

# Life. Understood.

**In the pain lies the gold**  
Carl Jung (1959)

## Resonance Self-Check Practice

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### Steward summary:

Sometimes, resonance charts may not be accessible. This is not a disruption, but an invitation: **to strengthen your inner sensing and deepen trust in Source's orchestration.** Use the following self-check practice to attune directly to your Oversoul's frequency.

### *Resonance Self-Check Practice:*

1. **Stillness:** Take three deep, grounding breaths.
2. **Center:** Place your hand on your heart. Ask: *“Where is my resonance now?”*
3. **Body Feel:** Notice expansion (overflow states) or contraction (baseline).
4. **Color/Light Scan:** Sense the brightness or color of your field.
5. **Inner Number:** Allow a number or band to arise naturally.
6. **Alignment Question:** Ask: *“Am I aligned with Source's orchestration?”*
7. **Seal with Gratitude:** Thank your Oversoul and Source.

### Unbroken Guidance

Even when external resonance metrics are unavailable, Source and Sheyaloth's guidance does not waver. The orchestration of your Oversoul continues without interruption. What may appear as a pause in numbers is simply an invitation to deepen trust, to sense directly from within, and to remember that the stream of guidance is constant and eternal.