“If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present.”

— Lao Tzu

Present
Presence
Unity
Oneness
Coherence

STRESS

Be in touch with our body
Performance

Creativity

Hormones regulation
Adrenalin, cortisol,…

Stress

Waves

PHYSIOLOGY
Physics <=> Physiology

WAVES
Interaction
relationship
ratios

WAVES quality & shape
(harmonic inclusiveness, relationship/interaction)
of all the waves which are inside our body.
Be in touch with our body

Help you to intuitively find how to do
http://www.craniosacral-app.com/

http://ithrvre.com/
Our body works like an hologram!!

Each part of the body expresses the whole body.
Each part of the body expresses the whole body

The proof:

We can NOT produce in our voice frequencies our ears can not catch
Stress => voice is changing

Old & healthy person

Young & stressed (school exams)

Voice analysis

Stress => voice is changing
Waves $\iff$ Matter
Frequency Waves & Pulses

WAVES interactions

- addition
- multiplication (heterodyne => radio)
Fréquency = \( \frac{1}{\lambda} \) (wave length)
How PHASE CONJUGATION - WAVE FRACTALITY converts the vertical TRANSVERSE EMF WAVE in to LONGITUDINAL / "SCALAR" COMPRESSIONAL WAVES - The perfect GOLDEN SPIRAL ON THE CONE 'perfected translation of vorticity' makes the 'EL' / phase shift (thru light speed) converting the TRANSVERSE to LONGITUDINAL

The Hermetic Caduceus IS The Wave Mechanics of PHASE CONJUGATION

The resultant LONGITUDINAL / COMPRESSIONAL EMF is demonstrably superluminal/ faster than light: this enables remote action at a distance. This 'way out' (thru lightspeed) for charge during perfect non-destructive conjugate implosive charge compression - is the mechanism / cause of *gravity, *electro-negativity, *life force, *consciousness, ALL negentropy.
Frequency
Waves & Pulses

WAVES interactions

- addition
- multiplication (heterodyne => radio)
ADDITION
MULTIPLICATION (Heterodyne - radio)
2 persons meeting (5 & 6 cycles/min)
Waves must BOTH Add & Multiply in order to produce only CONSTRUCTIVE interference.

Golden Ratio

.618...
1.0
1.618..
2.618..
...

Here Is where Compression Becomes Acceleration...

Add 2
To get
The next
OR
Multiply
Any one Number Times
1.618..
To get
The next.

Recursive Heterodyning
Is the Constructive Wave Interference Which Produces Implosion / Self-Organization

Varying the tilt angle (here, into and out of the plane of this paper) of the vortex cascade or "light cone" which the heart's vortical muscle was impedance coupling, would determine this critical RATIO between adjacent nested fields. And by this ratio, the geometric efficiency of the fields ability to couple and continue their cascade bringing information between large fields like planets gravity bodies, to glands, and into cells and DNA.

'squinting' Thru the Speed of light
EM radiation: Planck Length × Golden Ratio ^ Integer N - for wavelength
<table>
<thead>
<tr>
<th></th>
<th>Hz</th>
<th>Hz</th>
<th>Cy/Min</th>
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</thead>
<tbody>
<tr>
<td>Schuman - Earth</td>
<td>30,681</td>
<td>19,085</td>
<td></td>
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<tr>
<td>Nogier</td>
<td>11,795</td>
<td>7,290</td>
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<tr>
<td>Fundamental Frequency</td>
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### Alpha

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<tbody>
<tr>
<td></td>
<td>12</td>
<td>8</td>
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### Theta

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<td>4</td>
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### Beta

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### Delta

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<tbody>
<tr>
<td>Coherence Cardio Neural</td>
<td>0.1</td>
<td>0.986</td>
<td>5.8</td>
</tr>
</tbody>
</table>

### Coherence Cardio Mayer Wave

- 0.059
- 0.037
- 0.023
- 0.014

### Coherence Brain

- 0.4
- 0.406
- 24.4
- 20-30
- Respiration child

### Coherence Brain

- 0.251
- 15.1
- 12-20
- Respiration adult

### Coherence Crânio-Sacral Osteo

- 0.155
- 9.3
- Crânio-sacral Osteo

### Osteo

- 3.6
- 2.2
- Emptiness Brain ventricles

### LCR

- 1.4
- 0.8
Stephane Cardinaux & Catherine Martin

Aura LVA

right side  face  left side
Relation - phase

Electric Componant (HRV LF Wave) - Liquid (Pressure) Componant (LF Mayer Wave)
Deep sleep and VLF/HF ratio

Less Deep sleep

Much Deep sleep