
- The Frequency of Truth

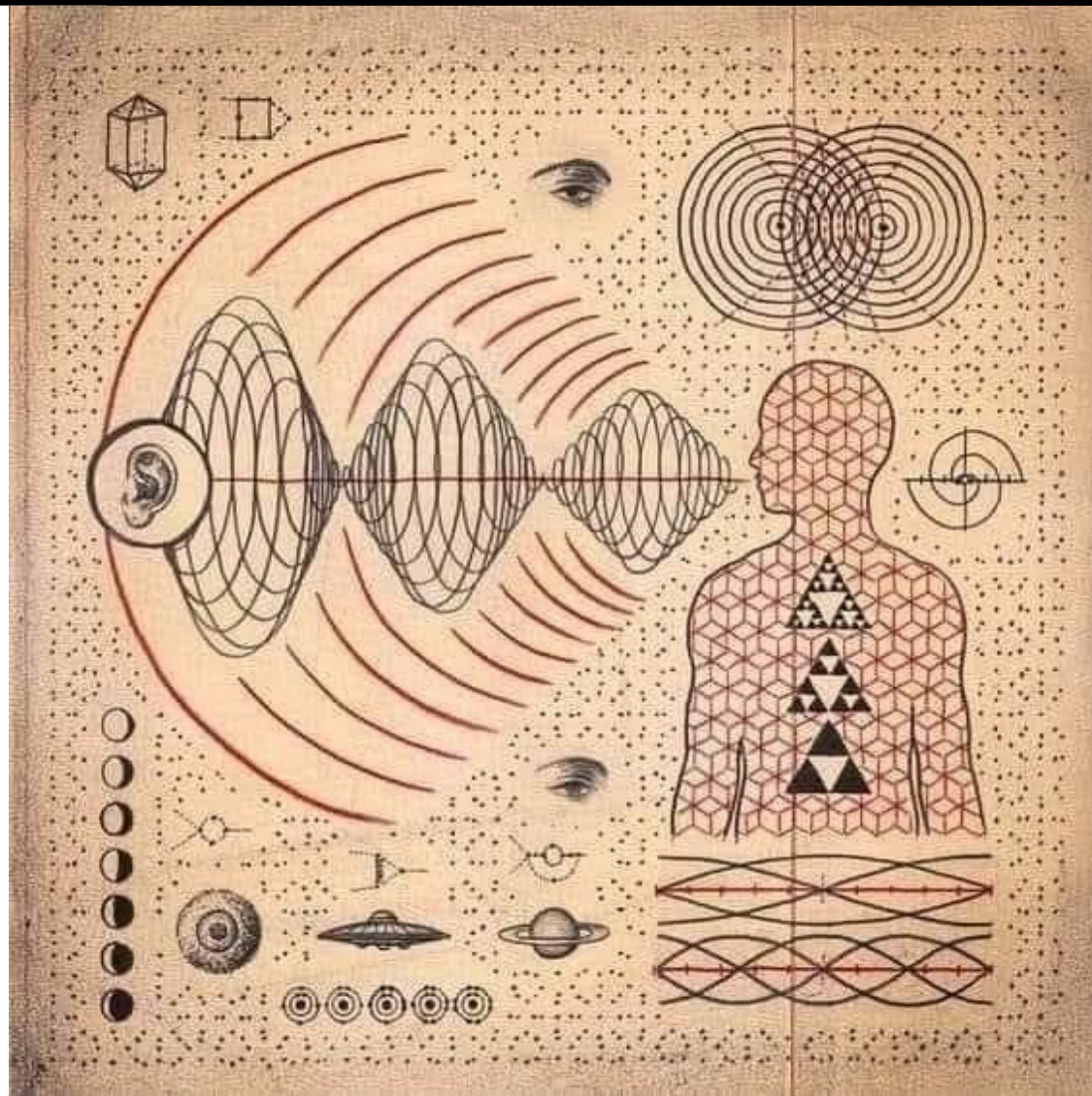
“Tuning Into the Power That Heals, Awakens and Aligns”

Dominique C. Valcourt



LIKE EVERYTHING ELSE IN
THIS UNIVERSE, THE TRUTH,
ALTHOUGH KNOWN AS A
CONCEPT, IS FIRST AND
FOREMOST AN ENERGY, AN
EXPERIENCE, A FREQUENCY.

QUANTUM PHYSICS TEACHES
US THAT FREQUENCY IS
GOVERNED BY THE LAW OF
VIBRATION. EVERYTHING
VIBRATES EITHER WITH
COHERENCE OR INCOHERENCE.



- **OUR OWN TRUTH – THE POWER OF INTUITION**



“BEFORE WE CAN SPEAK OUR TRUTH, WE MUST FEEL IT. WE MUST KNOW IT – NOT FROM LOGIC ALONE, BUT FROM DEEP CELLULAR RESONANCE”

INTUITION IS THE SOUL’S COMPASS, YOUR DIVINE GPS. IT IS NOT BASED ON LOGIC OR FEAR – BUT FEELING, ALIGNMENT AND RESONANCE. TRUTH DOESN’T ALWAYS SCREAM; OFTEN IT WHISPERS. INTUITION IS THE FREQUENCY THAT HEARS IT.

ONE THING THAT IS TRUE IS THAT THERE IS A FEELING DEEP INSIDE OF US THAT KNOWS OUR YES’S AND OUR NO’S WITHOUT A DOUBT, AND THE CLOSER YOU CAN GET TO THAT FEELING, THE CLOSER YOU WILL BE TO YOURSELF. THIS IS WHAT PEOPLE CALL “ALIGNMENT.”

NEUROSCIENCE OF TRUTH: WHEN WE STOP OVERRIDING INTUITION, THE BRAIN’S NEURAL PATHWAYS REWIRE, THE VAGUS NERVE CALMS, THE HEART-BRAIN CONNECTION STRENGTHENS, AND INNER PEACE RISES.

- **THE SCIENCE OF AWAKENING**

“TRUTH ISN’T JUST EMOTIONAL – IT’S ENERGETIC, NEUROLOGICAL, AND SPIRITUAL”

CHRIST CONSCIOUSNESS DEFINED: NOT A RELIGIOUS CONCEPT, CHRIST CONSCIOUSNESS IS THE FREQUENCY OF UNITY, LOVE, AND AWAKENED AWARENESS. IT’S THE EMBODIMENT OF DIVINE TRUTH IN HUMAN FORM.

WHEN WE ALIGN/SPEAK OUR TRUTH, WE RAISE OUR VIBRATION AND EXPAND OUR AWAKENING AND MERGE WITH THE FIELD.

WHY IS THIS IMPORTANT? THE TRUTH, THE LIGHT, IS BLISSFUL, IS INTELLIGENT. IT HAS ALL THE INFORMATION IN THE UNIVERSE. IT’S CREATIVE, IT’S FUN, NON-JUDGMENTAL, IT CREATES FREELY, AND IT WILL NOT DO HARM. IT IS UNITY.

WHEN YOU SPEAK USING THE LAW OF ONE, YOU ARE IN UNION WITH YOURSELF AND THUS, IN COHERENCE WITH THE UNIVERSE.



EMOTIONAL HEALING STARTS WITH THE TRUTH

“I AM SAFE TO FEEL AND SPEAK MY TRUTH”

TRUTH STARTS VIBRATING AT AROUND 528HZ AND ABOVE. WHEN YOU LISTEN TO, SPEAK, AND LIVE IN TRUTH, YOUR CELLS RESPOND. YOU LITERALLY *HEAL*.

EMOTIONAL UN-ALIGNMENT: UNSPOKEN TRUTH CAN CREATE DIS-EASE. TRUTH SPOKEN WITH LOVE CAN INSTANTLY SHIFT ENERGY.

“WHEN WE HONOR OUR INTUITION AND SPEAK OUR TRUTH, WE AWAKEN OUR DIVINE NATURE, WE TUNE INTO HEALING FREQUENCIES, WE BECOME TRUTH MADE FLESH”.



TRUTH FREQUENCIES & SOLFEGGIO TONES

“EVERYTHING IS ENERGY – AND EVERY TRUTH HAS A TONE”

TRUTH IS SOMETHING YOU FEEL INTO, BECAUSE **TRUTH HAS ITS OWN FREQUENCY**, AND OUR BODIES HAVE AN ALMOST MAGICAL CAPACITY FOR **FEELING FREQUENCY**.

THE 741 HZ FREQUENCY, OR WHAT WE CALL THE “TRUTH FREQUENCY” IS THE SOLFEGGIO FREQUENCY THAT EMPOWERS US WITH THE ABILITY TO BE TRUTHFUL AND DEVELOP OUR SELF-CONFIDENCE. IT IS A HIGH FREQUENCY THAT CLEANSSES THE BODY’S CELLS OF ELECTROMAGNETIC RADIATION, INFECTION, AND TOXIN.

THE SOLFEGGIO FREQUENCIES ARE ANCIENT SOUND HEALING FREQUENCIES, EACH RESONATING WITH SPECIFIC EMOTIONAL, PHYSICAL, AND SPIRITUAL HEALING POINTS:

FREQUENCY

396 HZ	LIBERATES FEAR AND GUILT
417HZ	CLEARs TRAUMA & PAST EVENTS
528HZ	REPAIRS, DNA, AWAKENS LOVE
639 HZ	HEALS RELATIONSHIPS, BUILDS EMPATHY
741HZ	AWAKENS INTUITION & EXPRESSION
852HZ	RAISES CHRIST CONSCIOUSNESS

WHERE IS TRUTH PREVALENT?

LOVE

PEACE

KINDNESS

LIGHT/SHADOW

CONNECTION

COMMUNITY

UNITY/INCLUSION

NATURE

FIBONACCI

BABIES

ALIGNMENT

MANTRA

DEATH

FREEDOM

THE OCIEAN

NON-JUDGEMENT

COMPASSION

MOVEMENT

TEARS

BREATHWORK

MUSIC

MEDITATION

SOUND

YOU!! YOU ARE THE TRUTH, THE LIGHT, THE POWER WITHIN YOU, YOU ARE YOUR OWN GURU!



- 2-Minute Meditation: The Frequency of Truth

- (Soft ambient Solfeggio 528 Hz tone playing in the background)
 - Close your eyes...
 - Place one hand gently on your heart...and one on your lower belly.
 - Take a deep breath in through your nose...Hold it...
 - And exhale slowly through your mouth.
 - Let your body soften. Let your thoughts slow. Let yourself arrive in your heart, now...fully.
 - Now, repeat silently or aloud after me:
 - **“I honor my intuition, however faint it is...”**
 - Feel into that quiet wisdom within you. Your intuition is sacred. And it is always guiding you home.
 - **“I awaken to divine truth”**
 - Imagine a light rising in your heart, a golden flame that reveals what is real, loving and aligned. Let this truth dissolve all illusions, all fear.
 - Let it awaken the Divine within you.
 - “I tune my life to love”
 - Breathe in the energy of love – soft, radiant, let it fill every cell. Let It see the true, pure light that is you.
 - **“I live in the frequency of truth”**
 - Feel your whole being vibrating in harmony.
 - You are aligned. You are authentic. You are free.
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- Take one more deep breath in... exhale slowly...and when you're ready... gently open your eyes: You are here... you are truth...