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Research Paper

## Smooth Transitions

The world of alternative medicine is growing, people are becoming more health conscious, and interested in ancient energetic healing methods. Whether that be sound healing, acupuncture or Reiki. About 36% of adults, ages 18 and older are using some form of complementary medicine with that number growing quickly.

With that spark of interest comes curiosity, and not only are people becoming interested in energetic healing methods but what comes with it on the meta-physical, and esoteric side. Examples of Esoteric practices we have are astrology, numerology, tarot and so on. They are all quite different yet share many things in common. Numbers, solar systems, atoms and divinity.

As we've learned everything carries its own resonant frequency, your heart, nature, and even your own soul. In numerology we all have a blueprint that reveals step-by-step from birth to death what this life is going to express. We are all born at a certain date, hour and minute into the earth's field of energy. The conditions and vibrations of that energy field determine to an extent, the actions and reactions that will characterize our entire lives. It becomes even more detailed, down to the minute we took our first breath. In that first breath we are conditioned by the basic set of

vibrations that were active when that first breath was made.

In numerology we all have four numbers, our life lesson, soul number, personality number, and path of destiny. All containing their own set of vibrations and formula. Since everything carries its own vibration, and we have the ability to raise or destroy a vibration, then why not live to your fullest potential by aligning with the frequency that you are meant to be living at through each cycle of your life. Though numerology already does that by providing a blueprint of one's life why not take it a step further?

There has already been research done, that by eating certain fruits or vegetables that contain higher frequencies ones health can improve dramatically. Or if you are injured, through thought entrainment one can self heal. What if through numerology, not only could you be soothed into each cycle through a through a reading, but what if I incorporated sound after each reading based on the frequency needed for your next transition. For example let's say your upcoming cycle is a 9 by using frequencies that break down to that number I could possibly alter your current vibration in a quick effective way for the next up coming cycle to provide the highest outcome. By using specific sound bowls that emit a certain frequency like 440, 432 or 417 for example I could create a mathematical recipe for your next transition. The combination of those bowls just mentioned breaking down to 11 maybe that combination would be great if your next cycle is an 11.

The purpose of this method would not only cause you to live your life to the highest potential by keep your vibration at an elevated state, but by incorporating sound to assist that. Not only will it ease you into the next cycle, but it will potentially raise your vibration to a quicker state so that you're ahead of each transition causing you to thrive through each cycle at an accelerated rate.