

A video explanation on Coherence and how to measure your progress with the new Healy Coherence app.

<https://youtu.be/4hu0bczi8-4>

Run the program every day for 2 weeks-he mentioned doing his 2 x day sometimes

This is for the new free program COHERENCE that they say to do every day for 2 weeks and write down how your life changes-I sent information on how to get this on your device if not already on your pink dot app. Go into settings and click on check for updates.

Helps with LIFE

Alignment with everything in your life

help

ability and connection to important things as well as 'flexibility'

1) LOW-Heart coherence-overly focused on the problem and not open to divine intervention-feelings of overwhelm-tunnel vision approach to life-SUPER FOCUSED- which limits your options and difficult to be creative..."tranquility breeds creativity". Helps to believe you are unconditionally loved. Gives you incredible insight and 'AHA' moments

2) Coherence of intention-knowing you are a powerful person that can create what you want to create-absolute clarity of what you want to create.

3) Coherence Emotional level works on-Volume, quality and the intense of the emotion you are experiencing are you "re-active" meaning get triggered and react past or current problems and issues, which will create more of the same. What we focus on is what we get more of-law of intention and attraction. Or, you can use your new clarity and openness divine intervention and see yourself in a better possibilities future, and make a deliberate decision and see yourself in your new future and reality, coming from a place of heart centered love, and imagining and decreeing a brighter and better future. So, now you move forward with the feeling in your body of already achieved all this new possibility.

If you know how to muscle test (if you do not contact me) to MEASURE YOUR LEVEL OF COHERENCE

Map of consciousness-are you operating thru power of force focused internally. Or operate from a place of empowered work from whole hearted and peace. Muscle test how much between 0 and 1000 250 is a great place to start

Level of consciousness on the above 3 levels

- 1) Heart me I am 534% now and last week was 422%
- 2) Intention I am now 643% last week 463%
- 3) Emotional I am now 413% last week 333%

teachmefrequency.com is his website

May really help people stuck in a negative pattern or rut in their body