow it to drop into a bowl or sink to complete it's burning) this creates room in your energy field as what was is alchemized and released burns away. Tune into how you feel as these things release and create space in the field of you.

If you want you can prepare a second list of celebration, hope, dreams, all that you wish to experience and call into the space that has just been created. When you are ready to fill the space that has been created, light the list on fire to call in all that you desire (and allow it to drop into a bowl or sink to complete it's burning) this is raising and harmonizing your vibration to match that which you desire to experience (and wrote in the list!) and calling it into your field for manifestation!.

## CLEAR SUPPORT ~ VIOLET FLAME GAZING MEDITATION

Don't have a safe way to do a fire ritual or just feel you need an easier place to start? For an ease-FULL way to shift and clear consider using my [Violet Flame Resonant Frequency Healing Gazing Meditation \(Violet Flame Meditation for short\) a try!](#)



Similar to the Fire ritual, this inspired resonant healing frequency track was created to alchemize what no longer serves and to call in the frequencies and experiences truly desired. You can gaze, listen or play it on silent in the background and intend the clearing/ healing/ alchemy/ transmutation/ manifestation to occur!

Recommended steps for best results:

Gaze into this image, notice where your attention goes as you breathe comfortably. Bring to mind all you wish to release, transmute, heal and send it into the violet flame bubble. Allow the healing frequencies to wash over you and bring in the light. Burn away that which does not serve, and Call in that which you wish to experience

AND SO IT IS

So, we have clarified the vision, cleared space for it to resonate, next up →

Call it In to Create it !!!!

# CALL IN

Now that you're more YOU and you have created space in your energy field for MORE of YOU, let's welcome what matches that energy. Consciously Call In the people, experiences, and opportunities that align with your soul's frequency. It's not chasing—it's receiving. You're calling in your next chapter by being the clearest version of yourself. This is where your energy generates invitation.

## CALL IN ACTIVITY ~ WATER RITUAL

Resourcing the Magic and Mystery of Water to Call In!

Fill a clear glass with clean fresh water.

Take a moment to center yourself, perhaps doing this after the other two activities above with the clarity of who you are, your purpose your resonance or by simply closing your eyes and taking three gentle, focused breaths.

From this space bring to mind all you wish to experience, to create, to live, do and be. If you like, you can write them down.

Using the power of the word and intention and connecting with the intelligence of water, when you are ready, hold the glass of water close to you and speak into the water (from the top or side of the glass) all of the things you are calling in.

Once you have spoken all items to the water, gently swirl the water saying something like "all these things or something greater, thank you" and then drink the water!

Notice what you notice, the taste and temperature of the water, the way it feels as you swallow it, how your body responds, energy increasing or moving and any actions or inspirations that come to mind.

Take any inspired actions that came forward!

## CALL IN SUPPORT ~ FREQUENCY HEALING QUICK BOOST

Want to try an easy, fast and deeply impactful way to Call In the energy of expansion, freedom, joy and all the beautiful things you wish to call in to experience?

I have curated a bioresonance healing audio using frequencies from the Solex AO Scan technology. These frequencies are from the Inner Voice Scan feature which reads your voice and harmonizes the out of balance frequencies.

With this, you can call-in the reality you desire (set your intention) and allow the frequencies to wash over you, gently harmonizing your energy's expressions with the resonance of your desired reality/ experience/ life/ business!

A central graphic featuring a colorful waveform at the top and bottom. The main text is set against a background of a sunset over water. The text reads "AO SCAN" in large white block letters, "With Christine" in a white script font, and "QUICK BOOST" in large green block letters. A circular inset on the right shows a portrait of Christine, a woman with long blonde hair wearing a green top.

**AO SCAN**  
*With Christine*  
**QUICK BOOST**

Before you click the link to take in the healing video, first take a moment to feel in your body what it feels like to be the person having the experience you are creating/manifesting.... Hold this intention. Have some water and maybe some sea salt and then allow your eyes to gently gaze on the colors on screen as you allow the frequencies to flow in and around you. As you allow the frequencies to support you and the feeling of experiencing/having what you desire to grow, ask yourself what your next action step is towards this reality... then take action!

Try out the [AO Frequencies Quick Boost](#)

# **Clarified. Cleared. Called In.**

## **How was YOUR Resonance Reset?!**

If you've traveled this far through the guide pausing, breathing, reflecting, feeling, thank you. That means something, it means your soul is calling you deeper into alignment. Into resonance. Into the fullness of yourSELF.

You've clarified your truth.

You've cleared space for it to expand.

You've called in the energy to create your next chapter.

And through it all, you've begun to reset and embody your true resonant frequency. This is the beginning of a new way of BEing: more easeful, more embodied, more YOU.

### **Ready to Go Deeper?**

If you enjoyed this guide and want to lean into being supported through the next phase of your personal and professional evolution, I'd love to support you.

If you're ready to clear lingering blocks, deepen your clarity, or align your energy field with the life and business you're here to create, I am here for you and would love to connect.

Schedule a complimentary Discovery Call with me. This call is an opportunity to explore where you are, what's stirring in your field, and how I may be able to support you in your next aligned, integrated, coherent soul expression.

[Schedule your Discovery Call Here](#)

## CLARIFY. CLEAR. CALL IN.

Thank you for taking this journey with me.

I hope this guide helped you feel more connected, more supported, and more full of yourSELF.

Whether you found a new clarity, released something that's no longer yours, or felt ready to call in the next chapter of your journey, know that this process of Clarify, Clear, and Call In is always available to you!

Love, Light and Blessings to you!

*Christine B*  
Soul Expression Specialist

[Embracing Expressions]



Feeling Resonant? Schedule your Discovery Call Here