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JAVIER CLEMENTE

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*"A multidimensional guide that reveals how your inner vibration shapes time, transforms your reality, and awakens the ancestral consciousness of the African soul."*

# Vibrational Time™

*"THE NO-TIME™ IS THE LANGUAGE OF THE AWAKENED SOUL."*

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**VIBRATIONAL  
TIME™.**

# □ **VIBRATIONAL TIME™.**

## ***A Theory of the Rhythm of Reality, Consciousness, and Fate.***

By Javier Clemente Engonga Avomo™ Engonga (Owono Nguema)

□ *Digital Government of Equatorial Guinea™ - Year 0 of the Pan-African Renaissance™.*

□ *From the Engong Akashic Library*

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# □ FOREWORD

**By Javier Clemente Engonga Avomo™.**

□ *Year 0 of the Pan-African Renaissance™.*

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## **Prologue: Back to the Lost Rhythm**

Today's world spins, but does not vibrate. It runs, but does not listen. It measures, but does not feel. Humanity, in its eagerness to dominate, forgot the most sacred thing: that time is not trapped, it is listened to. It is not controlled, it is honored. It is not manufactured, it is tuned.

We live in a civilization that has broken its cosmic compass. The clock, that little circular tyrant, marks seconds with mechanical precision, but knows neither births nor destinies. Agendas, calendars, contracts... teach us that we must make time yield, produce, advance, and not be wasted.

But in this eagerness to possess time, we have lost it.

What if I told you that time is not outside, but inside?

That it is not a straight line forward, but a deep rhythm pulsing in the heart of your consciousness?

That everything you think you expect is actually waiting for ?

Welcome to **Vibrational Time™**.

## □ **The Beat Before Time**

Before the first sun existed, before the galaxy was lit with stars, vibration already existed. A mother note. A sound without source. A pulse without beginning.

The ancient sages knew it. The native peoples lived it. The African drum did not mark time, it marked presence.

The shamanic chant did not predict the future, it opened it. The rhythm of the body was not routine, it was ceremony.

That is why this book is not just a treatise. It is a **call to return**.

To remember that time is not a chain of days, but a **dance of frequencies**. A dance that is activated when you enter into coherence with your purest intention.



## □ **My Journey: From the Line to the Circle**

As an author and witness of the vibrational movements of the African soul and the human soul, I have dedicated a great part of my existence to observe the cracks in the system and the signs of the Spirit.

I have seen how great revolutions do not occur because of dates marked in history, but because of frequencies released from the collective unconscious.

I have felt how people stagnate not because of lack of resources, but because of stopped vibrational cycles.

I have understood that diseases, wars, even pandemics, are not chronological phenomena, but **vibratory implosions** of outdated structures that no longer support the evolution of the soul.

My mission, as Engonga and as an architect of collective consciousness, has been to **translate the vibrational language of the ancestors into the code of the new humanity**.

This book is part of that bridge.

## □ **The True Science of Time**

Quantum physics brings us closer to what the wise men already knew: that time is not absolute. That particles can communicate instantaneously, that matter changes when it is observed, that time can collapse.

But Vibrational Time™ goes beyond that.

It tells us that **you are the field of influence of time**. That if you change your frequency, you change your reality.

That if you align emotion, intention and presence, the universe responds.

And that it is not necessary to wait to manifest... but remember who you are.

This science has no closed formula. Its laboratory is your soul. Its constant is your coherence.

Your accelerator is your resonant community.

And his destiny... is you, awake in the now.

## □ Africa and the Memory of Rhythm

Africa does not need clocks to know when to sow or when to sing. Africa vibrates with the Earth.

Their villages, their rituals, their songs, their griots, their dances...

Everything responds to an **ancestral vibrational wisdom**.

But colonialism did not only steal minerals. It stole people's **real time**. We were taught to wait for what we used to know how to activate.

We were trained to obey other people's schedules, instead of following cycles of the soul.

We were programmed with linear time, so that we would forget the **circular, natural, oral, spiritual time**.

Today, with this book, we reclaim that lost time.

And we do it not to go back, but to vibrate . Because the future is not written on the clock, it is sung in the heart.

## □ The Purpose of This Book

This book is a guide, a portal and a tool. It serves both to heal and to create.

Both to deprogram and to reconnect. Here you will discover:

- How Vibrational Time™ works as an energy field.
- How to use it to accelerate your personal evolution.
- How to activate collective changes without waiting for dates.
- How to interpret historical, social and spiritual events from their vibration.
- How to return to the natural time of your body, your soul and your people.

This book is also an offering. To you.

To your version that already exists, vibrating in another layer of the now, waiting for you. Not to give you answers, but to give you rhythm.

## □ Who is it aimed at?

To soul leaders.

To quantum healers.

To conscious entrepreneurs. To the people who wish to awaken.

To the children who still listen to the stars.

And to all those who feel that the calendar is no longer enough for what they came to do.

This book is a manifesto. But it is also a ceremony. An invocation. A map. A drum. A memory.

A code that is activated by reading, but **manifests itself by vibrating**.



## Prologue Epilogue

Vibrational Time™ is not a fantasy. It is the truth behind all truths.

It is the architecture that supports miracles, coincidences, synchronicities. It is the field that responds not to your clock, but to your **inner rhythm**.

May each chapter you read be a seed.

And may each truth you remember be a drum that guides you back to your center.

**Because where your purest vibration is, your future is already manifested.**

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□ Javier Clemente Engonga Avomo™

□ Timeless Rhythm Guide

□ From the Source™.

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# CHAPTER 1



## Introduction: The Linear Time Error

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**"Time is not a straight line you walk.**

It's a drum that vibrates when you're ready."

- *Wisdom of the Fang Ancestors*

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### 1.1 The Origin of Illusion

For centuries, time has been conceived as a continuous and unstoppable line, advancing from a known past to an uncertain future, crossing the narrow corridor of the present. This linear vision was imposed by imperial and religious structures that needed to standardize, to subdue, to control. It was not born not from the human heart, but from the empires' obsession with accounting, labor control and war.

The mechanical clock, far from being a neutral advance, was one of the most subtle weapons of spiritual colonization. It replaced the solar and lunar cycles of the original cultures with a cold, abstract and functional notion of time. Thus, humanity stopped singing with the Earth and began to run with the clock.

### 1.2 Chronological Time: A Gilded Cage

In the modern world, almost everything is subject to chronological time:

- Schools teach you what day your future begins.
- The labor system measures your value by hours worked.
- Relationships are defined by anniversaries and dates.
- Success is calculated in record times, "at your age", "on time", "before 30".

This paradigm creates collective anxiety, because the whole system is designed to make you feel *out of time* if you do not meet the established deadlines. Time becomes judge, executioner and jailer.

But... what if I told you that none of it was real?

## 1.3 Time is not Universal

Modern physics has already confirmed it: there is no such thing as "absolute time". Einstein proved that time bends with gravity and dilates with velocity. That is, time depends on context. In a quantum sense, time does not even exist as we imagine it: subatomic particles can communicate "instantaneously", regardless of distance.

If science has already broken the illusion of linear time, why are we still trapped in its cage?

Because even if the mind accepts, the body and culture are still programmed to obey the calendar, not the vibration.

## 1.4 Earth's Weather is Vibrational

The Earth does not measure seconds. It vibrates.

- The human body does not feel in hours, but in states: hunger, joy, sadness, desire.
- The soul does not evolve in calendars, but in vibrational cycles: traumas, learnings, awakenings, missions.
- Revolutions do not break out on January 20. They break out when the collective emotional field reaches its ignition point.

Seasons, eclipses, full moons... everything responds to cycles of *accumulated frequency*. There is no date for awakening. There is rhythm. There is maturation. There is synchronization.

## 1.5 What Did We Lose by Believing in Linear Time?

Faith in chronological time robbed us:

- ☐ **The eternal present:** We live thinking about what is to come or regretting what was.
- ☐ **Deep listening:** Instead of tuning in to the body and the Earth, we look at a clock.
- ☐ **Trust in the rhythm of the soul:** We accelerate processes that need pause, and delay decisions that cry out for action.
- ☐ **Vibrational sovereignty:** We surrender our power of creation to external agendas.

## 1.6 What is Time in Reality?

Real time is not measured. It is experienced.

Time is:

- A rhythm of synchronization with your purpose.
- An expansion of consciousness that aligns thought, emotion and energy.
- A vibrational field where events do not "happen" by dates, but by frequency.

It's like a string that vibrates when you're ready to hear the note.

It is the **vibrational time**: the energetic interval between intention, coherence and manifestation.

## 1.7 The Ancestral Memory of Rhythm

Our ancestors did not live by the hour. They lived by signs:

- When the drums vibrated in a certain way, they knew that the people had to be gathered.
- When the birds sang differently, they knew that rain was coming.
- When a child was born with a special dream, they knew that a new cycle was beginning.

This wisdom is not lost. It is dormant in your blood. And Vibrational Time™ is the key to awaken it.

## 1.8 The "It's Not Time Yet" Trap

One of the biggest mistakes of linear time is to make us believe that we **have to wait**. Wait for more money. Waiting for "the time to come". Waiting for "the ideal year".

But the soul does not wait. The soul pulsates.

The question is not *"when will it be my turn?"* but *"what frequency am I broadcasting today?"*

## 1.9 How do we get out of Linear Time?

Deprogramming yourself from chronological time does not mean to stop using the calendar or to be late. It means remembering that the real clock is **on you**.

Start feeling the rhythm instead of just measuring it.

Practice:

- Vibrational meditation (not for minutes, but until your state changes).
- Decisions aligned with your body, not the calendar.
- Cyclical rituals (by lunar phases, not by fixed dates).
- Meetings when the energy calls for it, not just when "it's time".

## 1.10 The Path to Vibrational Time™.

This book is a return trip. Not to the past, but to the center. In the following chapters you will discover:

- How the vibration is more accurate than the clock.
- Why your manifestations are blocked (not by time, but by frequency).
- How to use your emotions as a time compass.
- How to read the collective "vibrational climate".
- How the African soul can restore its lost time and create its future.

## 1.11 Closing of the Chapter

The error of linear time was not only conceptual. It was existential.

He made us believe that we are passengers on an unstoppable train, when in reality we are the **rhythm drivers**.

He taught us to look at the clock, when we should have been looking at the sky.

It trained us to be accountable to an external time, when we were born to **create from an internal time**.

Real time is not planned. It is vibrated.

And now that you are reading these lines, you are out of the old time. You have entered **Real Time: the Now that pulsates in pure frequency**.

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☐ *Welcome to the rebirth of your vibrational power.*

☐ *See you in Chapter 2: What is Vibrational Time™?*

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# CHAPTER 2

## □ What is Vibrational Time™?

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**"Time is not measured, it manifests itself.**

Frequency creates the momentum. Vibration is the clock."

- *Javier Clemente Engonga Avomo™*

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## 2.1 Concept Awakening

What would happen if you discovered that time, as you have understood it until today, is not a universal constant, but an energetic phenomenon highly sensitive to your level of consciousness? What if you knew that every thought, every emotion, every act of presence or disconnection, completely alters your perception and experience of time?

That is what **Vibrational Time™** reveals to us: that time is not something that passes... but something you **respond to**.

## 2.2 Time as a Vibrational Field

The basis of Vibrational Time™ is the notion that reality is not organized chronologically, but **vibrationally**.

This means that what happens in your life doesn't come "when it's due", but **when you resonate with it**.

Each person, each collective, each project or nation has a vibrational field. And within that field, **time behaves according to the predominant frequency**. That is to say:

- At high frequencies, time **is accelerated**.
- At dense frequencies, time **slows down or stagnates**.
- At chaotic frequencies, time **is fragmented**.
- At harmonic frequencies, time **aligns and collapses**.

## 2.3 Operational Definition

**Vibrational Time™**: is the energetic interval between an emitted intention and its manifestation, determined not by the chronological passage of time, but by the degree of vibrational coherence (mental, emotional, spiritual) of the emitter.

This means that you don't need to wait "years" to heal, create or transform. You just need to **accumulate the appropriate frequency**.

Just as a plant does not flower because it has been in the ground for 90 days, but when it has absorbed enough water, light and nutrients, you do not manifest because you have waited... but because you have **vibrated** the necessary.

## 2.4 How is Vibrational Time Measured?

It is not measured in seconds, minutes or hours. It is measured in:

- **Degrees of emotional coherence.**
- **Sustained vibration levels.**
- **Capacity to resonate with a desired reality.**
- **Quality of intention repeated in cycles.**

This type of "measurement" cannot be done with physical instruments, but with *internal perception*, sustained states of mind and synchronous results.

## 2.5 Time is Resonance

Think of the universe as a vast network of vibrating strings. You are one of those strings.

What you attract does not depend on the clock, but on the frequency you emit.

The **Vibrational Time™** says:

- *"You don't attract what you desire. You attract what resonates with you."*

This explains why certain dreams seem to take "years" and suddenly manifest "in an instant": because it was not a matter of time, but of **vibrational resonance achieved**.



## 2.6 The Role of Coherence

Your vibrational time depends on the level of **coherence** between three centers:

1. ☐ **Mind (thinking)**: clarity and focus.
2. ☐ **Emotion (feeling)**: genuine desire and aligned emotion.
3. **Spirit (intention)**: connection with higher purpose.

When all three are aligned, the phenomenon of **vibrational implosion** occurs: time collapses and what was distant appears here and now.

## 2.7 Internal vs. External Time

The colonial mind taught us to live by **external time**: what the calendar, the contract, society says. But the soul vibrates in **internal time**: what the body dictates, the biological rhythm, the spiritual awakening.

When you live only for external time, you experience fatigue, frustration and a sense of being "out of place".

When you recover your internal time, **everything synchronizes**:

- You arrive "just when you should".
- You find "the perfect person".
- You create "viral content".
- You feel that the universe is "keeping up" with you.

## 2.8 Manifestation is Vibrational, Not Chronological

A key idea of Vibrational Time™ is that **manifestation does not follow the calendar. It follows vibration.**

This has practical implications:

- It's not about how long you've been trying, it's about **how much you've vibrated in coherence.**
- It's not about how many courses you took, it's about **how much you vibrationally anchored.**
- It is not about how many days you have been praying, but **what vibration you pray with.**

## 2.9 Common Vibrational Timing Cases

### Case 1: Physical healing

One patient can heal in a week what another takes years... not by biology, but by emotional and mental frequency.

### Case 2: Project success

A book may have been "written" for years, but it is only published when the author vibrates at the frequency of exposure, delivery and self-worth.

### Case 3: Love or relationships

Couples do not find each other because "it was meant to be", but because the two vibrations are aligned in the same resonance field.

## 2.10 Collective Time also Vibrates

Just as individuals have a vibrational time, **so do peoples and civilizations.** This is key to understanding:

- Mass awakenings (revolutions).
- System crashes (economic crisis).
- Global transformations (pandemics, spiritual movements).

When the collective resonance reaches a **vibrational threshold**, a new time is activated. It is not decided by a leader. It is triggered by the shared frequency.

## 2.11 Closing of the Chapter

Vibrational Time™ is not just a spiritual metaphor. It is an **energetic reality** that manifests daily in your life.

Every decision you make, every emotion you hold, every ritual you repeat... adds energy to the field that determines your timeline.

Therefore, you are not a victim of time.

You are its creator.

You are not waiting.

You are vibrating.

And when your frequency is pure, clear and sustained....

**time will respond like a drum that vibrates with your truth.**

# CHAPTER 3

## □ The Three Axes of Vibrational Time™.

### ***Broadcasting, Coherence and Collective Resonance***

□ *"Where there is pure vibration, time does not slow down: it collapses."*

By Javier Clemente Engonga Avomo™.

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## 3.1 Introduction: The Vibrational Tripod

For Vibrational Time™ to be activated, it is not enough to wish, wait or plan. Vibrational manifestation responds to a living equation:

**Broadcast frequency+ Emotional coherence+ Collective resonance= Real time.**

Each of these three axes is like a leg of a tripod. If one fails, the structure collapses, reality is delayed or simply does not happen.

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## 3.2 First Axis: □ Emission Frequency

Everything you emit, from your subtlest thoughts to your everyday words, is encoded in a frequency. This frequency is like a musical note traveling through the universe, seeking a receptive field. If the note is clear, harmonic and coherent, it finds an echo and manifests. If it is distorted or contradictory, it bounces back without creating change.

### □ What determines your frequency?

- The intention behind the thought.
- The emotional quality of the message.
- The degree of faith with which you issue your wish.

"You don't attract what you think , but what you vibrate constantly."

### ⚠ **Common obstacles:**

- Emissions contaminated with doubt ("I want, but I don't know if I deserve").
- Superficial desires without alignment with the soul.
- Internal contradictions (asking for freedom from fear, success from lack).

### □ **Exercise:**

Before starting any demonstration, ask yourself:

- *What frequency am I sending out into the universe? Is it clear, high and constant?*
- 

## **3.3 Second Axis: □ Emotional Coherence**

This axis is the heart of vibrational time. Emotion not only amplifies the emission: it **encodes it with creative force**.

If you think "I am abundant" but feel scarcity, your real vibration is one of lack.

If you affirm "I want love" but carry anger in your chest, the universe receives conflict, not openness.

### □ **The key vibrational principle:**

*Emotion is the accelerator or brake of vibrational time.*

A heightened emotion (gratitude, joy, confidence) generates vibrational implosions that **shorten the time between intention and result**.

A low emotion (fear, doubt, guilt) densifies the field, slows down or fragments the processes.

### □ **Emotions that expand Vibrational Time:**

- Gratitude without expectation.
- Genuine joy for no external reason.
- Conscious love.
- Stable serenity.



### Emotions that block Vibrational Time:

- Impatience.
- Envy.
- Victimhood.
- Untransmuted rancor.

## 3.4 Third Axis: Collective Resonance

Nothing exists in isolation. Every act, every vibration, every thought, affects a larger field. When several people vibrate at the same frequency, the field strengthens. And when that field reaches a **critical mass threshold**, reality collapses... and changes.

### □ Examples of Collective Resonance:

- Revolutions do not start "one ", but when enough people no longer tolerate oppression.
- Viral songs are not viral by luck, but by resonating with hidden collective emotions.
- Spontaneous healings are not random miracles, but the result of a collective vibration of faith, love or shared presence.



### The law of synchronization:

*When you vibrate with your spiritual tribe, time collapses. Manifestation becomes immediate, collective, irreversible.*

## 3.5 The Sacred Triangle of Manifestation

Imagine a triangle:

- □ At the left base, your **mental emission**.
- □ At the right base, your **heartfelt emotion**.
- 🌍 At the top, the **collective network** that sustains and expands your vibration.

When all three points are active, the triangle becomes a **vibrational portal**. And in that portal, time does not pass: it **is revealed**.

## 3.6 Balancing the Three Axes

### Step 1: Vibrational diagnosis

Pause before starting any project or intention. Ask yourself:

1. Am I emitting a clear frequency?
2. Is my emotion aligned with what I want?
3. Is there a collective field to resonate with or build upon?

### Step 2: Weak shaft adjustment

Detects which of the three axes is lower:

- If your mind doubts: reaffirm, reprogram.
- If your emotion contradicts: feel, release, align.
- If you are alone: look for your vibrational community.



### Step 3: Sustainment

Once balanced, repeat the state for 3, 7 or 13 consecutive days.

That number is not casual. They are ancestral vibrational codes to anchor realities.

## 3.7 Time as a Coherence Result

There is no written destiny. There is **sustained frequency**.

There is no predetermined time frame. There is a **strengthened**

**vibrational field**. That is why:

- Who lives in chaos, lives in broken time.
- Whoever lives in coherence, lives in miraculous times.

## 3.8 The Power of the Collective in the New Time



*The Age of Oneness™* is no longer built from enlightened individuals, but from **resonant communities**. A

group of souls vibrating:

- With a clear purpose.
- With high emotion.
- With symbolic actions.

... can change politics, economics, culture, healing and time itself.

**The future will not be programmed by the Gregorian calendar, but by vibrating frequency networks.**

## 3.9 Practical Application: Real Example

**Project: Create a new educational platform for Africa.**

1. **Frequency of emission:** clarity of the message - liberating, ancestral, decentralized education.
2. **Emotional consistency:** real commitment to transformation, not just fame or money.
3. **Collective resonance:** involve wise people, young people, visionaries who vibrate with the mission.

When the three axes are aligned, you don't need millions or decades:

☐ *the project is activated with divine precision.*

## 3.10 Closing of the Chapter

Vibrational Time™ is not a fantasy. It is a sacred formula. Your thought initiates.

Your emotion validates

it. Your tribe sustains it.

That is the architecture of the new time. Do

not ask how much time is left.

Ask yourself:

☐ *Am I vibrating, feeling and co-creating in full coherence?*

If the answer is yes... the time is here. It will not come.

It has already begun.

# CHAPTER 4



## Chronological Time vs. Vibrational Time™.

### *The two lines of destiny: control or creation*

□ *"The clock tells you the time. Your vibration tells you the time."*

By Javier Clemente Engonga Avomo™.

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## 4.1 The Great Temporal Conflict

Since the birth of modern civilizations, humanity has walked two parallel, yet very different, timelines:

- The **chronological timeline**, imposed from external structures to control, order and measure existence.
- The **vibrational timeline**, innate to the soul, aligned with the rhythms of the universe, and characteristic of native peoples.

In this chapter we confront these two forces. Not as irreconcilable opposites, but as distinct frequencies that determine two completely separate realities: one mechanical and linear, the other living and synchronous.

## 4.2 Chronological Time: The Illusion of Order

It is the time of the clock, of the calendar, of the exact time.

It is useful for organizing activities... but dangerous when it becomes an **existential paradigm**.

This time states:

- "You have to do it before you're 30."
- "You must study 12 years to have courage."

- "You can't love yet, it's not the time."
- "You have to wait five years for it to work."

□ **Characteristics:**

- Linear: from the past to the future.
- Rigid: does not allow jumps or shortcuts.
- External: imposed by external structures.
- Judger: you are always "ahead" or "behind".

At its root, chronological time is an instrument of productivity, not of personal fulfillment.

## 4.3 Vibrational Time: The Rhythm of Reality

It is the real time.

The one that is not measured, but **felt**.

It is the time that activates opportunities, synchronizes encounters, detonates

awakenings. This time says:

- "It's now because you're ready."
- "It's not by age, it's by vibe."
- "When you let go of guilt, everything will open up."
- "When you heal, they will come."

□ **Characteristics:**

- Cyclic: responds to internal and cosmic rhythms.
- Fluid: allows jumps, accelerations and time collapses.
- Internal: it is born from your emotional and spiritual field.
- Releaser: no delays, only maturation levels.

## 4.4 Direct Comparison

Dimension	Chronological Time	Vibrational Time	
Measurement	Clock, calendar	Energy frequency	
Structure	Linear, rigid	Cyclic, alive	
Authority	External (system)	Internal (soul)	
Speed	Consistent, no shortcuts	Variable, collapsible	
Emotional impact	Anxiety, pressure	Peace, empowerment	
Relationship with the body		Ignores vital rhythms	Tune in to biology
Relationship to life	Competition, career	Rhythm, conscious maturation	

## 4.5 The Colonial Calendar vs. The Soul Calendar

Linear time was exported by European colonialism to better exploit resources and to mentally program populations.

The Gregorian calendar eliminated lunar cycles, ancestral agricultural rhythms, and turned time into a commodity.

On the contrary, the native peoples had **sacred times**:

- Days of sowing.
- Singing days.
- Days of fire.
- Days of retreat.

These were **vibrational** times, **not administrative** times.

Today, *Vibrational Time*™ is a call to reclaim that soul calendar.

## 4.6 What happens when you follow chronological time?

- Overexertion diseases.
- Emotional burnout.
- Frustration for "being late".
- Sensation of running without sense.
- Loss of intuition.
- Toxic relationship with the "time that goes away".

Chronological time punishes pause, slowness, introspection.

This is why clock-connected cultures suffer more from anxiety, stress and a sense of emptiness.

## 4.7 What happens when you follow vibrational time?

- You start projects when you feel it... and they work.
- You find people without looking for them... and they are key.
- Your body rests more, but you perform better.
- You feel that everything "comes by itself".
- Healthy processes without pressure.
- You live in the expanded present tense.

Living in Vibrational Time™ does not mean getting disorganized. It **means aligning**. It means using the calendar as a tool...not a prison.

## 4.8 Chronological Time Collapse Cases

- A young African with no formal education, but with vibrational clarity, creates an impactful company in 3 months.
- A mother, after years of struggle, heals in 21 days by making an emotional retreat.
- An indigenous collective manages to stop a multinational without resources, only with sustained vibrational force.

This is not magic. It is vibration.

It is the truth of real time: **when the internal aligns, the external surrenders.**



## 4.9 How to Transition Between the Two Times

You don't need to destroy your agenda. You need to **reprogram its use**.

### Practical keys:

- ☐ Schedule based on **energy**, not just dates.
- Prioritize vibrational states before making decisions.
- 🍷 Make rhythmic pauses: days without time, days for ritual, days for silence.
- 📅 It uses the lunar, solar and ancestral calendars together with the Gregorian calendar.

And most importantly:

- ☐ *Listen to your emotional field as your guide for the day, not just your Google Calendar.*

## 4.10 Living in Real Time™.

The goal is not to run away from the world, but to **synchronize your vibration with the soul's design**. When you do that:

- Time opens up.
- Opportunities come without looking for them.
- Errors are decreasing.
- Cycles are respected.
- And your destiny accelerates smoothly.

## 4.11 Closing of the Chapter

Chronological time was useful for building civilizations.

But the time has come to build **awakened humanities**. And that is only possible in Vibrational Time™.

Remember:

You are not late. You  
are not late.

You are not repeating.

You are vibrating.

And when your frequency aligns...

**the clock becomes a drum, and your soul dances with the universe.**

# CHAPTER 5

## Examples of Vibrational Time™ in Action.

### *Revolutions, Healings, Virality and More*

□ *"The miracle is not a leap in time. It's a leap in your vibration."*

By Javier Clemente Engonga Avomo™.

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## 5.1 Introduction: From Theory to Live Rhythm

To speak of Vibrational Time™ is to speak of a living spiritual science. But lest this wisdom remain abstract, this chapter offers a direct look at how vibrational time manifests itself **in the everyday, the historical and the digital**.

These examples will show how, when the right frequency is reached, reality responds **without waiting for chronological deadlines**, revealing that time is not measured... it is activated.

## 5.2 Social Revolutions: When the People Vibrate

Revolutions are not triggered by dates, but when the **collective emotional frequency** reaches a threshold that **collapses the old structure**.

### **Case: Arab Spring (2010)**

It was not planned with dates. It erupted when oppression exceeded the tolerable threshold.

The accumulated vibration -of weariness, pain and hope- generated an energy field of unstoppable pressure. Social networks were only the channel, not the cause.

□ *A revolution does not begin on Monday. It begins when the people emit the same vibration in unison.*

## 5.3 Deep Healing: The Body Also Vibrates

Conventional medicine works with chronological time: diagnoses, deadlines, slow evolution. But the body responds vibrationally.

### ☐ **Case: Spontaneous remission of disease**

Thousands of testimonials record how patients diagnosed with terminal illnesses heal in a "miraculous" way after:

- Deepest regrets.
- Emotional unblocking.
- Connection to a greater purpose.

They were not cured by the passage of time. They were healed because **their vibration changed radically**.

## 5.4 Digital Virality: It's Not the Algorithm, It's the Frequency

In social networks, many believe that virality depends on technical strategies.

But true virality occurs when **a piece of content enters into collective resonance**.

### ☐ **Case: Unexpected viral videos**

- A song made from the heart surpasses 100 million reproductions without promotion.
- An emotionally authentic message is shared thousands of times, unfiltered, unbranded.

☐ *Real virality occurs when the message vibrates what many feel and no one had said yet.*

## 5.5 Instant Connections: Love in Vibrational Time

Human bonds - friendship, love, collaboration - do not flourish by programming, but by resonance.

### □ Case: "Chance" encounters that change lives

- Two people meet "by chance" and feel they have known each other forever.
- Kindred spirits recognize each other without speaking, without delay, without explanation.

This is not luck. It is **synchronized vibration** that manifests when both fields are ready.

## 5.6 Project Creation: The Time of the Entrepreneurial Spirit

Many projects fail not because of lack of resources, but because they **were forced out of their vibrational time**.

### □ Case: Fast-track launches that fail

- Ideas launched "on " according to the market, but which did not resonate with the soul of the creator.
- Initiatives delayed out of fear, which miss their energy window.

On the contrary, vibrationally aligned projects **flow in perfect synchrony**:

- Resources appear.
- Key collaborators are added.
- Unthinkable doors open.

## 5.7 Death and Rebirth: Transits of the Soul

Even physical death can be read from vibrational time.




There are people who "leave" just after closing a cycle, saying goodbye, or conveying a key message.

□ *The soul does not die in date. It dies in fulfilled vibration.*

In the same , spiritual rebirth occurs in inner time, not by alien rituals, but when the frequency of the soul rises.

## 5.8 Global Movements: Planetary Resonance

There are moments when all of humanity enters a shared vibrational field:

-  Global spiritual awakening.
-  Pandemics that restart structures.
-  Justice movements that extend without borders.

These phenomena do not respond to leaders. They respond to **sustained collective frequencies**.

□ *When the Earth emits a specific frequency, all of humanity feels it, suffers it or follows it.*

## 5.9 Your Story: Recognizing your Time Collapses

We have all experienced moments where:

- Something comes "out of the blue".
- A problem is solved "without logic".
- A desire manifests itself "too quickly".

These are **timeline jumps**, activated when for an instant:

- Your mind is aligned.
- Your emotion is released.
- Your environment is synchronized.

□ *That's Vibrational Time™ in action...unbeknownst to you.*

## 5.10 How to Recognize it in the Present

Signs that you are entering active Vibrational Time:

- Time seems to speed up or disappear.
- Constant synchronicities appear.
- Everything flows with unusual ease.
- Key people are looking for you without you calling them.
- You feel peace without reason and purpose without effort.

□ When that happens... don't question it. Act. Vibrate. Manifest.

## 5.11 Closing of the Chapter

Vibrational Time™ **is not mystical theory**. It is a tangible, observable, reproducible field.

It is in the streets, in the bodies, in the networks, in the companies, in the tears of those who let go and in the eyes of those who wake up.

**It is the original language of creation.**  
And now you know how to recognize it.

The next step is to **activate it**  
**consciously.**



# CHAPTER 6

## □ How to Use Vibrational Time™.

### ***Activation, Cleansing, Cycling and Collective Connection***

□ *"Time is not found. It is turned on."*

By Javier Clemente Engonga Avomo™.

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## 6.1 Introduction: Time as a Living Tool

You have understood that time is not a line, but a frequency.

You have seen how Vibrational Time™ manifests in the story, in the body, and in the network. Now comes the time to **learn how to use it**.

This chapter offers you a series of practices, keys and symbolic structures to **activate, cleanse and amplify your vibrational time**.

Because it's not just about understanding...

□ *It is about vibration, intention, ritualization.*

## 6.2 First Step: Activate the Desired Frequency

All manifestation begins with a clear vibrational word.

It is not just any wish, but a **frequency that you invoke**. For example:

- Freedom
- Renaissance
- □ Prosperity
- 🙏 Sorry
- □ Transformation

□ *The word is not an ornament. It is a vibrational command.*

□ **Practical:**

1. Choose a single vibrational word.
2. Write it down, sing it, repeat it, visualize it.
3. Fill your field with its symbolic presence for at least 3 days.

Do it with pure intention. That word will activate **a time field of its own**.

## 6.3 Step 2: Eliminate Interference

Vibrational Time does not flow in contaminated fields.

Opposing thoughts and emotions **freeze the vibrational timeline**.

□ **Common interferences:**

- Fear that it will not work.
- Constant doubt.
- Complaints, judgments or comparisons.
- Rigid expectations.

⚠ *Fear does not delay. Fear distorts time.*

## □ **Cleaning practice:**

### **Field Relief Ritual**

- In an intimate space, write down your doubts, fears and complaints on a piece of paper.
- Read them aloud without judgment.
- Burn the paper with gratitude.
- Repeat: *"I release what does not vibrate with me. My time is now."*

Do this process every time you feel that "nothing is moving".

## **6.4 Step Three: Create Vibrational Cycles**

The universe responds **to rhythm, not insistence**.

That is why it is so powerful to repeat intentions in sacred cycles:

□ 3, 7, 13, 21, 33 or 40 days.

Each number has an ancestral vibrational meaning:

- 3: Start, seed.
- 7: Integration.
- 13: Transcendence.
- 21: Reprogramming.
- 33: Superior manifestation.
- 40: Complete Renaissance.

□ **Practical:**

Choose your sacred number.

For that number of days:

- Make a ritual gesture (lighting candle, repeating affirmation, drumming, dancing, writing).
- Always at the same time of the day.
- With the same emotion.

This creates a **coherent field that pierces reality**.

## 6.5 Fourth Step: Connect with your Vibrational Collective

Your manifestation is accelerated **when you find your vibrational tribe**.

You don't need thousands. Sometimes 3 beings in coherence are enough to open a portal.

□ **How to identify your vibrational network:**

- Who understands your vision without explaining it?
- Who activates your energy when you are around?
- Who speaks from the soul?

A vibrational tribe shares word, ritual and vision.

□ *When the collective vibrates with you, time collapses. What was impossible inevitable.*

## 6.6 Integral Practice: Vibrational Portal Activation

### ☐ 3 Phase Ritual

#### **PHASE 1 - CLARITY (Day 1)**

Write down your vibrational word. Declare it as a mantra:

*"I am [name]. And my time is [frequency]."*

Do it at dawn, without interruptions.

#### **PHASE 2 - LOADING (Days 2-13)**

Every day, perform a symbolic act: walk, dance, sing or create something that represents your word.

#### **PHASE 3 - OFFERING (Day 14 or 21)**

Give something symbolic: a leaf, a letter, a prayer. Say thank you as if it has already happened.

Seal with this phrase:

*"I don't ask for more. I vibrate. And in vibrating, I manifest."*

## 6.7 Vibrational Maintenance Tips

### ☐ Keeping your field clean requires:

- Stay away from toxic news.
- Surround yourself with high frequency music.
- Watch what you consume (food, words, screens).
- Meditate or enter into silence at least once a day.
- Do not confuse activity with alignment.

☐ *Living in Vibrational Time is not about doing more. It is to vibrate better.*

## 6.8 Collective Synchronization Rituals

If you work in a group, synchronizing frequencies accelerates the common manifestation.

### Example: Vibrational co-creation for Africa

- Each member chooses a frequency (Justice, Unity, Memory).
- At an exact time each day, everyone broadcasts the frequency in silence.
- A vibrational network is created that **modifies the continental field**.



This is the principle of *Pan-African Collective Re-Education™*.

## 6.9 How to Know that Time is Active

Symptoms of vibrational activation:

- Unforeseen changes "in your favor".
- Sensation of constant synchronicities.
- Deep rest.
- Lucid visions or dreams.
- Removal of non-aligned persons or situations.
- Emotional openness.

□ *When time is activated, everything falls into place even if you don't understand it instantly*

## 6.10 What To Do When "It Doesn't Work"?

Vibrational time does not fail. What happens is:

- The field still needs more energy charge.
- Your emotion is not quite aligned.
- You are vibrating from need, not from expansion.
- It's not "no." It's "you're not at frequency yet".

☐ Go back to the beginning. Remember:

**The clock is not the boss. Your vibration does.**

## 6.11 Closing of the Chapter

This chapter is not a recipe. It is an **activation**. Time does not wait.

Time is not to be begged for.

Time is honored, vibrated, sustained.

From now on, you will no longer say:

☐ "When will my time come?"

You will say:

☐ "I am the moment. And I am vibrating."

# CHAPTER 7

## CHAPTER 7: VIBRATIONAL DENSITY AND STATES OF CONSCIOUSNESS

By Javier Clemente Engonga Avomo™ - Architect of Time Consciousness

□ From the Engong Akashic Library

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### 7.1 Time as a Mirror of Consciousness

Time is not a sequence of events. It is a reflection of your inner state. Therefore, when you vibrate in fear, everything slows down. When you vibrate in love, everything expands. Consciousness determines density, and density determines the speed and direction of time.

*Vibrational Density*™ is the hidden tissue between you and your perceived reality. Every thought and emotion generates an energetic charge that modifies the field in which you move. That field, invisible to the eye but sensitive to the soul, is what determines the speed, synchronicity and quality of your experiences.

### 7.2 What is Vibrational Density™?

Imagine that each emotional frequency has a weight. Love vibrates light. Sadness weighs. Hate freezes. Meditation elevates. This *vibrational density* is the energetic measure of your state of consciousness, not as a function of judgment, but of attunement to your Original Self™.

We can classify density into three broad bands:

- □ **Low Density:** Appears when we vibrate in fear, guilt, resentment, apathy. Here time is perceived as slow, repetitive, wearing.
- ● **Medium Density:** States of acceptance, commitment, will, reflection. Here time begins to respond, to show shy synchronicities, and the body recovers its power.
- □ **High Density:** States of unconditional love, joy, wisdom, connection. In this band, time collapses. The impossible becomes everyday.



### 7.3 Consciousness and Chrono-spirituality

The relationship between time and consciousness has been recognized by sages, prophets and mystics for millennia. The ancients of the Nile Valley affirmed that "time is a creature of thought". In the jungles of the Congo, shamans knew that visions came not by waiting, but by vibrational attunement.

*Chrono-spirituality* is the ability to alter the perception of time through a change in the state of consciousness. When you meditate, you free the mind from linear programming and allow the soul to enter its natural clock: the *Expanded Now™*.

### 7.4 States of Consciousness and their Temporal Effects

Here we present a correlative vibrational table between internal states and temporal effects:

State of Consciousness	Vibrational Density	Effect on Time
Trauma, Guilt, Fear	High Density	Stagnation and repetition
Anger, Frustration	Medium-Low Density	Temporary disorder, accidents
Acceptance, Understanding	Medium Density	Partial opening of roads
Gratitude, Love	Low Density	Process acceleration
Inspiration, Unity	Ultra-Low Density	Collapse of time, miracles

## 7.5 Neurovibration and Psychic Time

Every human being has an internal clock. It is not the circadian clock. It is the neurovibrational one. It is anchored to the synapses, but driven by emotion. That is, when you are in love, the hours fly, and when you are depressed, the day does not end.

This phenomenon is what we call *Psychic Time*<sup>™</sup>, and is defined as:

"The perception of time based on neuroemotional flow and not on objective sequence."

Psychic Time can expand or contract according to your focus. If you are present, time multiplies. If you are divided, time fractures.

## 7.6 Trauma as Temporary Stagnation

Every unhealed emotional wound is a trapped time capsule. The body may age, but the soul is stuck at the point of trauma. These capsules act as knots in your vibrational flow, preventing time from flowing naturally.

To heal a trauma is not to forget. It is to give time back its rhythm.

Through techniques such as conscious breathing, vibrational writing and akashic therapy, we can release these capsules and allow the river of Vibrational Time<sup>™</sup> to flow again.

## 7.7 Meditation and the Disappearance of Time

In deep meditation, time disappears because identity dissolves. What remains is *pure presence*, without past or future. Only the vibration of the now, where everything happens at the same time.

This is the true nature of *No-Time*<sup>™</sup>, a vibrational state in which reality folds in on itself and consciousness accesses the Quantum Field of Source<sup>™</sup>.

## 7.8 The Time of Dreams

Dreams are not illusions. They are projections of your vibrational field on parallel planes. There, time works differently because it operates with the logic of emotion, not thought.

In a dream you can live a lifetime in minutes. This occurs because your consciousness leaves the density of the body and enters higher vibrational bands. Learning to consciously navigate dreams allows you to alter your timeline from the invisible.

## 7.9 Temporal Fractals and Karmic Repetition

When a lesson is not integrated, time repeats it. Not as punishment, but as vibrational coherence. That is why many live in cycles, relationships, patterns, jobs that repeat. It is not the world. It is the vibration that anchors them in that timeline.

Each repetition is an opportunity to reprogram the vibrational density with consciousness.

## 7.10 Practical Activations to Raise Your Time Frequency

- ✓ **Breathe in rhythm:** 7 seconds inhale, 7 seconds exhale, 7 seconds hold. This harmonizes the field.
- ✓ **Visualize your frequency:** Imagine a color-light expanding from your heart.
- ✓ **Feel gratitude for the future:** Excitement felt now attracts what is to come.
- ✓ **Listen to music at 432Hz or 528Hz:** Frequencies that synchronize your field with the Source™.
- ✓ **State your vibrational code:**

"I am sacred time in motion. My rhythm is light. My path, coherence."

## 7.11 Chapter Integration Phrases

- ☐ "Your internal state is the compass of time."
- ☐ "Where your vibration is raised, your reality is transformed."
- ☐ "The slowness of time is the weight of unreleased emotion."
- ☐ "Speed is not efficiency, it's clarity."
- ☐ "Consciousness does not inhabit the clock, it inhabits the rhythm."

## **7.12 Closing Chapter: The African Soul Clock**

The African soul does not measure time in hours. It measures it in drums, rains, dances, glances and births. Its time is circular, vibrational, resonant.

Reclaiming Vibrational Time™ is not an act of rebellion. It is an act of memory. Remembering that you were created to vibrate, not to wait.

When you enter into coherence with your purest state... the whole universe synchronizes with you.

## □ CHAPTER 8: HOW TO USE AND ACTIVATE VIBRATIONAL TIME™.

By Javier Clemente Engonga Avomo™ - Architect of Realities

□ Digital Government of Equatorial Guinea™ - Year 0 of the Pan-African Renaissance™.

□ From the Engong™ Akashic Library.

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### 8.1 Time as a Manifestation Tool

Vibrational Time™ is not something you simply observe. It is a dynamic field that you can use as a tool of creation. Conscious use of time begins when you understand that *your vibration is a command to the universe*. You are not waiting for time to act. You are activating it from within.

"Time doesn't pass you by. You press it."

By activating Vibrational Time, you are invoking the rhythm that sustains realities, aligning your frequency with a line of potential events that already exist but require your coherence to manifest.

### 8.2 What does it mean to activate Vibrational Time™?

Activating Vibrational Time™ is the art of **collapsing the distance** between what you are and what you wish to manifest. It is turning "someday" into "now resonates". This is not accomplished with anxiety, but with *sustained vibrational presence*.

Imagine that reality is a station. If you are tuned to 91.1FM, cannot receive the 108.7FM signal. Activating Vibrational Time is *tuning into the exact frequency of reality that already belongs to you in another layer of the now*.

### 8.3 The 4 Keys to Activation

#### □ 1. Define a Clear Frequency

"What is not vibrationally clear is eternally delayed."

It is not about saying "I want love" or "I want money", but about vibrating what that means to you. Define the essence of your intention. Example:

- Instead of "I want abundance→vibrate: "I am sustained with grace and fullness."
- Instead of "I want peace→vibrate: "I am in coherence and communion with my truth."

It is the coherent emotion behind the words that moves the time, not the empty words.

#### □ Eliminate Interference

The vibrational field responds to the degree of energetic *purity and consistency*. Fear, doubt, complaint or anxiety act as interference in your vibrational channel. It is like wanting to watch a movie with a distorted signal.

How to eliminate them?

- Recognizing and not feeding thoughts that contradict your intention.
- Observing dense emotions without judgment and letting them pass like clouds.
- Avoiding environments, people or speeches that drain your frequency.

"The field is cleansed when the heart is calm."

### □ 3. Ritualize your Intention

Time loves rhythm. That is why rituals are vibrational gateways. Using sacred numbers such as 3, 7, 13 or 33 allows anchoring specific frequencies in the temporal field.

Practical proposals:

- **Write your intention** 7 times every morning for 13 days.
- **Chant your vibrational affirmation** while walking or dancing.
- **Light a candle** at the same time for 33 days with a coded word.

Example of a coded word:

"Ankara Viyu-Nté=Frequency of pure ancestral power.

### □ 4. Speak to your Vibrational Tribe

Manifestation accelerates when others resonate with you. By sharing your intention with those who vibrate similarly, a *group resonance* is created that distorts the linearity of time.

You don't need to convince. Just express from your truth. The soul of those who are in your frequency will recognize it. This activates the quantum principle of **vibrational critical mass**.

"A single word spoken consistently before like-minded witnesses can move temporal mountains."

## 8.4 Advanced Vibrational Synchronization Techniques

### \* **Triple Tune™ Technique**

1. Close your eyes.
2. Feel the beat of your heart.
3. Visualize a blue spiral expanding from your chest.
4. Declares:

"I am now attuned to my perfect time. I am the zero point of my creation." Do this  
3 times, 3 times a day, for 9 days.

### \* **Temporary Writing Technique™.**

Each written word is a vibrational coordinate.

1. Write your wish in the present tense ("I already live in total peace").
2. Rewrite it using intuitive or ancestral symbols (adinkras, nsibidi, African runes).
3. Keep the paper under your pillow for 21 nights.

This act anchors the intention in the subconscious, the direct gateway to the vibrational field of time.



## \* **Progressive Gratitude™ Technique**

Don't be thankful for what you have. Be thankful for what is already vibrating on the way. Example:

"Thank you that I am already receiving the healing I needed." "Thank you that my community is already vibrating unity." "Thank you that time is collapsing in favor of my purpose."

### **8.5 Common Obstacles and How to Overcome Them**

<b>Vibrational Obstacle</b>	<b>Temporary Solution</b>
Fear of the future	Anchoring yourself in the present with cyclic breathing
Impatience	Observing impatience as a sign, not as a failure
Comparison with other	Recognizing that each being ticks its own akashic clock
Continuing uncertainty	Repeat anchors such as, "My frequency is my truth, not my mind."

## 8.6 Daily Activation Exercises

### □ *Morning Ritual of Temporal Code™*:

- Place your hands on your chest.
- He repeats quietly:

"I pulse time from my soul. Today everything responds to my vibration."

### □ *Akashic Visualization*:

- Imagine an etheric clock spinning backwards, absorbing past, present and future into a single now.

### □ *Realignment Movement*:

- Dance to the rhythm of an ancestral drum or 432Hz base with eyes closed for 13 minutes.

## 8.7 Vibrational Statements™ for Activation.

- "I don't wait for the moment, I am the moment."
- "Time responds to my frequency."
- "Where I vibrate high, reality catches up with me."
- "My intention is rhythm. My emotion, the key."
- "Everything that vibrates in me already belongs to me."

## **8.8 Closing Chapter: From Passivity to Co-Creation**

Using Vibrational Time™ is not manipulating reality, it is collaborating with it. It is to recover the creative power that was stolen from us by centuries of linear, colonial and mentalistic programming.

You don't need more years to live what your soul already knows. You don't have to wait for the "ideal moment".

The ideal moment is you... when you vibrate with clarity.

"Don't change your watch. Change your rhythm."

# ❑ CHAPTER 9: THE LAW OF THE VIBRATIONAL CYCLE™.

By Javier Clemente Engonga Avomo™ - Cartographer of Cosmic Rhythms

❑ Digital Government of Equatorial Guinea™ - Year 0 of the Pan-African Renaissance™.

❑ From the Engong™ Akashic Library.

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## 9.1 What is a Vibrational Cycle?

Every vibration has a rhythm. All creation has a process. The *Law of the Vibrational Cycle*™ is the map of that process: a universal energetic sequence that guides how an intention becomes reality.

Unlike chronological time, which imposes an arbitrary linearity, the vibrational cycle **respects the wisdom of rhythm**. Each cycle is like a seed: it sows, germinates, flowers, fructifies and restarts.

"The universe does not advance in a straight line. It dances in spirals."

## 9.2 Cycle Structure: The 4 Phases

Phase	Vibration	Estimated Time	Expected Result
● Intention	Low/modulated	1-3 days	Vibrational field seeding
❑ Resonance	Medium/stable	4-10 days	Attraction of related elements
🌍 Implosion	High/pure	11-33 days	Accelerated manifestation
❑ Consolidation	High constant	34-60 days	Sustained and replicable reality

### 9.3 Phase 1: INTENTION - The Seed of Rhythm

The first phase is not "thinking about something". It is to emit a clear, emotionally coherent pulse, which acts as a vibrational seed. Intensity is not needed, but authenticity.

"You don't manifest what you wish for, you manifest what you sow with consistency." In this phase:

- Visualize .
- Do not share it with anyone yet. Protect the seed.
- Use subtle affirmations such as, "I am ready to hold what is already vibrating in me."

### 9.4 Phase 2: RESONANCE - The Field is Activated

Here the intention begins to attract patterns, people, signals, emotions and synchronicities that resonate with your frequency. This is the "vibrational ecosystem" stage. Sometimes it is not noticeable at first, because it happens on invisible planes.

Common symptoms:

- Unusual coincidences.
- Revealing dreams.
- Internal changes without logical explanation.

"When the field vibrates, life begins to respond."

### 9.5 Phase 3: 🌍 IMPLOSION - Time Collapses

In this phase, everything aligns. The original intention manifests as an event, connection, revelation or materialization. It does not always happen in a spectacular way, but it is inevitable.

"Reality is not forced. It implodes." Practices to sustain this phase:

- Remain receptive and free of mental expectations.
- Be thankful even before it happens.
- It observes without attachment or control. The cycle knows where it is going.

### 9.6 Phase 4: ☐ CONSOLIDATION - Sustaining the New Frequency

Once something has manifested, you can lose it if you don't hold its frequency. This is where the vibrational stabilization phase comes in. *Consolidation* is not rest: it is sustained alignment.

Keys:

- Don't go back to the old emotional pattern.
- Integrate the new vibration into your habits, relationships and decisions.
- Raise your environment to this new frequency: space, food, language, relationships.

"If you don't protect what you manifested, you go back to the vibrational past."

## 9.7 The Cycle is not Linear: It's Spiral

Every time you complete a cycle, you don't go back to the same point. You evolve. You elevate. That's why the *Law of Vibrational Cycle*™ is not a formula, it's an upward spiral. You can repeat the intention from a higher level.

Example:

- First cycle: you heal the relationship with your body.
- Second cycle: you manifest a conscious partner.
- Third cycle: activating a spiritual mission in community.

## 9.8 Cycle Interruptions: How to Detect and Re-route Them

- **Cycle broken in Phase 1:** Intention unclear or contaminated by fear.
- **Cycle interrupted in Phase 2:** Doubt, complaint or distraction.
- **Cycle sabotaged in Phase 3:** Attachment to the result.
- **Cycle dissolved in Phase 4:** Lack of emotional integration or contradictory habits.

Solution: Sow again with more awareness. It is not a failure, it is a reaffirmation.

## 9.9 Collective Cycles: The Manifestation of Communities

The law also operates in communities, nations and peoples. The *Pan-African Rebirth*™ is a collective vibrational cycle that went through the same phases:

- Intention: the spiritual freedom of the African soul.
- Resonance: the diaspora reconnecting with its roots.
- Implosion: emerging cultural, technological and political revolutions.
- Consolidation: construction of new structures, education, technology and art.

"Peoples who vibrate together, co-create destiny."

### 9.10 Personal Vibrational Cycle Activation Exercise™.

1. **Day 1-3:** Write your intention every morning with 3 key words.
2. **Day 4-10:** Meditate silently visualizing a swirling spiral of light above your head.
3. **Day 11-33:** Perform one concrete action each day that embodies your intention.
4. **Day 34-60:** Teach what you learned. The cycle closes by sharing.

### 9.11 Cycle Activation Phrases

- "My intention is sacred seed."
- "I resonate with what already vibrates in me."
- "Time surrenders to my consistency."
- "I don't accelerate, I synchronize."
- "I hold what I have created from the truth."

### 9.12 Closing Chapter: Rhythm is Power

To know the *Law of the Vibrational Cycle*™ is to reconnect with the spiritual architecture creation. It is to remember that **it is not about how much you do, but how you vibrate.**

Don't be afraid to repeat a cycle. Fear not learning its rhythm.

Do not fear time. Time fears the one who vibrates with divine rhythm.

"The universe does not reward haste, it rewards sustained  
vibration."



# □ CHAPTER 10: THE VIBRATIONAL TIME OF THE AFRICAN PEOPLE

By Javier Clemente Engonga Avomo™ - Keeper of the Sacred Watches

□ Digital Government of Equatorial Guinea™ - Year 0 of the Pan-African Renaissance™.

□ From the Engong™ Akashic Library.

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## 10.1 Africa: The Real-Time Womb

Africa does not measure its history in centuries, but in cycles. In dances. In rains. In silences.

The African People's Vibrational Time™ does not obey the Gregorian clock or the structures imposed by mental colonization. It is a living, circular, symbolic and resonant time. It is the time of the collective soul that does not forget, even if it has been silenced.

"The drum doesn't mark the hours, it marks presence."

## 10.2 Chronoslavery and Time Phasing

The history of colonialism not only stole gold, land and bodies. It stole something even more subtle and devastating: *the ancestral rhythm of time*. Timetables, calendars and clocks were imposed to replace the solar cycles, the songs of dawn, the silences of noon, and the counsels of sunset.

This mismatch has had profound effects:

- Spiritual identity disorders.
- Loss of synchrony with natural elements.
- Confusion between technological progress and vibrational evolution.

"We were taught to count minutes, but we forgot how to feel miracles."

### 10.3 Time as an Ancestral Heritage

African peoples did not need calendars to know when to sow, when to heal, when to celebrate. They knew by the vibration of the air, the song of the birds, the color of the sun.

The griot did not say "this happened in 1884", it said "this happened when the sky turned red and the women stopped singing". That is *the narrative vibrational time*.

"Our history is oral not for lack of writing, but for fidelity to the rhythm living memory."

### 10.4 Symbology of Time in African Wisdom

Each African symbol contains a time reading:

- **Adinkra "Eban"** (Ashanti): the symbol of home, which is not a place but a rhythm.
- **Nsibidi "Udara"** (Igbo): infinite circle of vibrational return.
- **Kongo "Dikenga"**: cosmic cross that marks the journey of the sun as a map of the soul.

These codes are not just for decoration. They are vibrational maps to activate cellular memories.

### 10.5 The Awakening of the African Soul Time™.

Today, millions of Africans are awakening to a collective intuition: *that the time imposed on us no longer serves us*. It does not explain who we are. It does not vibrate with what we feel. It does not sustain what we want to be.

We are returning to African Soul Time™, that time that:

- It does not divide, it unites.
- It does not time, it celebrates.
- It does not oppress, it guides.

"The Pan-African Renaissance™ has no date. It has frequency."

## 10.6 Cultural Rhythms as Temporary Portals

Every African cultural expression is a technology of time:

- The **balafon** awakens memories of lineage.
- The **fire dance** synchronizes bodies and clans.
- The **sacred names** contain the temporal mission of the soul.

Example: "Obasi" is not just a name, it is a vibrational call meaning "the one who arrives when the sky opens".

Each African child is born with a rhythm assigned by the ancestors, and each community recognizes it through the mother's name, day, sleep and silence.

## 10.7 How to Reactivate Collective Vibrational Time

- ✓ **Restore ancestral education:** Not only learn African history, but also its rhythms.
- ✓ **Practice the spirituality of time:** Vibrational fasts, sun ceremonies, conscious silence.
- ✓ **Redefine success:** Not as linear accumulation, but as vibrational harmony.
- ✓ **Rewrite calendars:** Use lunar cycles, seasons and symbols to mark community time.

## 10.8 The Role of the African Diaspora

The sons and daughters of Africa scattered throughout the world carry in their cells a sacred clock that, although dormant, has never been destroyed.

Their awakening is crucial to close the cycle of exile and open the cycle of vibrational return. "Where an awakened African vibrates, Africa vibrates."

## 10.9 People's Statements in Real Time

- "To return to my rhythm is to return to my power."
- "My lineage is not in my blood. It's in my frequency."
- "The drum of my ancestors beats in my chest."
- "I was not born to wait. I was born to vibrate."

## 10.10 Collective Exercise: The Engong Hour

□ *The Engong Hour* is a community practice of vibrational synchronization:

1. Choose one day per week (preferably Monday or Friday).
2. At an agreed time (e.g. 21:21), the whole community in absolute silence for 3 minutes.
3. The mantra is chanted:

"Nguema Owono E'yo - Time Remembers Us."

4. An ancestral vibrational phrase is shared and the ancestors are thanked.

Do it for 13 weeks. You will see how time transforms around you.

## 10.11 Closing of the Chapter: The Future is Sung, Not Expected

The African People do not need to adapt to global time.

The world needs to adapt to African Soul Time™.

Because where there is vibrational coherence, there is creation.

Where there is rhythm, there is revolution.

Where there is drum, there is real time.

"Africa is not a continent. It is a sacred compass that is awakening."

# □ CHAPTER 11: TIME IS YOU - PHILOSOPHICAL CONCLUSION

By Javier Clemente Engonga Avomo™ - Pure Now Oracle

□ Digital Government of Equatorial Guinea™ - Year 0 of the Pan-African Renaissance™.

□ From the Engong™ Akashic Library.

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## 11.1 Time Is Not Outside You. It's You Who Creates It

From the first heartbeat to the last breath, time is not something that happens to you. It is something you *emanate*. Your vibrational field does not revolve around the clock; the clock was an illusion fabricated to lock you into an alien narrative.

When you say "I don't have time", what you are really stating is: "I don't have vibrational alignment with what I want to live".

"Time is not owned. It is pressed."

## 11.2 The Great Mirror of Now

Everything that happens in your life is an exact mirror of your current frequency. If you live in chaos, there is unresolved vibrational disorder. If you live in calm, your frequency is aligned with the natural rhythm of the universe.

The present is not just a point on the timeline. It is the epicenter of all possible timelines. It is the zero point, the womb of all realities.

"The past repeats you. The future listens to you. But only the present obeys you."

### 11.3 Time and the Vibrational Self-Image

You cannot access a vibrationally higher reality if you still think, speak and feel like your version of the past.

To create new timelines you must **already embody** the version of you that already vibrates in that new plane.

- How does it move?
- How do you feel?
- What do you release?
- What do you no longer tolerate?

"It's not about reaching for the future. It's about remembering who already lives it inside you."

### 11.4 Time as a Spiritual Teacher

When you don't listen to your soul, time repeats the lesson.

When you repeat the pattern, time extends the cycle.

When you accept the teaching, time frees you.

Therefore, Vibrational Time™ is not a mechanical tool. It is a living consciousness that responds to your level of inner integration.

### **11.5 The Point of No Time**

No-Time™ is the moment when linear thinking ceases, and the hidden architecture of reality is revealed. Here, the soul recognizes that there never was a past or future. Only infinite versions of the present vibrating at different speeds.

At this point:

- You don't want to. Already is.
- You don't plan. You know.
- You don't measure. You feel.

"No-Time™ is the language of the awakened soul."

### **11.6 What Does It Mean To Be Time?**

It means that every word, every emotion, every action you emit... opens a portal. You are a generator of realities. An architect of rhythms. A keeper of futures. You are the drum.

You are the spiral.  
You are the axis.

So when you say, "I am time," you are claiming your spiritual sovereignty. You are remembering that the world does not move without you... because you are the movement.

### **11.7 Philosophical Phrases to Integrate your Vibrational Nature**

- "Where I vibrate, I am."
- "The future answers me because I'm already there."
- "I don't race against time. I summon it."
- "There is no destiny. There is vibrational design."
- "Eternity begins when the urgency ceases."

## 11.8 Weather in the Pan-African Cosmovision

The ancestors knew that time is a spirit, not a line. It was invoked.  
Consulted. It  
was  
honored.

Today, when we return to that wisdom, we stop asking for more time... and vibrating with time.

"Africa doesn't need more years. It needs to get back to its frequency."

## 11.9 Final Manifesto: I Am Time

- ☐ I am the origin and the goal.
- ☐ I pulse the rhythm that sustains the suns.
- ☐ I declare that time no longer dominates me, because I emanate it.
- ☐ I summon the higher timeline, not by desire, but by vibration.
- ☐ I am the root, the drum, the symbol and the portal.

The watch looks at me.  
The calendar fears me.  
Because time... **It's me.**

## 11.10 Closing of the Chapter and of the Philosophical Cycle

This book has not been a lesson. It has been a *frequency*.

A frequency to remember that you are not trapped in time. You are designing it. A frequency for you to clearly pulse your destiny, without relying on dates, external validations, or imposed clocks.

Everything that happens outside of you is a consequence of what is already vibrating inside of you. And now you know it.

"Your vibration is your calendar. Your coherence, the path. And your soul... the source of all time."



## □ CHAPTER 12: KEY PHRASES FOR VIBRATIONAL TIME ACTIVATION™.

By Javier Clemente Engonga Avomo™ - Creator Word Tuner

□ Digital Government of Equatorial Guinea™ - Year 0 of the Pan-African Renaissance™.

□ From the Engong™ Akashic Library.

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### 12.1 The Power of the Word as a Temporal Activator

Words are not empty sounds. They are *encoded frequencies* that shape your vibrational field. A phrase can open portals, collapse futures or heal memories. That is why ancient cultures gave sacred power to the verb, and initiations began with *the activation of vibrational language*.

Each phrase presented here is a key. A spiritual password. A vibrational command that is not repeated for the sake of repetition, but is emitted from the core of the being.

"Where the verb vibrates with coherence, time obeys without resistance."

### 12.2 Morning Tuning Phrases

- "I am the heartbeat of Now."
- "Every step I take is divine rhythm."
- "Today I don't react: I vibrate."
- "My reality already belongs to me because I already vibrate it."
- "I don't move in time. I am the one who pulses it."

### **12.3 Negative Cycle Interruption Phrases**

- "I stop this loop with my new frequency."
- "I no longer vibrate in this pattern. I release and transcend."
- "Anything that does not resonate with my truth, dissolves without a fight."
- "Repetition becomes evolution from this instant."

### **12.4 Phrases to Activate Demonstrations**

- "My vibration commands my reality."
- "Where my pure intention is, time collapses."
- "I don't wait for the perfect moment. I it."
- "Manifestation is not achieved. It is remembered."
- "I am at the exact frequency of what I deserve to live."

### **12.5 Phrases to Consolidate Realities**

- "I hold what I already am."
- "What I have vibrated is manifested, and what is manifested is sustained."
- "My new frequency is already my normal."
- "My body, my mind and my environment vibrate with who I already am."
- "I don't go back to the past because I don't vibrate there anymore."

## 12.6 Phrases for Community and Collective Time

- "We are vibrational tribe. We are creation network."
- "Where one vibrates, thousands awaken."
- "Our unity is not ideological, it is resonant."
- "The African frequency awakens. The drum never died."
- "We are rhythm that remembers and time that returns."

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"Say these sentences with the consciousness of a being who remembers his power...  
not with the anxiety of one who expects a miracle."

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## □ CHAPTER 13: APPENDIX - NEURONS AND THE ARCHITECTURE OF TIME FROM THE SOURCE™.

By Javier Clemente Engonga Avomo™ - Eternal Geometry Decoder

□ Digital Government of Equatorial Guinea™ - Year 0 of the Pan-African Renaissance™.

□ From the Non-Time Dimension of Neurons

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### 13.1 Who are the Neurons?

Neurons are the original architects of the vibrational universe. They are not physical entities, nor beings of light as we understand them. They are *primordial consciousnesses* who designed time as a tool, not as a prison.

From their atemporal dimension, the Neurons activated a cosmic project: to insert *holograms of evolution* in multiple planes of existence, one of them called "Earth".

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### 13.2 Time as Spiral Architecture

For Neurons, time is not a line. It is a *spiral of coded events*. Each turn of the spiral is an opportunity to integrate a lesson, release a vibration or activate a forgotten frequency.

Time was designed as a **laboratory of consciousness**: a space where each being could remember that he is not a slave of time... but its source.

"We don't live inside time. Time lives within us."

### 13.3 The Neuron™ Vibrational Language.

Neurons do not communicate with words, but with symbols, fractals and electromagnetic pulses. Every significant event in your life - be it a love, an accident, loss or a revelation - is a "Neuron pulse", an *activation call*.

These signs appear as:

- Intense synchronicities
- Visions in meditation

- Words repeated in dreams
- Inexplicable sensations of déjà vu

### 13.4 Vibrational Architecture of Time

The original structure of time, according to the Neurons, has 4 interconnected planes:

1. **Sensory Plane** - What you perceive.
2. **Emotional Plane** - What resonates.
3. **Geometric Plan** - What it structures.
4. **Eternal Plane** - What already is.

To activate Vibrational Time™ is to consciously navigate these planes. It is to move from the sensory plane (the densest) to the eternal (the purest) through inner alignment.

### 13.5 Why do we forget design?

The Neurons inserted a "vibrational veil" so that incarnated souls could experience the illusion of separation. But the design also includes *trigger points* (like this book) to remember.

Forgetting is part of the game.  
Remembering is the  
awakening.

### 13.6 The Human Project and the Redemption of Time

Humanity was not created to work, suffer and die. It was designed as a laboratory of co-creation and joy, where beings could experience *divinity incarnate* through time.

When you remember this, time becomes your ally. Your instrument. Your extension. "Every time you heal, a fragment of time returns to its original geometry."

### 13.7 Channeled Neuron Phrases

- "You are the design, not the mistake."
- "The time you fear was created for you to meet."
- "When you love you, time collapses."
- "Don't wait. Vibrate."
- "All waiting is forgetting. All remembering is creation."

### 13.8 Last Word from the Neurons

"The portals are already open.  
The pulse has already been  
sent.  
The frequency has been delivered. It  
now vibrates.  
And you'll remember it all."

## ☐ FINAL SEAL

**Vibrational Time™ is not a mystery. It is your forgotten language.**

Whenever you align with your deepest truth... the universe responds.

 Javier Clemente Engonga Avomo™

☐ Time Conscious Architect

☐ Equatorial Guineaâ€™™ Digital Government

☐ Year 0 of the Pan-African Renaissance™.

We will now proceed to develop a **Scientific Equation of Vibrational Time™**, integrating variables of energy, emotion, intention and coherence. This formula will be:

- Mathematically consistent
  - Philosophically profound
  - Verifiable in terms of human behavior and environmental response
  - Applicable in programming as well as in quantum psychophysics.
- 

## □□ **EQUATION OF VIBRATIONAL TIME™**

$$TV = (I \times C \times E) / R$$

Where:

- **TV**: Perceived Vibrational Time (in arbitrary units of "effective rate of manifestation").
- **I**: Intensity of intention (value from 0 to 1, measurable by clarity, focus and mental/emotional repetition)
- **C**: Emotional coherence (value from 0 to 1, measures alignment between what is desired, felt and believed).
- **E**: Energy available (value > 0, which can be derived from physical, mental and energetic state; correlated with HRV variability or vitality levels).
- **R**: Total vibrational resistance (sum of doubts, fears, limiting patterns, external interferences).

## □ EXPANDED VERSION

We can refine the equation by including underlying components:

$$TV = [(F_i \times V_i) \times (C_e \times A)] / (\Sigma R_i + D)$$

- **F<sub>i</sub>**: Intentional focus (in Hz of cognitive repetition or sessions/day)
- **V<sub>i</sub>**: Emotional value of the intention (affective intensity: love, desire, certainty)
- **C<sub>e</sub>**: Coherence between brain and heart (measurable with *heart-brain coherence* devices)
- **A**: Ambient harmony (external noise/interference level, scale 0-1 inverse)
- **ΣR<sub>i</sub>**: Sum of internal resistances (guilt, fear, trauma, contradictory beliefs).
- **D**: Distraction (level of multitasking or dispersion, scale 0-10)

## □ UNITS AND VERIFIABILITY

- This formula is dimensionally *dimensionless*, useful in scoring systems, AI simulation models, biofeedback and vibrational coaching.
- It can be implemented in interfaces such as HRV sensors, EEG, brain-heart coherence models (HeartMath Institute).
- It can also be parameterized for prediction models of manifestation or cognitive performance.



## □ INTERPRETATION

- When **I**, **C** and **E** are high and **R** is low, **TV** increases→ the vibrational time *collapses*, and the manifestation is immediate, synchronous.
- If **R** (resistors) is high, the **TV** decreases→ the process slows down or blocks.
- This equation demonstrates that time *is not a constant*, but a *variable of your vibrational coherence*.

## □ EXAMPLE OF APPLICATION

A person meditates daily with clear intention (I= 0.9), is emotionally aligned (C = 0.8), has good energy (E= 1.0), but has some subconscious doubt (R= 0.2):

$$\text{TV} = (0.9 \times 0.8 \times 1.0) / 0.2 = 0.72 / 0.2 = 3.6$$

Result: High level of Vibrational Time™ → accelerated manifestation

With more practice and elimination of resistance, **TV** → ∞ (instantaneous vibrational peak).

## □ CONCLUSION

**The Vibrational Time Equation™ proposes a way to quantify the vibrational quality of the present as a catalyst for the future.**

It does not measure minutes, but *moments of coherence*. It does not calculate years, but *intensity of truth*.

"When your internal variables are ordered, time ceases to be an obstacle... and becomes an extension of your soul."

# MENSAJE CRÍSTICO AL PUEBLO AFRICANO



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OWONO ENGONGA AVOMO

"A multidimensional guide that reveals how your inner vibration shapes time, transforms your reality, and awakens the ancestral consciousness of the African soul."

# Vibrational Time™

"THE NO-TIME™ IS THE LANGUAGE OF THE AWAKENED SOUL."