SoulSync

Revolutionary Subconscious Repatterining (Emotional Resignifications) – SoulSync is an advanced iOS application Which uses the Mandala Scan (Heart Rate Variability biofeedback) to uncover the subconscious limiting beliefs and negative thought patterns. Identifies the issues and offers the corrective affirmations, as voice mixed with Self hypnosis music track to be listened to repeatedly to re-pattern the subconscious mind.

Thoughts and beliefs that reside in the subconscious mind influence our behaviour, attitudes and the circumstances in your life.

Positive affirmations recorded by the user's own voice are specially produced with binaural beats to bypass the conscious mind and allow the subconscious mind to effortlessly absorb and act on messages that positively change old patterns, negative behaviors, and beliefs. This method is designed to create self-change in the individual using them.

What Are Affirmations?
Affirmations are positive statements that are consciously repeated to reprogram the subconscious mind and influence thoughts, emotions, and behaviors. They help shift negative thought patterns and align the mind with desired outcomes by reinforcing empowering beliefs.
How Do Affirmations Work?
Affirmations work through neuroplasticity, the brain's ability to reorganize itself by forming new neural pathways. Repeating positive statements helps replace limiting beliefs with empowering ones, leading to a change in perception, emotions, and actions.
Benefits of Affirmations

1. Rewires the Mind for Positivity – Regular use of affirmations shifts focus from limitation and doubt to possibility and confidence.
2. Reduces Stress & Anxiety – Positive self-talk counteracts negative thinking, promoting a calmer and more balanced emotional state.
3. Strengthens Self-Worth & Confidence – Affirmations help dissolve self-doubt and reinforce a sense of value and capability.
4. Supports Emotional & Physical Healing – Words and thoughts influence the body's energy and health, assisting in healing and well-being.
5. Enhances Focus & Goal Manifestation – Helps in clarifying intentions and aligning actions toward achieving dreams and aspirations.
6. Improves Relationships – Affirmations can reframe perspectives on love, self-acceptance, and compassionate communication.
7. Encourages Spiritual Growth – They help in connecting with higher wisdom, deepening self-awareness, and strengthening inner peace.

Hypnagogic Programming & Affirmations:
This state is **highly receptive** to affirmations and **neuroplasticity-based learning.**

SoulSync – Transform Your Mind with Light & Sound
The hypnagogic state is the transitional phase between wakefulness and sleep, occurring as you begin to drift off but before fully entering deep sleep. It is a unique altered state of consciousness characterized by vivid imagery, spontaneous thoughts, and sensory expansion.

Audio pulse function to pulse the audio content of affirmations also through pulsed colored light and magnetic field outputs. This method utilizes both the auditory and visual neural pathways senses for more enhanced and faster entrainment and re-patterning ability.
By pulsing the affirmations seamlessly with ***Light Alchemy , Mandala Wand, or the Violet Shield tools***, this enhances the impact of the SoulSync with pulsed ***color light therapy, magnetic frequency healing, and sound affirmations, vibrational alignment***, producing the hypnogogic state and creating a powerful tool for ***emotional well-being, mental clarity and stress relief.***

THE REVOLUTION

A thought, or any kind of information, enters our field of consciousness either spontaneously or consciously. This thought is automatically processed by the mind, which (in today's world) is partly the builder of our reality. Originally, the thought can be neutral, positive or negative, and it is experienced according to these 3 aspects depending on one's personality. A neutral thought can appear negative or positive, depending on two criteria: the subconscious and the unconscious.

- The subconscious is the space in which all the conscious aspects of our personality are stored, which are put into routine in this space. This is an automatic process to ensure that we do not worry about them, and they then become aspects of our behaviours that can be positive or negative, depending on the person's experience.

- The unconscious is a set of information and criteria that have not passed through the consciousness; they are therefore ‘invisible’ but they influence the conscious, and consequently the subconscious.

The mental, this builder, is responsible for qualifying thoughts (informations). To do this, it always goes towards the most obvious and towards what consumes the least energy. To qualify a thought, it triggers a whole chain reaction and to do this, it first looks for the emotional because it is the most sensitive and reactive element, and therefore the least energy consuming.

The emotional body is the most exacerbated in humans. Depending on the qualities and defects of the person, a whole range of feelings is triggered in response to this thought, this information. Once this has been done, the subconscious receives the order from the mental to qualify this thought and it responds to it. It is a question of geometry, a response mechanism normalized by the personality. This is how neutral information can be transformed into hateful information because it interacts with this ‘distorting’ geometry. This geometry is a disharmonious informational movement that modulates according to the first response to this thought, sees the consequences and remodels, re-informs, this original thought: the mechanism is triggered, from a simple piece of information we can pollute ourselves for days on end by rehashing what we have just been told or heard.

The collective unconscious acts externally; it is a field of influence linked to a country. The collective unconscious is different from one country to another; it is a well-oiled program designed to prevent us from understanding other ways of thinking when we go to another country. Everything is done to prevent the unity of peoples. There is a web of collective unconsciousness throughout the industrialized world that allows us to be comforted in the collective unconscious. It is a field of stabilization of the unconscious so that there is no reflection, and so that everyone accepts things

that are often unacceptable. Thoughts shaped by the unconscious follow the ‘guideline’ of the unconscious of the country.
It can happen that successive thoughts, too much information, flood in emotionally. The subconscious then creates a state of saturation of the unconscious, which no longer reacts as usual to the flood of thoughts. This overflow reaches the consciousness, which, without the filter of the subconscious, no longer has the possibility of distorting the thought or the information. The consciousness then understands the information in a raw way, and there, the consciousness finally reacts, it revolts. It is revolution.

Ultimately, despite all the control programs exerted on Humans, there will come a time when intrinsically ‘enough is enough’

How to Use Affirmations Effectively
Be Specific & Personal – Make them meaningful to your life.
Repeat Consistently – Say them daily, ideally morning and night.
Engage Emotionally – Feel the affirmation as if it is already true.
Write Them Down – Journaling affirmations enhances their impact.
Speak Aloud with Conviction – Verbalizing adds energy and power.
Visualize – Picture the affirmation becoming your reality.

Audio Affirmation Notes:
- Download the audio and loop it for at least 30 minutes daily. For best results, listen for 21 consecutive days at the same time each day.
- Listen with headphones or earphones for an immersive experience. Adjust the levels so the voice is just audible.
- Repeat the affirmations out loud after the recorded voice once, afterward, let the affirmations play in the background as you go about your activities.
- Before sleep is the most effective time to process these affirmations. Allow the words to settle within you, and thank the emotions for making you stronger and more aligned with your soul’s mission.

Other Uses & Benefits of the Hypnagogic State
. **Enhancing Creativity**
• Artists, writers, and scientists use this state to access novel ideas.
• **Technique**: Keep a **notebook or voice recorder** nearby to capture insights as you drift into sleep.
2. **Deep Intuition & Problem Solving**
• This state allows access to **subconscious knowledge**, making it useful for solving complex problems.
• **Example**: **Einstein reportedly received ideas for relativity during hypnagogic states.**
3. **Lucid Dreaming Entry Point**
• Practitioners of lucid dreaming use the hypnagogic state as a **bridge into dream consciousness**.
• **Technique**: Remain aware as you drift into sleep, allowing your body to fall asleep while your mind stays conscious.

• **Lay down in a relaxed but slightly upright position** to avoid falling asleep too quickly.
• **Gently focus on an idea, question, or visualization** while allowing spontaneous imagery to arise.
• **Practice the “Edison Method”**: Hold an object in your hand (like a key or small ball) so that when you drift too deeply into sleep, it drops, waking you up in the perfect moment of hypnagogia.
• **Use binaural beats (Theta waves 4-8 Hz)** to **prolong this transitional state** for deep subconscious access.

Academic papers and reviews that delve into the hypnagogic state, the transitional phase between wakefulness and sleep, exploring its phenomenology, neurophysiology, and implications for consciousness studies:

References:

1. The Hypnagogic State: A Critical Review of the Literature
Daniel L. Schacter's seminal 1976 paper offers a comprehensive review of hypnagogic phenomena, discussing methodological challenges and the psychological and physiological aspects of this transitional state.

2. Hypnagogia The Mythic Mind
This 2025 study published in Frontiers in Psychology investigates the connections between hypnagogic states, psychedelic experiences, and sensory deprivation, exploring their roles in mythic cognition and altered states of consciousness.

3. The Psychology of Change: Self-Affirmation and Social Psychological Intervention
Authors: Geoffrey L. Cohen & David K. Sherman
Published in: Annual Review of Psychology (2014)
Overview: This comprehensive review discusses how self-affirmation interventions can lead to lasting psychological change across various domains, including education, health, and intergroup relations.

4. Self-Affirmation: Understanding the Effects
Author: David K. Sherman
Published in: Social and Personality Psychology Compass (2013)
Overview: This paper explores how self-affirmation reduces defensiveness and promotes openness to threatening information, thereby improving health behaviors and academic performance.

5. An integrative review of the heart's anatomy and heart rate variability
Authors: Fred Shaffer, Rollin McCraty, and Christopher L. Zerr
Published in: Frontiers in Psychology (2014)
Overview: This article reviews sympathetic and parasympathetic influences on the heart, and examines the interpretation of HRV and discusses the intrinsic cardiac nervous system and the heart-brain connection, through which afferent information can influence activity in the subcortical and frontocortical areas, and motor cortex.

6. The Coherent Heart Heart–Brain Interactions, Psychophysiological Coherence, and the Emergence of System-Wide Order
Authors: Rollin McCraty, Ph.D., Mike Atkinson, Dana Tomasino, B.A.,and Raymond Trevor Bradley, Ph.D.
Published in: Integral Review (2009)
Overview: This article presents theory and research on the scientific study that emphasizes the importance of Heart Coherence as an optimal psychophysiological state. A dynamic systems view of the interrelations between psychological, cognitive and emotional systems and neural communication networks in the human organism provides a foundation for the view presented.

7. Heart–Brain Neurodynamics: The Making of Emotions
Author: Rollin McCraty
Published by: Institute of HeartMath
Overview: The relationship between mind and emotions and Heart Rate Variability