

There's a version of you that already exists.

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

BONUS: FREQUENCY RECALIBRATION

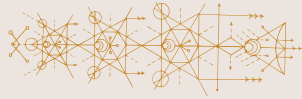
Part of



THE QUANTUM
LEAP PORTAL™



KARINA SCHUIL
KarinaQuantumMastery.com



BONUS 2

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

Frequency Recalibration

This is not about changing your state.

This is about recalibrating
what your system is available for.

The Frequency Recalibration™
supports your nervous system,
your biology, and your energetic field-

to shift what you can hold.

Not temporarily.

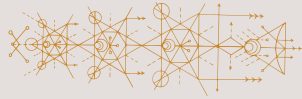
But at the level
of identity and capacity.

So you don't just experience
alignment-

you begin to stabilize it.

Karina



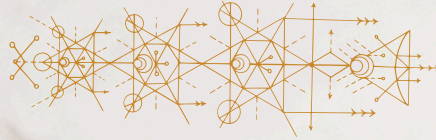


BONUS 2

Frequency Recalibration

Quick ways to shift your frequency when your energy feels off. This isn't about adding more noise. It's about quickly returning to the truth of your signal when you feel scattered, foggy, or misaligned.

- 3-6-9 breath to clear stuck energy
- Coherence breath (5-5) to balance the heart field
- Stand barefoot on earth for 3 minutes
- Hum or tone one sustained note from your chest
- Inhale lavender, rose, or frankincense essential oil
- Smile gently and drop into gratitude for one thing
- Ask your body, "What do you need right now?"
- Drink filtered/structured water with intention
- Shake or sway your body until it resets
- Play 528 Hz or 963 Hz frequency music
- Speak aloud one truth you've been holding in
- Quantum Ask: "Show me: what more is possible?"
- Declutter your house, your phone, your life, etc.
- Take a salt bath with Epsom salt, baking soda, castor oil & essential oils



Every moment
you occupy is an
experience of a
reality you
created

William Whitecloud