

THE PRINCIPLE OF RESONANCE

The following idea can be understood through the principle of resonance. If you have not encountered it before, consider a simple example: when two tuning forks are set to the same frequency, striking one can cause the other to begin vibrating as well. The second fork responds not through direct contact, but through resonance—its frequency aligns with that of the first.

By analogy, different possible directions in life (alternative lifelines) may be thought of as existing in potential, like the silent tuning fork. Each becomes more present or tangible when aligned with a corresponding inner state (the frequency of your thoughts and energy).

In this sense, attention, intention, focus, and inner orientation can be seen as shaping which possibilities (alternative lifelines) are brought forward.

What we engage with more consistently tends to become more active in our experience

Before beginning the exercise, it is important to understand two essential principles. They are not meant as metaphors, but as a description of how inner experience operates.

First, thoughts carry a distinct quality or “frequency.” This quality can be shifted. With attention and intention, you can move your thinking from one inner state to another, and from there make different choices. For example, as you read these lines, the “frequency” of your mind is already different from what it was a few minutes ago, when you first began reading this text.

Second, experience unfolds only in the present moment. Time is not truly linear; it functions as a simultaneous time in which all moments, and all possible versions of you, already exist. Within this field, every choice aligns you with one of these possibilities. What feels like a “leap” is simply a change in your inner frequency, aligning you with a parallel version of yourself that already exists.

Time and space are passing through us, not the other way around.

A similar perspective appears in Chapter 2 of *Reality Transurfing*, by Vadim Zeland. In this chapter, Zeland introduces the concept of pendulums—systems or structures that draw upon individual attention and energy to sustain themselves.

It is important to remember that such systems are not oriented toward seeing, hearing, or recognising you. A desperate need and strong reliance on this kind of external validation can be destabilising for your inner balance and peace.

Practice maintaining clarity of mind and avoid becoming overly dependent on external validation—such as the need to be seen, recognised, or affirmed by institutions or social media.



THE FREQUENCY EXERCISE

CHANGING THE FREQUENCY OF YOUR THOUGHTS

Change the frequency and vibration of your thoughts:

1. Begin by focusing on the breath, allowing yourself to become present.
1. From memory, find a moment that carries the quality you wish to manifest. Recall it with precision, and let the sensation be fully felt in your body. Alternatively, you may simply focus on the qualities and sensations you wish to embody—for example: authentic, effortless, listening, and placing yourself first.
1. Make a jump through the simultaneous time gate. Move forward and choose the parallel reality in which this state is already realized. Slide into it. Take a breath.
1. Connect to your Higher mind—whether you understand it as your higher-self, your soul, muse, source, universe, or God—and begin listening.
1. Now train your muscle of focus. Remain with this chosen frequency for at least fifteen mindful breaths. At first, even four breaths may feel difficult. Reaching five or six is already a great progress. From there it becomes easier. The aim is to extend gradually—fifteen breaths, then twenty, thirty, forty-five, sixty, and beyond.
1. Each time your attention drifts and your thoughts pull you away from the chosen frequency, begin again. It once took me nearly twenty attempts to reach my first five mindful breaths in the chosen reality.

Dedicate the first fifteen breaths simply to being in the new sensation—the new frequency of your thoughts. Just listen to your Higher Mind. That is enough.

You may begin to notice that the long-held feeling of missing something, or of never doing things quite right, was in fact a fragile and quiet voice of your higher mind, asking your ego to step aside. It could not grow in its shadow. It was asking you to stop controlling through the lower, thinking mind, and instead to love—to listen—to the higher one.

Let it live. Let it experience the present moment.

After you feel that this frequency of love, of listening, has become more stable and less flickering, you can then add a second layer of focus: gently exploring your other parallel life.

Explore different wants. In your first journeys along parallel paths, you may discover—through direct feeling—that what your mind once considered desirable is not aligned with who you are or with your deeper values. You may simply sense, immediately, “No, this is not for me.” Continue experimenting. Change your “destinations” across realities.

Be precise in the details: your age, your sense of health and vitality, the space in which you perform, the appearance of the venue. Most importantly, look carefully at the faces of your audience. Notice who they are, why they are listening, and what their intention is.

As you connect with your muse within a new reality and breathe inside it, you may set the intention to observe how this other version of you arrived there—what the first meaningful success was, how it felt, how it was organized, which actions were taken, and which people were met along the way.

Be prepared to devote about one hour each evening, while lying in bed, for roughly a week. This period is often enough to begin feeling more at ease with the process.

Make at least ten jumps before concluding that this method does not work for you because “I cannot feel,” “I cannot focus,” or “I am not good at this.” Everything requires practice. Do not leave the process too early.

Once you feel comfortable with the first exercise, you may introduce an additional layer.

Expand your listening to include everything around you. Bring attention to all your senses—what you hear, see, feel through the skin, as well as subtle impressions such as smell and taste.

This practice helps you remain present and connected, rather than becoming inwardly disconnected. It is also important to recognise that what we perceive as the outer world is, in fact, processed through our own nervous system. In this sense, our experience of everything around us arises within us.

By listening attentively to your surroundings in the present moment, you are also listening to your own internal experience. In this way, listening becomes an act of presence and care toward yourself.

The mind drifts like clouds; the higher mind shines like the sun. It's Intelligent.
What you listen to is your choice—love, or anxiety and fear.