

frequency, music & the subconscious

a self-guided lesson on why every piece of media is a state shifter, how frequency works on the subconscious, and how to manifest deliberately through what you listen to.

// 01 foundation

all media is a state shifter

every video you scroll past, every movie you watch, every song you listen to, every book you read **shifts your state of consciousness** in some way. there are infinite states you can embody, and whatever you consume moves you into a new one.

even small changes in the media you consume create thousands of new neurological pathways. that bad day you had recently? it likely traces back to one specific section of one specific video that started a spiral, and that spiral attracted more of the same.

the same is true of the recurring negative pattern you've carried since childhood — one thought led to a thousand others, wearing a pathway of pain into the subconscious.

// 02 awareness

the discipline of awareness

to be conscious simply means to be aware. it's easy to get lost in a dopamine-driven world of distraction — it takes practice to stay aware of the thoughts each piece of media invokes in you.

"don't let your mind run on autopilot. if a negative spiral starts, let it play out — observe it, but don't become it. feel it in its totality, then let it go. it is not a part of you."

01 meditation — any form, any type, focused mainly on breathwork. done consistently, it changes everything.

02 discipline in the present moment — be hyper-aware of every thought. you'll realize how scattered the mind really is. only forced awareness fixes it.

03 sensory activation — stay aware of what you're tasting, seeing, hearing and feeling in the moment.

// 03 frequency

what "frequency" actually means

in the metaphysical sense, a frequency is the rate at which something vibrates. everything in the universe — your thoughts, your feelings, your physical body — vibrates at its own rate. that's part of why a solid, a liquid and a state of consciousness all feel so different.

listening to sound frequencies can shift your brain into different measurable brainwave states — **this effect is well documented in the science**, not just spiritual theory.

brainwave	brainwave
delta (0.5–4 hz)	deep sleep
theta (4–8 hz)	creativity, deep meditation
alpha (8–12 hz)	calm focus, visualization
beta (13–30 hz)	alert thinking
gamma (30–100 hz)	insight, breakthrough

// 04 intention

which frequency for which intention

search for the frequency on youtube or an app, give it your full attention rather than treating it as background noise, and listen for 20–40 minutes. don't switch between frequencies without at least a 20-minute break in between.

intention	intention
love	528 hz
money & abundance	432 hz
wealth (subconscious)	theta, 4–8 hz
confidence	741 hz
courage	396 hz
success / peak performance	gamma waves

// 05 music

can music actually shift your reality?

yes. music is one of the best tools for shifting your state of consciousness — from dull to happy, lazy to active, angry to wise. there's no such thing as inherently good or bad music. **almost any music can be high vibration if you listen to it consciously**, without fear and without identifying with the culture or artist behind it.

you don't need to control everything you listen to. you need to be in control of the thoughts running in the background while you listen — and be indifferent to lyrics that don't match the state you're choosing, instead of emotionally embodying them.

"praise the art, not the artist. the art has a state of its own — the artist is always changing, and their path is not your path."

// 06 visualization

visualizing with music

for music to help you manifest, it needs to be highly vibrational — it should invoke real feeling and mirror the state you're choosing to embody, not just have a strong beat.

create the scene in your mind and believe, fully, that it is happening right now. the song adds depth the way a soundtrack does in a film — or go further, and make the song part of the scene itself rather than background noise.

01 manifesting a person — imagine you and them listening to the song together, singing it with them, or posting it on instagram.

02 manifesting money — put the song on the moment you imagine receiving it. walk around. feel it deeply. it has already happened.

03 anywhere, anytime — this works while walking, working, eating or exercising. once the visualization is over, it's embodied. there's nothing left to redo.

the initiation

most people scroll past a hundred songs a day without a single conscious thought about the state they're building. don't be most people. **the initiation** is free to begin — week one is fully open to everyone, videos and all, no card required.

begin free, week one fully open — skool.com/the-initiation-6142

want more personal support? apply to work 1-on-1 — wa.me/918448018398