

There's a version of you that already exists.

You just haven't fully accessed her... yet.

BONUS:
THE FREQUENCY
FIELD CHECK-IN™

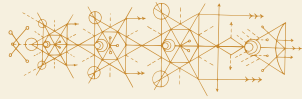
Part of



THE QUANTUM
LEAP PORTAL™



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BONUS 1

Not a practice to master. A space to return to.

The Frequency Field Check-In™

This is where you begin to notice
what your system is actually holding.

Not what you think.
Not what you want.

But what your field is calibrated to.

The Frequency Field Check-In™
reveals the gap between your current
state and the frequency of your
next level.

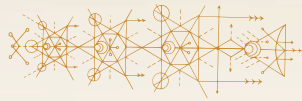
Not to fix it-

but to bring it into awareness.

Because awareness
is where recalibration begins.

Karina





BONUS 1

The Frequency Field Check-In™

How to know when you've shifted timelines? When you're in—or out of alignment? Your field always speaks. Here's how to listen.

Before

Easily triggered by others' moods

Foggy thoughts, scattered attention

Tired but wired

Creating from urgency or need

Holding your breath without realizing it

Your nervous system feels like it's bracing

You scroll instead of rest

Comparing yourself to others

vs

After

Spacious mind

Clear boundaries, even with no words

Deeper breath, slower pace

Creating from alignment, not effort

You breathe deeply without effort

A feeling of safety, being relaxed even in the unknown

Rest actually restores you

The right people, ideas, and invitations show up with ease