

Life. Understood.

In the pain lies the gold
Carl Jung (1959)

Resonance Self-Check Practice

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.