

Subconscious Repatterning, Hypnagogia & Heart-Brain Coherence References

SoulSync is informed by research on self-affirmation, subconscious receptivity, hypnagogic states, psychological change, HRV, and heart-brain coherence. These references support its role as an app-based integration layer for emotional balance, mindset recalibration, relaxation, and personalized inner-work protocols.

Product Mapping

SoulSync

Subconscious Repatterning & Emotional Integration App

- "supports subconscious repatterning"
- "encourages positive mindset shifts"
- "supports emotional integration"
- "uses affirmations and relaxation audio to promote receptivity"
- "pairs with scan-based insights for personalized inner-work support"
- "helps users enter a calmer, more reflective state"

