

GUIDE

# VIBRATIONAL SIGNAL

Journey from the head to the heart

Presented by **GHW** & **Sylvie Olivier**



# Return to the ESSENCE of the Ultimate Lifestyle

At Golden Heart Wisdom, our purpose is to assist humanity, one person at a time, in returning to the Essence of their Ultimate Lifestyle.

What does “**ESSENCE**” of the Ultimate Lifestyle mean?

To welcome our **VIBRATIONAL SIGNAL** with **Clarity, Fluidity, and Lightness**.

Our vibrational signal is responsible for absolutely EVERYTHING we manifest in our lives through the natural Cycle of Creation that we call the Integrated Cycle of Creation; but given that we don't tangibly see it, we aren't truly aware of its impact on our personal, familial, romantic, financial and professional life.

Fundamentally, our Essence's vibrational signal is clear, light and fluid and reaches far and wide. It represents our Essence that's totally integrated in our daily life and it dances harmoniously with the Integrated Cycle of Creation.



**INTEGRATED**  
VIBRATIONAL SIGNAL



**INTEGRATED**  
CYCLE OF CREATION

# Return to the ESSENCE of the Ultimate Lifestyle

However, quite often, our vibrational signal is nuanced by our beliefs, habits, emotions, education and our culture. It's composed of the Invisible Foursome which consists of:



## 1. Mental Archives

(beliefs, patterns, programming)



## 2. Crystallized Emotions

(positive and negative emotions)



## 3. Layers of Protection

(combination of mental archives & crystallized emotions)



## 4. Consciousness Octaves

(frequency where the vibrational signal resides = its environment)

The vibrational frequency is therefore distorted, limited, charged, heavy, and broken, creating tangible and intangible walls throughout the Cycle of Creation, therefore becoming the Invisible Foursome's Cycle of Creation with its 4 quadrants.



**INVISIBLE FOURSOM**

VIBRATIONAL SIGNAL



**INVISIBLE FOURSOM**

CYCLE OF CREATION

## What is a **VIBRATIONAL SIGNAL?**

Given that absolutely EVERYTHING is made of vibrations, whether it be concrete matter (i.e. our body) or an invisible element (i.e. an inspiration or idea that we receive), our vibrational signal acts as a radio frequency that brings together all elements (visible and invisible) that vibrate at the same frequency.

**Our vibrational signal is therefore what marries the  
invisible with matter as it simultaneously marries  
matter with the invisible.**

As such, by becoming consciously aware of our vibrational signal (invisible), we're then able to change its frequency and, in so doing, change the concrete elements (visible) that make up our daily life – whether it be in terms of harmony within our relationships, physical and mental vitality to accomplish our projects, as well as prosperity in all spheres of our lives, including finances.

Let's take the example of a thought (invisible) that's subject to negative and positive frequencies of the brain's hemispheres that are polarized. This thought will often fluctuate between the two, very often creating confusion and doubt, manifesting itself by concrete (visible) events, demonstrating frequencies of confusion and doubt in our lives.

However, when these same thoughts (invisible) vibrate at the frequency of the qualities of the heart, such as love, appreciation, peace, and lightness, it will manifest events (visible) representing these qualities in our life.

By choosing to take the journey from the head to the heart, we become conscious co-creators, rather than simply being victims of external conditions; and our vibrational signal increases tenfold, for ourselves, our surroundings and for Humanity in its entirety.

## Composition of the Vibrational Signal and the **INVISIBLE FOURSOME**

**Let's now explore how the vibrational signal is formed which is itself composed of the 4 elements of the Invisible Foursome.**

During our mother's third trimester when we were still a fetus, we started getting ready to come into this world and survive... that is, to be loved and receive the care that's required of an infant. We therefore started receiving mental archives, mainly from our mother, (her beliefs, thoughts, fears) as well as those of the people surrounding her. These mental archives are related to the crystallized emotions in her nervous and glandular systems. We started programming ourselves based on her mental archives and crystallized emotions, the first two elements of the Invisible Foursome.

Afterwards, things naturally progressed as the wheels were set in motion following our birth, such as, starting daycare and/or school, and with each new event, we absorbed even more mental archives and crystallized emotions from the people around us... whether it was from other children around us, daycare providers, teachers... we then moved on to friends, colleagues, bosses or employees... thus creating what we call layers of protection. With each new phase came a new layer of protection which settled upon the previous layer, creating; slowly but surely, some very thick skin, a shell, to avoid the suffering that came from comparisons, judgments, rejection or even abandonment.

In the illustration below, you can see each of the phases that form the Invisible Foursome's vibrational signal starting at the fetus stage all the way to adulthood.

And as you've probably noticed, at the embryonic stage (far left side), our vibrational signal is clear, fluid, and light... much like that of the adult stage (far right side), after Returning to the Essence of who we truly are. We call this the Integrated Vibrational Signal.





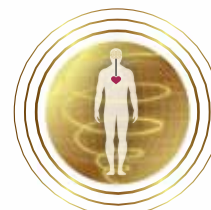
We can see the mental archives being formed in the fetus that's represented by the red dots at the base of the skull, at the back of the neck, and across the forehead. The blue dots represent crystallized emotions in the nervous and glandular systems. We can note an increase in mental archives and crystallized emotions during each phase, and this, until adulthood.



These mental archives and crystallized emotions form the layers of protection as illustrated with some transparent, some more, some less, and some textured layers that build up around the fetus until we reach the lead layer that surrounds the adult.



The red, blue, and orange colored lines that surround and travel through the silhouette represent the distortions of the vibrational signal which become filtered, limited, heavy and broken. This distinction between the Integrated Vibrational Signal and the Invisible Foursome's Vibrational Signal determines the octave of consciousness – that is, our vibrational playground - in which we gravitate and therefore, our degree of accessibility to the resources that are available



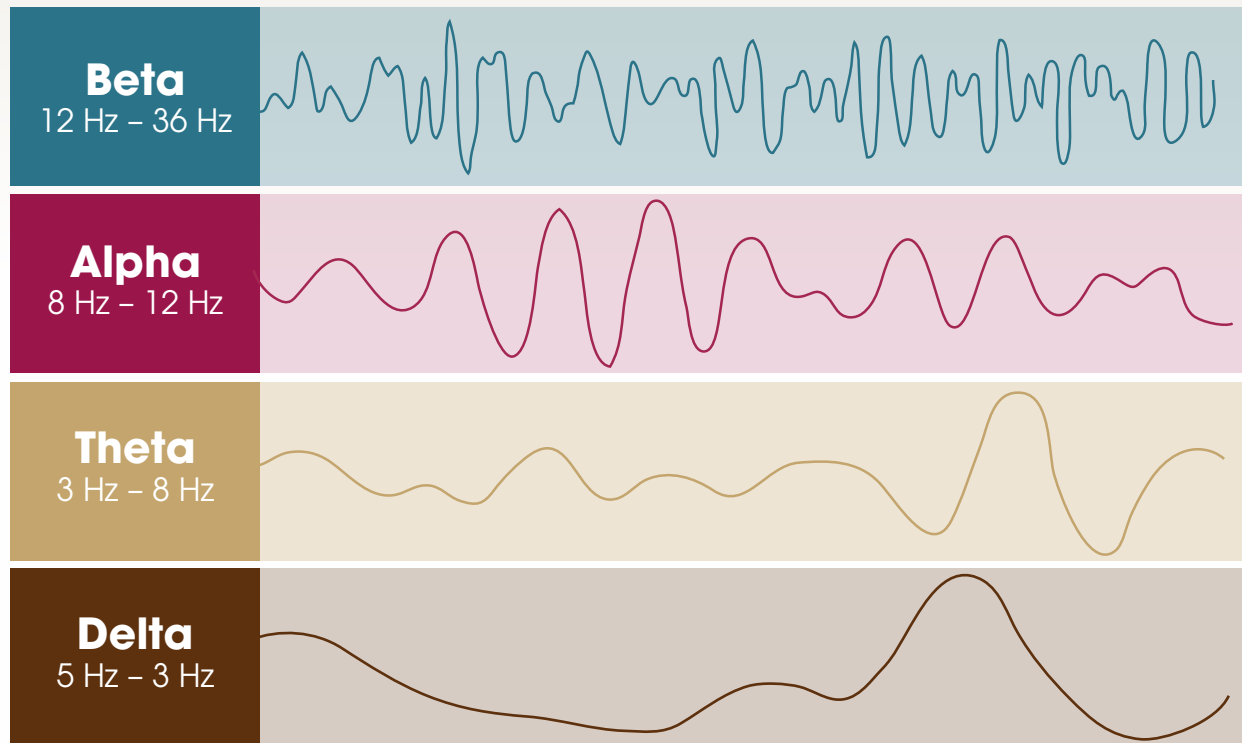
Let's now take a trip into the world of brainwaves and their influence on our lifestyle.

## BRAINWAVES

Generally, most Humans gravitate between Beta brainwaves (conscious and waking state) and Delta brainwaves (deep sleep) passing through Alpha brainwaves (relaxation) and Theta brainwaves (dreams during sleep, dissolution of mental archives and crystallized emotions and physical regeneration).

According to science these brainwaves oscillate between .5 Hz and 36 Hz (Hz = Hertz). Know that there are some differences in terms of the number of Hertz that correspond to these 4 waves depending on researchers and measuring devices – however, all things considered, we have enough data to get the general picture and become aware of the impact they have on our lives. Hertz represents the number of cycles per second.

On the chart below you can see the amplitude (length) between each cycle (Hz) and the number of cycles that correspond to each brainwave.



In the following table, you'll find the main characteristics of each of these brainwaves: Beta - Alpha - Theta - Delta.

<b>BETA</b>	12 Hz – 36 Hz	Typical brainwave during the waking state in everyday life Analytical State of fight or flight More or less pronounced anxiety
<b>ALPHA</b>	8 Hz – 12 Hz	Deep relaxation Beginning of meditative state
<b>THETA</b>	3 Hz – 8 Hz	Dream Periods (sleep) Deep healing Dissolution of patterns Emotional release
<b>DELTA</b>	5 Hz – 3 Hz	Periods of deep sleep

Survival patterns form or rather, deform, our vibrational signal and it becomes very difficult, almost impossible even to free ourselves from them when in the same state of being – these same brainwaves – that created them at the start.

Through the assistance we've offered over the years, we discovered that by addressing the 7 patterns formed by the 7 mental archives + the 7 crystallized emotions, a feeling of clarity, fluidity and lightness settles in, allowing for the journey from the head to the heart.

### HERE IS THE EQUATION OF THE 7 PATTERNS:

$$\text{MENTAL ARCHIVES} + 7 \text{ CRYSTALLIZED EMOTIONS} = 7 \text{ LAYERS OF PROTECTION}$$

### CONSCIOUSNESS OCTAVES OF YOUR VIBRATIONAL SIGNAL

#### Mental Archives



Control



Effort



Lack



Expectation



Limit



Judgment



Impatience

#### Crystallized Emotions



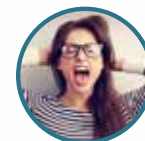
Fear



Guilt



Disappointment



Anger



Blame

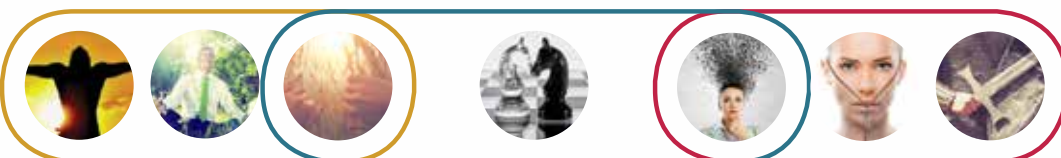


Helplessness

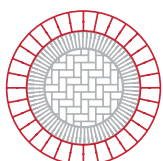
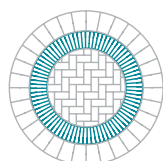
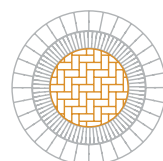


Shame

#### Layers of Protection



#### Consciousness Octaves


1<sup>st</sup> Octave

2<sup>nd</sup> Octave

3<sup>rd</sup> Octave



Fortunately, Theta brainwaves are very powerful in dissolving these patterns and are accessible while we sleep and dream. We can also consciously access these brainwaves by adjusting our breathing combined with eye oscillations (like when we sleep).

However, even if we're able to quiet our mind, release emotions and regenerate the body with Theta brainwaves, when we return to our usual waking state of Beta brainwaves, we reactivate the state of fight or flight. This significantly impacts our health, relationships and prosperity as a whole, as well as the Cycle of Creation for all our projects. We therefore become trapped in a closed circuit where we always return to the same place.

In the illustration below, you can see a similar sequence to that of creating the Invisible Foursome's vibrational signal... but within the context of the Cycle of Creation of a project.

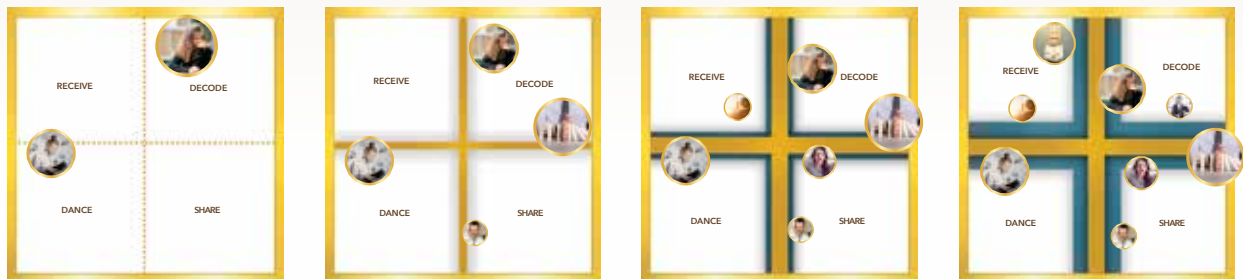
On both ends, left and right, we find the Integrated Cycle of Creation where concrete manifestations come to be with clarity, fluidity and lightness.



When we look at the variations of the Invisible Foursome's Cycle of Creation, we can also see the mental archives and crystallized emotions that form and amplify, creating layers of protection as well as the consciousness octaves in which we gravitate.

As soon as the Invisible Foursome's influence is felt, walls are erected creating quadrants between the natural stages of creation, thus creating limits that confine us within an illusory reality that seems quite real to us. These walls significantly impact our ability to receive inspirations, perceive opportunities and resources, as well as our ability to take the required actions with the highest expansion potential for the project.

At first, quadrants are created but the creative space (in white) is clear, fluid and light and remains available. The more we add mental archives and crystallized emotions, the thicker the walls between each quadrant become, and the less space we have to co-create with ease.



The different sectors of our lives become heavier, more difficult and confined, until we reach the last version of the Invisible Foursome's Cycle of Creation where no (white) space remains... the heaviness of the patterns consumes the entire space given that we're in survival mode.



Undeniably, survival can be experienced via health problems, relationships, social, and financial. But it can also be sneaky by leading us to believe that we're free, despite being prisoners of these patterns.

On the next page, you'll find a diagram that represents with CLARITY the impact of our vibrational signal when filtered and tinted by the 4 elements that form the Invisible Foursome, and showing and explaining, at a glance, all of its factors explained up until now.

# Vibrational Signal's Blueprint

## CLARITY — DIAGRAM —

1

These 4 elements form the Invisible Foursome



**MENTAL  
ARCHIVES**



**CRYSTALLIZED  
EMOTIONS**



**LAYERS OF  
PROTECTION**



**CONSCIOUSNESS  
OCTAVES**

2

That determine the  
vibrational signal



**INVISIBLE FOURSOME**

VIBRATIONAL SIGNAL

3

That influence our  
life's reality and all  
concrete manifestations  
of the Cycle of Creation



**INVISIBLE FOURSOME**

CYCLE OF CREATION

The diagram shown on the previous page clearly illustrates the cogwheels in which we're continuously stuck in, preventing or slowing down the creative process, sometimes going as far as completely stopping it.



### **What are we to do, you ask?**

Good news!!!

Recent scientific discoveries have shown that we have access to 4 other brainwaves which you can see on the following chart and that you can consult at will.

With that, I invite you to pay particular attention to the Gamma brainwaves and their wonderful properties!!!

**GAMMA BRAINWAVES ALLOW US TO ACCESS TO OUR INTERNAL SUPER-TECHNOLOGY!!!**

# BRAINWAVES

WAVES PER SECOND	CYCLE FEATURES	BRAINWAVES
LAMDA	100 HZ – 200 HZ	Very alert and aware / Immense self-healing power
HYPER GAMMA	44 HZ – 100 HZ	Same as Gamma (even more powerful)
<b>GAMMA</b>	<b>36 HZ – 44 HZ</b>	Feeling of well-being / Unity Consciousness & Connection In the Zone / Profound Intuition / Super Learning Dissipation of feeling isolated and separated Profound healing when combined with theta brainwaves Sweeping waves Gamma brainwaves give access to our super internal technology
BETA	12 HZ – 36 HZ	Typical wave during the waking state of everyday life Analytical / State of fight or flight
ALPHA	8 HZ – 12 HZ	Deep Relaxation / Early Meditative State
THETA	3 HZ – 8 HZ	Dream Periods (Sleep) / Deep Healing / Dissolution
DELTA	5 HZ – 3 HZ	Periods of deep sleep
EPSILON	0 HZ – .5 HZ SUSPENDED ANIMATION	Engaged in the type of activities that will get you to 0 Hz Happy and conscious monks / sleepy <ul style="list-style-type: none"> <li>• Heartbeat / undetectable pulse</li> <li>• Undetectable Breath</li> <li>• Undetectable brainwaves</li> </ul>



## The wonderful properties of **GAMMA BRAINWAVES**

As we can see on the Gamma Brainwaves chart, they're quite rich in terms of the properties we seek as humans.

Gamma brainwaves form a frequency pattern ranging from 36 Hz to 44 Hz (Please note that there's a distinction that's made in terms of Hyper Gamma waves (44Hz to 100 Hz).

Prior to the arrival of the digital version of electroencephalogram (EEG), these waves were unknown to us - the analog version doesn't allow us to measure these high frequency waves. Neuroscientists are therefore beginning to discover the wonderful properties of the brain when it produces the Gamma frequency.

**Here is a slightly more exhaustive summary of these beneficial properties:**

### **GAMMA** 36 Hz – 44 Hz

Feeling of well-being  
 Feeling of calm, peace and fluidity  
 Increased intellectual acuity  
 Unity Consciousness & Connection  
 Feeling of being «in the zone»  
 Access to profound intuition at all times  
 Feeling of certainty and increased insight  
 Super learning  
 Super memory  
 Dissolution of feelings of isolation and separation  
 Dissolution of the «fight or flight» pattern  
 Deep healing when combined with theta brainwaves  
 Natural antidepressant\*  
 Sweeping waves

**Gamma brainwaves give access to our internal super technology**

\*Note that we do not offer any diagnosis, treatments or prescriptions. Please refer to a health professional for a consultation prior to changing any of your medication.

## Where do these **GAMMA BRAINWAVES** come from?

**Thalamus - a fairly large nucleus in the center of the brain.**

The thalamus generates super-fast brainwaves called Gamma that sweep the front and back of the brain at a speed of 40 times per second (40 Hz). For example, a hummingbird's wings oscillate at a speed of 50 Hz. So, we call them «sweeping waves» because they sweep the entirety of the two hemispheres of the brain (from front to back) in a circular motion.

They're also called «unifying brainwaves» offering innumerable possibilities for potential experiences. As a result, the two hemispheres of the brain harmonize together thus creating a sense of unity and deep connection, instead of a constant waltz between polarized states, the so-called negative or positive. Through this experience of unity, humans feel less isolated and separated from the world and are less attached to the space in which they live daily. We become more harmonized with the essence of the global environment and therefore, with our own unique Essence - Unity Consciousness.

The parts of the brain (located in the occiput) that are responsible for boundary awareness in time and space become less active, whereas they're very active in the Beta brainwaves that anchor the human experience in an environment-based (territorial) security.

## How do we access this powerful **STATE OF CONSCIOUSNESS?**

Through what science now calls «the little brain,» a network of 40,000 neurons located in the heart. These neurons (brain cells) are indeed located in the heart and function the same way as those in the brain, that is, these neurons independently think, feel and remember neurons located in the brain (skull).

When the heart's neurons harmonize with those of the brain, a phenomenon called cardiac coherence occurs. Through this coherence, both bodies which are usually separated - the heart and the brain - unite into a single system called «heart-brain coherence».

Coherence is set at 0.1 Hz - the optimal place where our body feels that all of its systems are activated and are operating at their highest potential.

## How do we access HEART COHERENCE AND GAMMA BRAINWAVES?

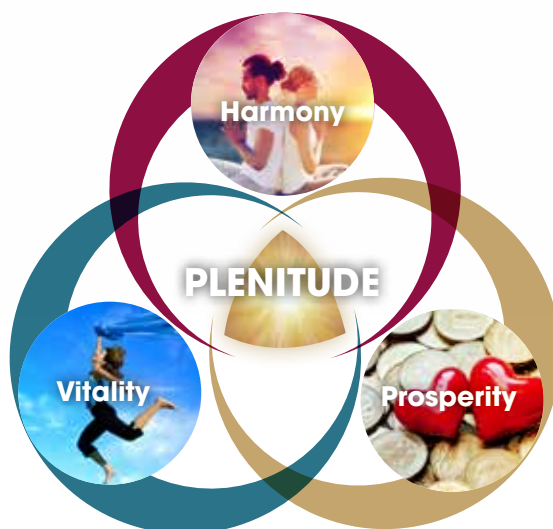
Through feeling and experiencing the Qualities of the Heart!!! Research has shown that the experience of feeling through the heart, feelings with high vibrations such as gratitude, appreciation, compassion, love and kindness create this cardiac coherence.

Really feeling these qualities of the heart through the heart, not just through the mind, can prove to be difficult at first, especially if we're trapped with a vibrational signal that's cluttered by the invisible foursome (mental archives, crystallized emotions and patterns).

That's why Golden Heart Wisdom offers resources to ease the connection and feeling of these Qualities of the Heart. With time and practice, these resources will allow you to permanently feel this coherence (connection), to dissolve the invisible foursome and to reconnect with a vibrational signal that's clear, fluid and light.

Through our research and our experiences with clients, we've discovered that the harmonization of the intelligence of the heart and the brain is at the base of this state of Plenitude that's innate to every human being. That said, when we live our lives only in the mind, disconnected from the heart's intelligence, Plenitude (and Gamma brainwaves) are inaccessible, therefore creating confusion and disharmony in the various spheres of our life (relationships, professional, financial, health, etc.)

PLENITUDE  
*Effect*



### And so, the PLENITUDE EFFECT was born!

In co-creation with my husband, Bernard Thérien, we gathered resources and the most powerful tools to date to allow for the dissolution of the invisible foursome, facilitate the connection to the heart's intelligence, as well as access to Gamma brainwaves, to experience a constant state of Plenitude (Integrated vibrational signal and integrated cycle of creation - clear, fluid and lightweight).

The Plenitude Effect allows us to access, integrate and feel 9 distinct vibrations that the being naturally possesses within and that are accessible at all times through the heart.



Love



Joy



Peace



Appreciation



Courage



Lightness



Compassion



Wonder



Care

These qualities of the Heart (vibrations) are Love, Joy, Peace, Appreciation, Courage, Lightness, Compassion, Wonder and Care. According to our research and our experiences with customers, these vibrations are the source to being able to access Gamma brainwaves, therefore an integrated vibrational signal, allowing total harmony with oneself and others, growing prosperity and increased vitality, allowing us to navigate through the Cycle of Creation with all of our projects, with clarity, fluidity and lightness.



# THE PLENITUDE EFFECT

## Experience

The experience of the Plenitude Effect and its 9 Qualities of the Heart allow us to live our daily life with clarity, fluidity, and lightness and thus co-create harmoniously with the Universe that's constantly dancing throughout the nautilus' spiral, rather than staying prisoner to the confines of bulky cogwheels.



**Now, this is a very important moment for you ... a decisive choice point.**

We invite you to visit the following page to review at a glance all the concepts shared in this guide.



# CHOICE POINT

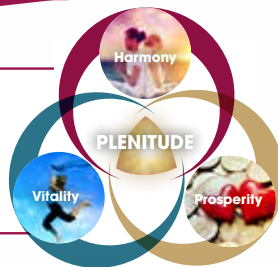
**NEUTRALITY**

**POLARITY**

**GAMMA**

**BETA**

Plenitude  
Effect



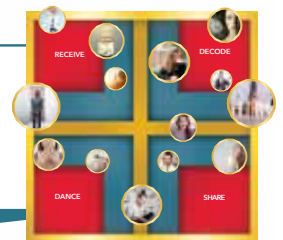
Nautilus



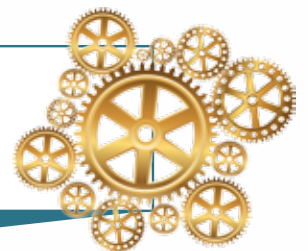
Prosperity Scale  
(spiral)



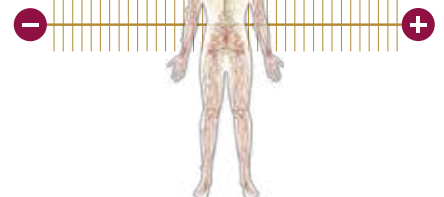
Invisible  
Foursome



Cogwheels



Polarity Scale  
(Linear)



## The 3 steps of the JOURNEY FROM THE HEAD TO THE HEART

Here's a short description of the steps we propose to follow in order to begin this infamous 18-inch journey from head to heart with clarity, fluidity and lightness:

### 1 - BLUEPRINT OF THE VIBRATIONAL SIGNAL

#### CLARITY

To begin the journey, we'd like to offer clarity about the essence of the vibrational signal.

What would you say to seeing, with CLARITY, what your vibrational signal is composed of AND the impact it has on your life and this, so that you may position yourself differently and be able to make different choices if you so desire?

**Through this journey, we address:**

- The Invisible Foursome
- The Vibrational Signal
- The Cycle of Creation

With a combination of theory and practice through various exercises, you'll have the opportunity to become aware of YOUR unique vibrational blueprint - and obtain concrete and simple tools to apply to your daily life to free yourself of patterns that prevent you from accessing all resources available to you - whether it be in regards to relationships, family, friendships, social and professional.

### 2 - GAME VIBRATIONAL SIGNAL

#### FLUIDITY

Once CLARITY is established and you unequivocally see the impact of your vibrational signal in your life, we play the energetic playgrounds game where we gravitate daily - according to our vibrational signal - both consciously or unconsciously.

**During this step, we address:**

- The Consciousness Octaves and their associated states of consciousness
- Linear time and its limits and contractions
- The prosperity scale and its polarized limitations

By playing with the states of consciousness associated with the 7 patterns, it becomes much simpler and easier to identify their grip and welcome their dissolution through exercises and tools to fully integrate. In doing so, greater FLUIDITY settles in through daily concrete manifestations, so more ease in the various sectors of your life.

### 3 - THE POWER OF THE VIBRATIONAL SIGNAL

## L I G H T N E S S

At this stage, we feel, more and more, the heart's signal and we're ready to welcome LIGHTNESS in all aspects of our life. This step is a beautiful shortcut (fast track) to access the heart's intelligence and a Return to the Essence of the Ultimate Lifestyle.

Welcoming the Plenitude Effect and its 9 qualities of the Heart is done with grace and ease throughout this unique journey.

#### **During this step, we address:**

- The clarity, fluidity and lightness of the Integrated Vibrational Signal in harmony with the Integrated Cycle of Creation
- Access to circular and expansive time
- Access to the growing prosperity neutrality scale

In short, during this last stage of the Journey from the Head and the Heart, awarenesses becomes more and more present with regard to the POWER of the Integrated Vibrational Signal and concrete manifestations follow one after another. The Integrated Vibrational Signal is encoded with the vibration of the Plenitude Effect's 9 qualities of the heart, we live our daily life in a space of Love, Joy, Peace ... Appreciation, Courage, Lightness ... as well as Compassion, Wonder and Care.

So, there you have it! This is our invitation and our contribution to Humanity with this Journey from the Head to the Heart! There is of course a continuation of this journey... the Journey through the Heart and Living at the Heart of the Heart - other resources that assist with even more expansion.

Warmly,  
Sylvie & Bernard

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**GoldenHeartWisdom.com**