

THE FREQUENCY OF HEALING

Awakening to the Synergy of Emotion, Energy & Bioelectricity



What if your symptoms were more than something to eliminate? What if they were signals of an energetic imprint, inviting you to listen to your body and awaken to a deeper understanding of yourself?

Understanding ourselves on an emotional level is a lifelong journey. Often, we don't recognize our own emotional patterns or limiting beliefs and find ourselves repeating the same old habits, beliefs, and emotional cycles. That is, until life causes us to slow down—through illness, grief, the loss of a relationship, or chronic pain—creating the catalyst for transformation. This is when many people begin searching for alternative or integrative modalities, after trying countless approaches without lasting change or relief.

During my own journey with cancer and grief, I realized that healing required more than just treating my physical body. It required understanding the emotional and energetic imprints that had shaped my life—and awakening to transform them.

Most of us are familiar with the Mind, Body, Spirit connection, and recognize that our emotional state influences our phys-

ical well-being. Our thoughts, emotions, and beliefs shape how we experience life. From an energetic perspective, every emotion carries its own vibrational frequency. When difficult emotions remain unresolved, they may influence our nervous system, which in turn can affect all other bodily systems.

Our autonomic nervous system includes the sympathetic, parasympathetic, and enteric nervous systems. The enteric nervous system is part of our digestion system and communicates with the brain through pathways that include the vagus nerve. When we remain in a prolonged fight-or-flight state, digestion, sleep, immune function, relationships, and overall health can be compromised.

The Emotion Code®, Body Code™, and Belief Code® developed by Dr. Bradley Nelson are powerful approaches for helping the body return to a greater state of coherence. The goal is to identify and release stored imprints, so the body can use its innate wisdom to restore balance. This is achieved by connecting to the divine, using energetic biofeedback techniques, and consciously utilizing intention.

If intention can influence our thoughts, emotions and phys-

iology, it raises an intriguing question: could it also influence the water that makes up approximately 60% of our bodies?

Some researchers have hypothesized through experiments that water has the ability to respond to intention. Dr. Masaru Emoto, popularized this concept in his 2004 book—The Hidden Messages in Water. Emoto's experiments suggested that positive thoughts were associated with more organized crystal formations, while negative intentions appeared chaotic. His work has inspired many people to become more mindful of the words they speak and the thoughts they hold as water is the most abundant component of a human cell.

Simple affirmations such as, I am love. I am whole. I am forgiven. I am free to be me, can become daily reminders that healing begins from within.

Every heartbeat, every thought, and every nerve impulse depends on electrical signaling.

Emerging frequency-based technologies are expanding the conversation around wellness. Pulsed Electromagnetic Field (PEMF) therapy alongside terahertz frequencies are being stud-



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ied for their ability to support circulation, tissue recovery, cellular communication and increase oxygen into the body. At the same time, these frequencies have the potential to help structure and energize our drinking water, making it more bioavailable.

The future of wellness may lie in bringing these worlds together. As we cultivate emotional awareness, regulate the nervous system, release limiting beliefs, harness the power of intention, and support the body with emerging frequency-based technologies, we create the conditions for profound transformation.

Healing is an awakening to the wisdom that has always lived within you. True transformation begins when we listen to the wisdom of the body. ■