



# THE ADORA FREQUENCY

BY ADORA WINQUIST

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# WELCOME



## *When was the last time you felt fully free?*

Maybe you have had these moments where you felt free enough to let your heart open, letting your inner light shine and allowing you to embrace that 'natural state of elation' that comes from knowing that you're in the right place at the right time. However, for most, those moments are often fleeting.

I used to glimpse those moments sporadically, that clarity and feeling of goodness, openness and receptivity. Thankfully, now, through lots of soul work, they have become my general states of being.

If you look back, you might say that these glimpses of freedom were further and further apart. What I felt more often was confused, anxious, overwhelmed and disappointed.

Many of my students and clients have shared similar experiences – one of the common threads being the expectation and manifestation of negative emotions and disappointment from an early age.

I understand, because I formed similar patterns in my early childhood, which then projected and attracted experiences long into adulthood—many of them with outcomes I did not want:

- illness and disease*
- abusive relationships*
- addictive tendencies*
- fear of intimacy*
- financial challenges and inconsistencies*
- feeling alone, isolated and unsupported*

I could not hear my inner voice. I could not connect to my guidance. I did not trust myself. But somewhere within me I knew that there was a different way. That there was something more for me in life. Can you relate?





## ADORA. WHAT IS IN A NAME?

The name Adora came to be in my first year of the Barbara Brennan School of Healing. At this time, I had a healing practice for a few years and believed myself ready to learn new skills so that I could better share my gifts, passion, and purpose with the world. What I did not anticipate was the depth of the journey inward. The premise being that you can walk with another only as far as you have gone in your own journey of transformation.

We spent four years moving into and through our core wounding as a means of greater self understanding and growth. It was at this time that my own healing breakthrough continued. The truth was, I was a vastly different person than the girl I grew up knowing. I was deepening my understanding of self healing, and what it means to love, trust, and honor myself.

When the name Adora came to me through a series of synchronistic events, I claimed it as my teacher, healer, and guide. I can see now that it is a state of consciousness that draws us back to the truth and power within our hearts. This consciousness has inspired and encouraged such depths of transformation within me, and the clear 'knowing' that if I can heal, shift, open and expand to the levels within me, so can you. It is with this intention that I offer these teachings and transmission of transformation to you, as a guide to elevate your unique path of self mastery.

The name origin of Adora in Latin, Spanish and Italian is 'honoring', 'adoration' and 'the beloved one.' **The Adora Frequency teaches us through remembrance how to truly adore ourselves.** To date, the most potent alchemical life lesson I have learned is that we cannot live a victorious life of passion and purpose until we remember to honor ourselves as the "beloved one" first.

Flash forward, I'm at a much different time in my life. The person I see in the mirror every day is much more of the person I have always envisioned myself to be.

I feel good about her. I trust her. I see her brilliance, her heart, and her joie de vivre that had been missing for a long time. I see her imperfections, but more than anything I see the magic unfolding around her and how much love and energy she pours into each day.

When I do an over the shoulder moment, I can see that it's never been about perfection as I once believed. I now know it's more about transformation and acknowledging those simple shifts and the quantum leaps along the way. When you look back over the shoulder of your life's journey, what do you see?

*Do you understand how each moment of your life has brought you perfectly here and now?*

When I can accept, forgive, and hold gratitude for my past, I can acknowledge those cruel ways of thinking and self-judgment, and all the emotional ravines. They no longer hold me back. I don't have to expect more disappointment, nor for the other shoe to drop at any moment.

The belief that I am less-than and unworthy may still pop up here and there in subtle ways, but I stand up, look it in the eye, and love it. I love myself through those moments and each moment that comes NO MATTER WHAT.

I can see how quickly we can shift, let go, open and create our intentions and lift our frequency.

I think there is a misnomer in the idea that we are physical beings looking for meaning in spiritual connection. I believe we are vast spiritual beings, aspects of infinite intelligence that have chosen the limitation of physical form to come and learn how to master the game of life and to co-create our lives beyond limitation.

My life to date has shown that miracles are around and available to us, all the time, small and large.

***We are all deserving of love, right now. The deep, intimate, soul expanding love we have always dreamt about.***

You are capable of creating so much more in the course of your life than you are taught and led to believe.

We each have a gift and light within us that can change the world, first by healing ourselves.

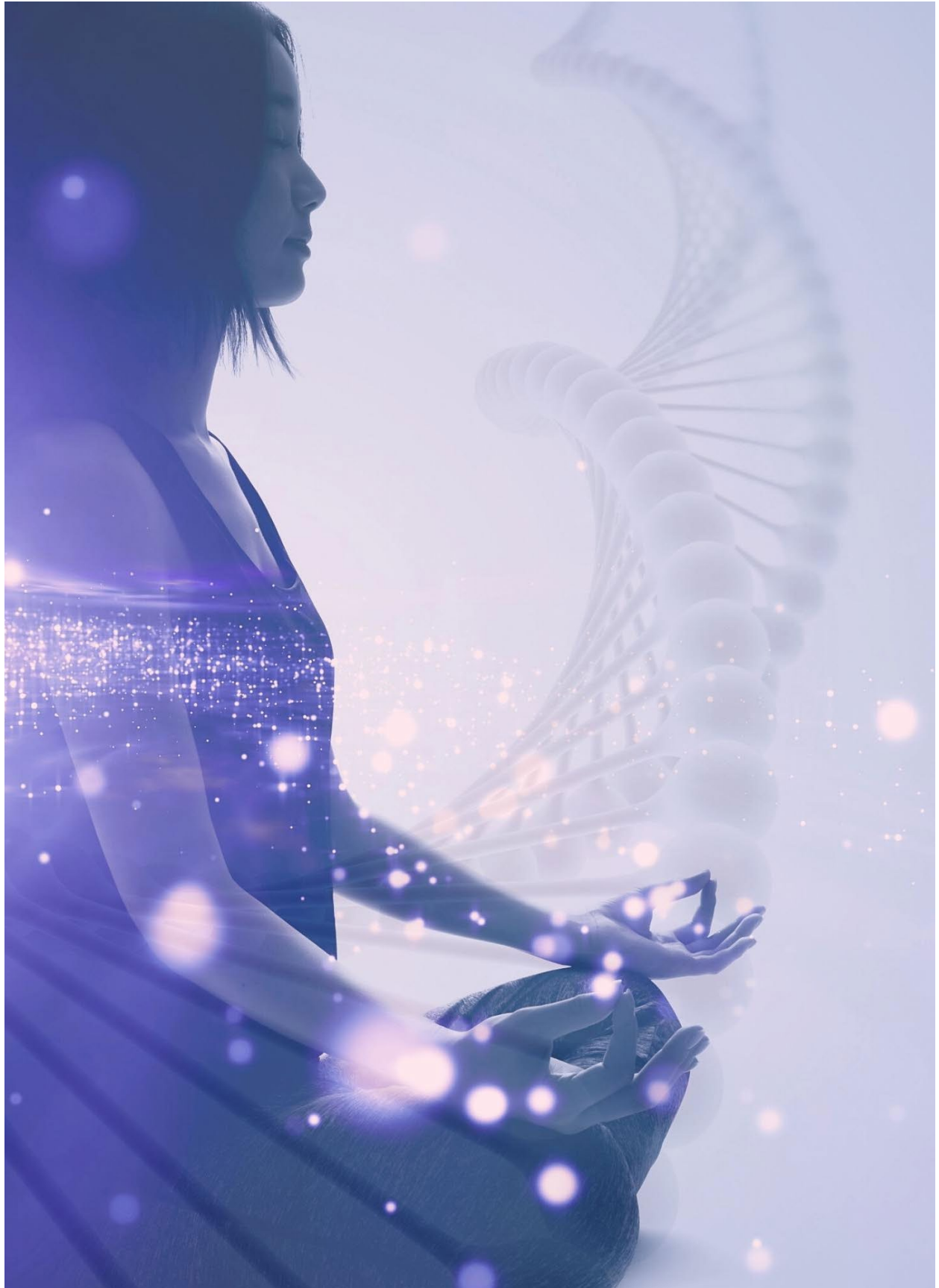
Every one of us has a voice in our hearts that will guide, empower, and enliven the Divine light within us to transform and elevate our existence.

This is the torch of illumination that I hold for you, to illuminate your path of remembrance of what it feels like to honor and adore yourself as The Beloved One, the source of infinite creation.

***This is The Adora Frequency, Adora meaning to honor yourself as the beloved one. It is a transmission of consciousness and the energy of love.***

May it illuminate your highest path in life in the biggest and brightest of ways.

*In love & gratitude,*  
**Adora Winqvist**





# PREPARE YOUR CONTAINER



As you bring your focus inward and begin to tap more deeply into the power within and all around you, I invite you to envision a life beyond limitation. Consider that there is a misconception that we are physical beings looking to define, understand or prove our spiritual connection. We are instead these multi faceted, multi dimensional beings and creators. We are vast and spiritual, yet we have chosen to come into the container of limitation: our physicality, to master the game of life. We have come to master our individual nature and the mind-body connection to learn to create a life beyond limitations.

Letting go of our old story, the pain and heartache of our pasts, from our soul right down to our cells, creates the space for a source of infinite love, divine connection and grand abundance to flourish. When we reach the tipping point of spiritual awakening, our hearts can vibrate a frequency of unconditional love for ourselves and others that with a ripple effect transforms the energy around us into greater harmony.

*It is when we live with our hearts fully open that the joy, innocence and simple wonder of life becomes our truth.*



# GATHER YOUR TOOLS



Choose your alchemical allies. Make sure you have a journal and pen handy. Select your favorite essential oil blend or craft the one below to become both the alchemy and the alchemist. It is through the aroma-brain connection that you will anchor and actualize new levels of understanding about your specific path and purpose in this life. This process will expedite your ability to hold this higher frequency and repattern your brain-body connection for your most benevolent evolution.

Creating a sanctuary for your personal reflections, meditations and other sacred intentional practices will further potentize your process of awakening and personal growth.

Take time to reflect honestly with the Discovery Dives found throughout these chapters. To truly know thyself brings great empowerment and the ability to transform the valleys within to balanced terrain as you rise to the mountain peaks of your soul purpose.

## Heart Frequency Anointing Oil

- 1 drop Rose otto essential oil (*Rosa damascena*)
- 2 drop Geranium essential oil (*Pelargonium graveolens*)
- 1 drops Cistus essential oil (*Cistus ladaniferus*)
- 2 drops Bergamot essential oil (*Citrus bergamia*)

Blend into 1 tablespoon coconut oil and apply sparingly to palms of hands, breathing deeply for forty-five seconds with your intention. Apply to the wrists, heart, lower belly and the third eye to open to the infinite nature of love and the blessing stream of your unique light and frequency.







# AROMATIC NEURAL REPATTERNING™



True aromatherapy is the art and science of using pure extracts from aromatic plant materials, termed essential oils, to attend to specific health and wellness needs while utilizing a holistic framework. Through education and practice, we can explore natural scent combinations that can help to naturally induce a state of balance in our lives and reconnect us with various aspects of our human experience.

Biochemically active, essential oils contain sometimes hundreds of chemical constituents that contribute to their aromatic profile as well as their physiological benefits. For example, one of the main chemical constituents of Lavender, linalool, contributes to the nervine nature of this tremendously versatile and calming oil.

Essential oils become the mechanism that awakens the innate ability of the body-mind to return to wholeness. From an alchemical perspective, aromatics represent the spirit, or the “quintessence” of the plant. **Their energetic nature offers us a profound ability to open, access, and actualize our highest nature and potential for a vibrant life rich in all facets of health and harmony.**

Due to their molecular size and lipid (fat) solubility, essential oils have the rare ability to pass through the blood-brain barrier, providing important phyto-nutrients throughout our body. In other words, where our blood goes, the essential oils travel, offering their chemical constituents and “quintessence” to our cells, organs and bodily systems.

**This aspect along with their vibrational nature allows us to clear old dysfunctional patterns and re-program healthier new ones.** It is through this process that we can harness the power of our intention for betterment, growth and change. By gently clearing old emotions and mental associations and creating new positive affirmations and experiences via scent and intention, we can quickly and easily influence our mental-emotional terrain and therefore our overall health and wellbeing.



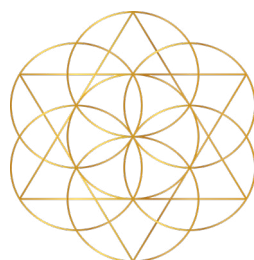
When we can consistently elevate our feeling experience in the moment, it creates a bridge to allow for the highest expression of ourselves to surface. Finding ways to be more loving and compassionate with ourselves naturally flows to creating more harmony in our relationships, and positively impacts how we interact with the world around us.

Although there are numerous ways to incorporate essential oils into new healthy habit patterns to support your greatest health and wellbeing, **Aromatic Neural Repatterning** works with essential oils via inhalation, particularly when we enhance the process by combining our intentions for healing. **I created this modality to rewire the brain for positive experience expectation and to clear past traumatic patterning with specific essential oils and mindfulness techniques.** This process creates a new memory cell in the brain, filled with positive intention, energy, and intelligence.

More than ever, we are being pulled in multiple directions at once, through our digital devices and platforms, juggling work, school from home, family, and more. How do we find time to breathe deeply and source more control over our thoughts and feelings? How do we find the center? The ability to shift how we feel, reposition the trajectory of our emotional response and how we relate to ourselves, everything and everyone around us is at our fingertips. We can align the presence of mind and power of our intention with appropriate application to create these new benevolent habit patterns and shift!

**The fastest and easiest way to experience this is to apply one drop of your diluted essential oil, or synergy, into the palms of your hands and breathe in deeply for about 30 seconds. Combine your intention to amplify the benefits as below:**

1. Align your intentions at the beginning of the day to mastermind goals and optimize performance
2. Enhance your meditation and deepen your relaxation
3. Modulate your stress response throughout the busy day
4. Combine with your favorite affirmation to repattern your mindset
5. Spray mists and diffusers are also great ways to incorporate inhalation into your daily routine.



## TURN AROUND EXERCISES

*Turning a negative emotion or experience into a positive.*

When an unwanted emotion or pattern arises, try gently inhaling a blend of the following oils for a minute or two focusing on your positive affirmation to create and solidify a new healthier memory in the limbic system. Then continue to use that blend whenever you want to access the new positive experience. You can use the combinations below to target specific emotions, or create the above Heart Frequency Synergy for the full support of your emotional resilience.

### *If you are feeling..*

**Overwhelmed or Scattered:** Breathe in geranium and affirm, "I am calm, centered and capable."

**Angry or Resentful:** Breathe in rose essential oil and affirm, "In my sacred heart, I give and receive my love."

**Past pain or Trauma:** Breathe in cistus essential oil and affirm, "I release all that no longer serves me. I receive the wisdom held within all my life experiences."

**Sad or Anxious:** Breathe in bergamot and affirm, "I see the beauty in nature. I am wholly present in this moment which holds beauty and peace."

Daily use of ANR offers the ability to navigate through the challenges of daily life and transmute past patterns that no longer serve us, excavating our authentic selves to experience a greater degree of passion, joy, health and inner beauty.

Feeling good is powerful. The better we feel about who we are and how we live life, the more this vital positive nature can overflow into every aspect of our lives—our families, careers, our homes and every way in which we relate to the world around us.





# CO-CREATION



All life is creation. All creation is co-creation. Even this dialogue between you and I arose through the co-creative efforts of our parentage.

*To understand this is to know that you are not alone, and you never have been.*

This knowledge allows you to release all levels of victim consciousness within you. No one ever wins in the blame game. Your life is exactly that: YOURS. Your creations, experiences and outcomes are a part of you calling out for love, understanding and the healing light of the Creator.

**All co-creation is invitational.** Free will is a component to our individual sovereignty. To receive the benevolent support of the spiritual forces within and all around us, we have to be open, and then we must invite their participation in our lives. Everything from the mundane orchestration of our daily schedules to the major miracles we wish to experience. To be able to align with our highest potential and our soul's dreams and desires, we are called to open our hearts and souls with definiteness of intention and humility.

*Embrace the truth that you have been born with a blueprint for infinite abundance.*

This abundance comes in many forms and facets, clarity, joy, prosperity, spiritual communion, creativity, vibrancy, passion, compassion, gratitude and so on.

## THE INVITATION

The first step of this journey begins with an invitation. What is your intention for greater joy, love and fulfillment? What new energy and experience would you like to invite into your life right now? It could be clarity, psychic awareness, energy, harmony, faith, prosperity, patience and the list goes on.

The excavation of your authentic self requires radical honesty: from you to you. Here are a few questions to get your invitational juices flowing.

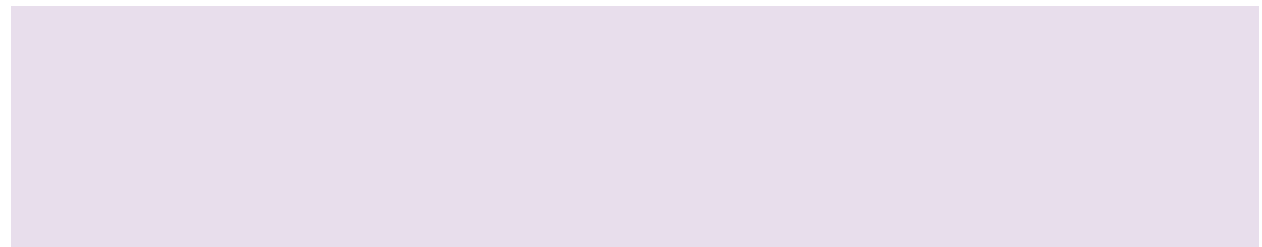
***Do you feel the freedom to live life to the fullest?***

***To be your biggest and brightest self?***

Your invitation can be as simple or as elaborate as you wish. We will explore more on the importance of your invitational relationship with the universe shortly. For now, take a few moments to craft yours on paper. This process anchors your intention, mental and spiritual energies into this physical form. Here is one of my favorites. Feel free to work with this one, or create your very own.

*"I call upon all the spiritual forces of benevolence to bless and protect me. I invite in the highest experience of love, truth and wisdom to fill my mind, heart and soul. I invite the universe to surprisingly delight me with miracles great and small. I give thanks for the beauty, inspiration and encouragement that is offered to me in each and every moment."*

## CRAFT YOUR INVITATION



The last step is the real joy juice. Feel it. Allow yourself to feel the joy, the clarity and all the positive vibrations of what the full actualization of your intention feels like in your body, rooting the emotion into your cellular consciousness. Then bring it back to your heart and bless it with your love.

## YOUR SACRED HUMAN HEART: THE SOURCE OF INFINITE CREATION

*“This delights my heart. My heart feels free. My heart is filled with joy.”*

How often have you heard these sentiments, or the contrary sensations of feeling heavy, achy or broken? Heart imagery surrounds us, even down to our technology with the ever present heart emojis.

**The heart is the seat of all creation.** It is the center of your personal universe. It is a gateway of connectivity for relationships and receptivity for generating abundance in all its forms and facets. All healing comes back to the heart. It is here we release deep rooted pains of the past and free our spirits to soar.

Centered in the middle of your body, the heart is a bridge between the two aspects of yourself. Energetically, your heart is the convergence point for your earthly and cosmic connection. As Above, So Below and So Within.

**The Adora Frequency is a flow state of consciousness.** It allows the blessings, illumination, protection and strength of the mighty forces of these two primary connections to the earth and cosmos to flow into the heart to sculpt the life you were born to live. It is through this remembrance that all can be created, all can be healed, all can be transformed. The greatest power within you is held within your heart.

As we peel away the layers of heartache that we have carried from our soul to our cells, through our lifetimes of evolution, lineage level and DNA, we begin to glimpse that sense of liberation we have been longing for. This inward journey connects us to the source of infinite love, divine connection and grand abundance.

*What is it about love that engages us at every level? Self. Other. Tribe. Planet. Universe.*

Our hearts unite Heaven and Earth, they bridge our higher aspects of being to our deeply rooted earthly nature. They can hum the sweetest songs of love, joy, and the promise of harmony and fulfillment. They can also ache and break for love into a deep abyss of pain and grief that at moments in our lives seems inconsolable. There are also places in the middle where we feel numb, closed, disconnected, and alone as if we were floating on an iceberg of isolation, frozen in a state of despair.





Any unresolved emotion and traumatic experiences including past life memories are held in the heart. We hold emotion in our bodies and energy in our fields that relates to our ability to give, receive and embody love. Our emotions are a force of potent creation. They are indicators as to how we feel about specific experiences and offer insight as to the places we are called to heal and assimilate the lessons of life.

You will often hear me mention the word 'blesson.' One of my very first spiritual teachers spoke of this concept. It is when we are able to fully receive the soul level lesson and assimilate it to receive its gift, or blessing. The emotions are beacons of light that when open, emanate the most beautiful and joyful of frequencies: love, compassion, forgiveness and gratitude.

Our hearts are portals of connectivity, uniting us with each other and every kingdom of life. When we reach a tipping point in our awakening, our hearts can vibrate with a frequency of unconditional love for ourselves and everything around us.

Ultimately, there are the moments of seemingly elusive bliss that are attainable, where through the opening of the many-petaled lotus of the heart, we can experience the greatest sense of communion, understanding, and enlightenment that is possible in our physical form.

**Imagine a moment where everything you have ever questioned, misunderstood, or felt hurt or betrayed by within yourself, your family, or the world, danced in complete comprehension.**

Moments like this are tangible gifts of the journey of healing, awakening, and the desire for self mastery. Your deepest soul longings and intentions can illuminate quantum shifts in your consciousness and heart that will expand your life in ways that your mind may not be able to comprehend in this moment.

Our hearts bear witness to the complexity of human nature. From the relational perspective, every dynamic and expression of love that we experienced and witnessed is held here, perceived or actual. It is through relational experiences that our core wounds and suffering have arisen. Relational cords to our mother and father and every person we are in relation with, past and present, are also held here. The health of those cords, or connections, is in direct correlation to the harmony of our relationships.

It is also through relationships that we can heal and transform even the deepest places of pain within. Through intention and faith to open, become vulnerable and receptive first with ourselves and our personal healing journey, we can learn to receive another in love and wholeness and create a life beyond limitation.

Exploring our lineage level, personal past and recurring patterns with radical honesty allows us to make the energetic, mental, and emotional connections that drive our current day experiences. It is then that we can shift our energy through transforming our old story into a one of empowerment and fulfillment. These stories are the signatures of our cell's DNA, and we are the only ones with the power to decide what story we want to tell, feel, and ultimately live, now and in the future.



## DISCOVERY DIVE I: DIVE DEEP INTO YOUR SACRED HUMAN HEART

*Remember to open and close with your aromatic synergy to anchor and further potentize your sacred intentional practice and optimize your shifts in energy and consciousness.*

**Carve out some precious moments in your sanctuary and reflect on these questions.** Light a candle in honor of the love, beauty and wisdom within you. Breathe in your Heart Frequency oil before and after this exercise to further potentize your sacred intentional experience of insight and understanding.

*Do I wake with a feeling of joy and passion about the day ahead? What hampers my happiness?*

*How much of the day do I spend thinking about the past?*

*How do I lovingly care for myself?*

*Does my heart feel light and free? Is there tightness in this part of my body?*

*Do I have a pattern of believing disappointment and further loss is right around the corner? Why?*

**Now, reframe each answer in the positive.** Rewrite your story of health and harmony with the expectation of the most benevolent outcomes for all of your life experiences. How would you start each day with your intention for health, harmony and happiness? Imagine that before you there is pure white canvas, ready for your greatest design of life and love.

After you complete this process, take a twenty minute restorative break for integration with either an epsom salt bath or time out in the sunshine to further support your clearing and assimilation process.





# THE LOVE CODE



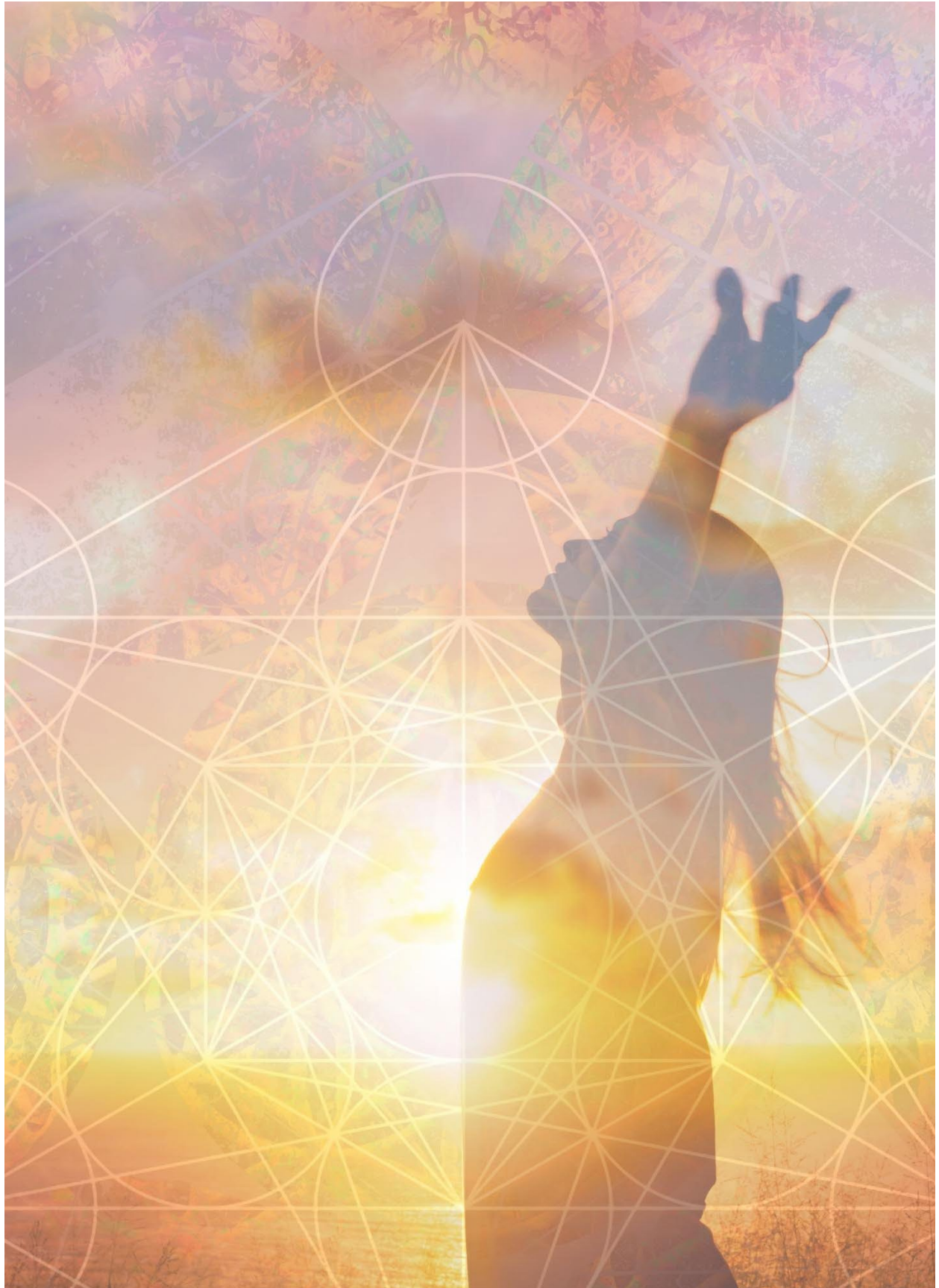
*The Love Code is a three step practice to nourish the fullness of beings.*

Nourishment is crucial to our existence and our ability to thrive. Food and water can provide sustenance, yet to fully live at the top of our game we require nourishment in many forms: emotional connection and support, the exercise of our mental faculties, and spiritual communion to inspire our innate curiosity and longing to understand the multifaceted nature of existence.

The Love Code deeply nourishes and allows all the places of grief, trauma, betrayal, and disappointment to be filled with love. It is what we truly crave. Until we fully understand this common human longing, we continue to see and experience life with blinders on. After all, perception is only nine tenths of reality.

As adults, we are the only ones with the power to nourish the places within that are still held in the dark cold night of the soul. The three steps of Release, Forgiveness and Gratitude create a visceral shift throughout our being, from our soul to our cells.

This is part of the gift and the beauty of evolution. You can cultivate the compassionate realization of just how much you have transformed your life through your physical, emotional, and spiritual health and well-being.



# RELEASE



## *The only way out is through.*

Our thought forms, feelings, and beliefs mold our reality. Until we can clear the many layers of distortion, we continue to perpetuate the same patterns—in relationship, career, health, finances, and foremost with ourselves. By blessing, embracing, accepting, honoring, forgiving and loving ourselves, we dissolve the old patterns that no longer serve us. It is through this compassionate self care that our greater wisdom emerges, and we see that each and every moment of our lives has led perfectly here and now. In this way, we become the embodiment and expression of our authentic self.

I invite you to come into some of the deepest places in your heart and surrender. We all have been hurt, betrayed, lost ourselves and loved ones through various means. We have all experienced some level of abuse, rage, desperation, and fear. You are not alone. Yet your experiences are unique to your path of evolution and have different meanings based on your soul work.

It is a life journey of excavation to mine the golden quintessence of our souls and bring forward those unique gifts and light that only we can bring to the Greater Good of All, first by understanding and transforming ourselves.

## *'Know Thyself' - Socrates*

Letting go of the pains of the past allows the heart to open. We do not live fully without our hearts being open. It is through your sacred human heart that all can be healed, transformed and created. Returning to the infinite nature of love that is within and all around, you become the source of all creation, and the Divine plan to re-create and co-create Heaven on Earth unfolds.

The best way to grow is to reflect and learn from your past. Old patterns that developed in our early childhood family systems can often become an obstacle in our relationships, careers, and even affect our personal health. Reflecting upon your fears, doubts and insecurities can encourage you to forge a path towards reconciliation between your past actions, your present thoughts, and your future intentions and goals.

Practicing gentle mindfulness for your past self allows your heart to open, and also grants you a chance to live more fully, allowing you to embrace both yourself and those around you in the warmth of compassion.



## MY STORY

At forty-five, I found love. That type of true love I had always dreamt about, and for decades written about in multiple journals: intentions about his character, passions, intellect, his ability to love and understand me with all my imperfections.

It was not all rainbows and butterflies. There was a period where it felt like my heart was ripping open. It was physically painful. Deeply. I would experience fits of uncontrollable sobbing for seemingly no reason. And yet my heart was opening. I could feel in ways that I had never experienced. On one hand, I was shocked. I believed my heart had been opened for years, that I was completely emotionally available, and that deep intimacy was something I excelled at.

I had spent years blaming the men I had been romantically intertwined with in the past. The truth is, they were reflections of parts of me that were calling out for healing. They were places of grief, disappointment, and a deep terror that I was not loveable. In truth, there was no way to connect with another person in the way I longed to until my own healing journey deepened.

The depth of relationship I have now is one of the greatest gifts of my life. In the beginning it often felt like a roller-coaster ride. I recall a time at an amusement park. With a great fear of heights, I decided to face my fear and sat alone in the front of the coaster, which at that time was one of the largest in the US. I remember the feeling of exhilaration as it slowly made its climb to a high peak. Just about the time it reached the top, I had a full on panic attack. I was certain it was the end, and tried to jostle the safety harness free so I could make my escape.

This is how I felt off and on in my relationship for a long time. It was a dance. Every time this feeling of panic popped up presented another opportunity to let go. Letting go of all the times I had been hurt, felt abandoned, been abused both physically, emotionally and psychologically. I had to let go of the places where the voices from those in my past said I wasn't good enough, smart enough, strong enough, or worthy enough.

Does this sound familiar? Our internal voices create chemical reactions of molecules in our bodies. These can be molecules of health or imbalance, but they are indeed molecules of emotion. When we let go of the old ways, we have the space for new energy, new experiences and delightful blessings to come into our lives.



## DISCOVERY DIVE 2: LETTING GO

*Remember to open and close with your aromatic to anchor and further potentize your sacred intentional practice and optimize your shifts in energy and consciousness*

Our relationship with ourselves and others is the primary way that we can transmit and receive love, joy, and abundance. This primary relationship was forged through our early family dynamics and how our environment and parents demonstrated love. Our early childhood treasure map is filled with insight as to how these dynamics imprinted upon our cellular consciousness. For a deeper dive on this subject, read my book Detox. Nourish. Activate. or learn more about The Love Frequency program.

For now, sit with these questions in your sanctuary. Share them on paper. Allow yourself to feel the waves of emotion connected to them. It is through this action we pave a pathway for release.

### **Take an honest review of your primary dynamics in relationships.**

*What is my story of love? How do I close myself to love in my relationship with myself? With others?*

*Do I feel nurtured by my relationships?*

*What does intimacy mean to me? Do I experience intimacy in my relationships?*

*Do I trust myself? How easy is it for me to trust another?*

### **What patterns do you see popping up among these bonds, for better or worse?**

*Each of these patterns are present in our lives for a reason, to teach and transform our inner landscape.*

Pick one of these patterns that you are ready to transmute, and choose your aromatic synergy or essential oil.

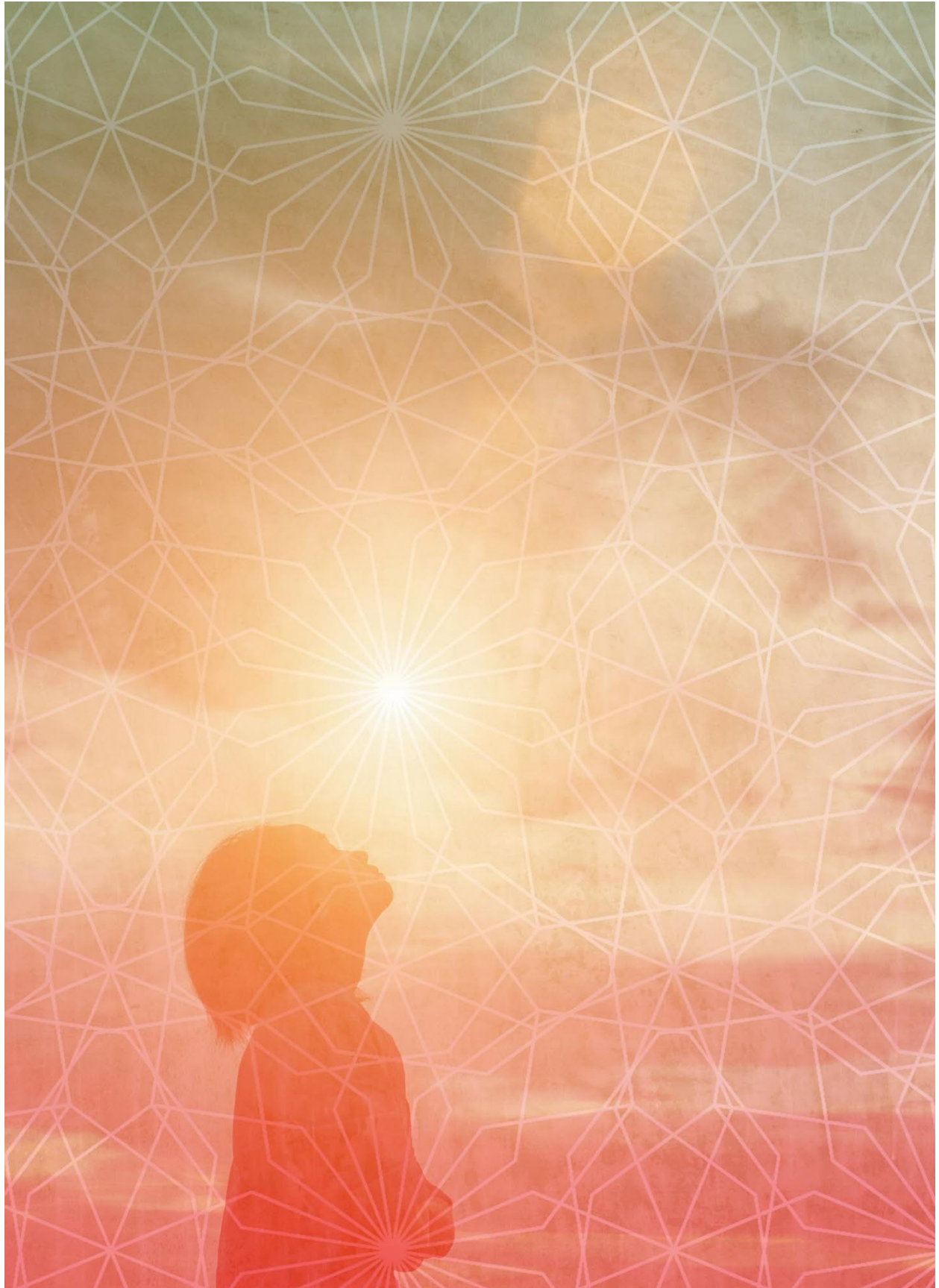
Take a few minutes to write down the pattern you want to shift, and then from that create an affirmation in the positive using the words I AM.

Inhale your essential oil for 30-45 seconds, then repeat your affirmation 3 times, inviting your full body experience of your desired repatterned outcome.

Further potentize this process by optimizing your energy field with an high vibrational energetic alignment, [like this one](#).

After you complete this Discovery Dive, take a few minutes to be present with the emotions that came forth. Journal, take a salty bath or spend some time outdoors in nature to let any emotions flow to the surface for release, liberating yourself from the past and creating the space for a new story of love, nurturing and fulfillment to unfold.





# FORGIVENESS



*Om Mani Padme Hum: "Pay homage to the compassionate one, yourself."*

Forgiveness always comes home to the self. The practice of forgiving others has more complexity. It cannot be forced or conjured through conscious, mental work. It is multifaceted. Free yourself first. Allow yourself to be released from the prisons created through all those moments where you have fallen down, betrayed yourself and sold yourself short. Forgiveness begins with our hearts and minds, in our own daily chatter.

*How do you hold yourself frozen in guilt, shame, self betrayal and self judgment?*

*What are your practices of self talk? What parts of yourself do you need to forgive?*

*What aspects of your soul are calling for reconciliation?*

You are perfectly imperfect and always have the opportunity to up-level your game of personal growth. As long as you are in form, there is potential to evolve. Compassion fills the stream of life that is forgiveness and is a core blessing to be assimilated in the hero's and heroine's journey. It allows your heart to remain open and expand in its infinite capacity.

***Our ability to forgive and love ourselves directly affects our ability to forgive and love others.*** Self-love is a gateway to greater self mastery. It is the way through. The practice establishes a pathway for you to embody your most vibrant and complete self. It is a vitally important part of producing and maintaining healthy, positive relationships with both yourself and those around you.

All the valleys of unresolved emotion held in our subconscious continue to project experiences until we have fully embodied the soul level teaching. These energies of the past filter into our perception of reality and draw us farther from the meaningful interactions that we long for.



## THE POTENT PRACTICE OF HO'OPONOPONO

My journey is chock full of lessons around self-love and countless opportunities for both self-forgiveness and profound gratitude. My tendency to overwork, overdo, overcompensate, over-give, and full on overexert would often bring me to states of resentment, sadness, and exhaustion where I would find myself desiring to escape from a deep ocean of depression and isolation.

In turn, my expectation of others was off the charts unrealistic, and I would find myself perpetually disappointed to the point where I would stop expecting anything and begin the cycle again. This is a lifelong practice. I continue to hold the intention of leaving the chatter of the drill sergeant by the wayside, and to be gentler and more loving, allowing for downtime, fun and ease as part of my own intentional practice.

Years ago, I heard the story of Dr. Hew Len and **Ho'oponopono**. It is a potent alchemy. Dr. Len is a Hawaiian psychologist who views wellbeing from the perspective that we are 100 percent personally responsible for our life experiences and outcomes, from our personal health to our relationships with others, finances, career and self-expression.

He worked as a therapist in a Hawaiian state hospital, specifically with the criminally insane, yet he never saw a patient in person. He would sit with their files and photos with the expressed intention of cleaning the energy with self-healing and a powerful practice of self-love.

With the perspective that we are responsible for everything we witness and experience in life, he would reflect inward, bringing healing to the point within himself that created that person or circumstance and silently repeating, ***"I'm sorry. I love you. Please forgive me. Thank you."*** As he cleaned this energy within himself, his patients healed.

As I began to apply this technique to those challenges I saw in myself, my loved ones and my clients, I could see this benevolent change firsthand. In particular, I witnessed how it eased the edges of conflict in relationships as we dissolve those points originating within us. Personally, I started to make those critical connections between the unfoldment of certain circumstances in the present moment to past experiences of trauma.

As we heal the places of pain and dis-ease within ourselves, those around us heal. It is a universal principle and a facet of alchemy. It allows the concept of "right relationship" to flow and breathe life into our hearts and those that surround us.





*The one thing we want more than anything, whether we are aware of it, want to contemplate or even admit it, is to love.*

To love ourselves, even when we cause our own pain and suffering. To love others in healthy ways, based on who they are as individuals vs. who we want them to be. To allow ourselves to receive love. This practice allows us to bring that love and compassion deeper into ourselves, and then to merge it with the divine force of creation, producing a potent synergy for healing at the core DNA level.

### DISCOVERY DIVE 3: HO'OPONOPONO

*Remember to open and close with your aromatic to anchor and further potentize your sacred intentional practice and optimize your shifts in energy and consciousness*

**Reflect upon one area of your life where you are experiencing conflict right now.**

It could be with a decision you have to make, a relationship that is challenging, your financial conditions, your health, or an aspect relating to your career.

Bring your awareness to your breath and relax your body, open your mind and go within. With the full knowledge that you are a creator and one hundred percent responsible for all of your experiences, focus on the point within you that has projected this conflict in your life. To that point within you, repeat the phrases until they become part of the natural flow of your breath.

*I am sorry.*

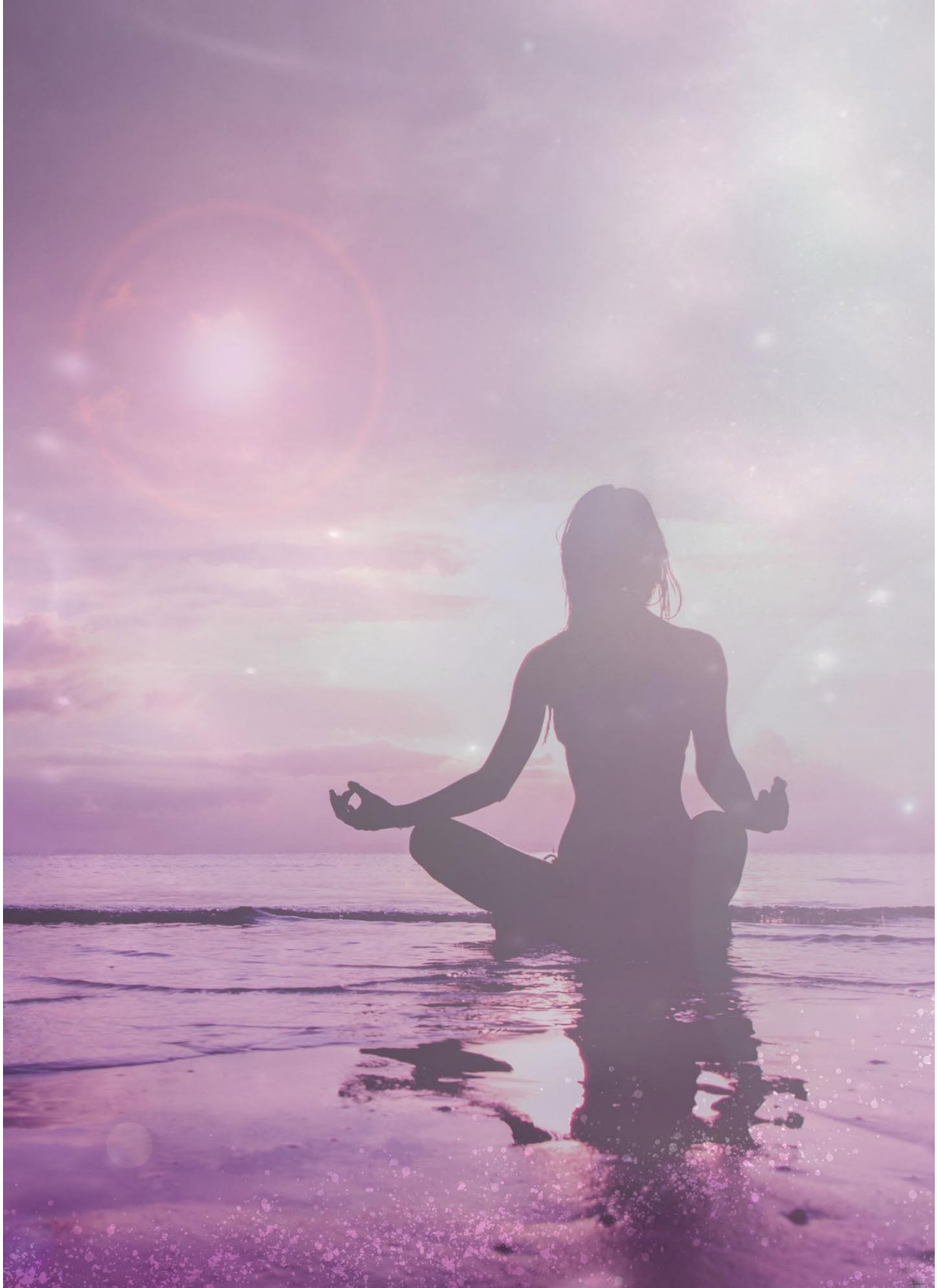
*Please forgive me.*

*Thank you.*

*I love you.*

You can do this in your sanctuary space to anchor your practice. Once you have created this as a new healthy habit practice, you will find yourself practicing it in the car, the office and before you fall asleep.

Carpe diem! You don't have to stay in suffering and wait until you reach your sanctuary. Begin this practice the moment you feel out of alignment and watch what happens. I even find myself practicing Ho'oponopono in the grocery line or at the library. As with all skills in life, the more we practice and focus our mind, the greater ease, flow and joy we receive in the desired outcome.



# GRATITUDE



*As the sculptor of intentional design, the alchemy of gratitude magnetizes the benevolent flow of abundance in your life.*

It is the joy juice of life that shifts and expands our perspective on reality when we feel down, overwhelmed or frustrated with ourselves, another, our work, finances etc. Gratitude as a practice is powerful. Gratitude with the precursor of forgiveness is exponentially powerful.

The practice of gratitude awakens our hearts to the abundant gifts the universe has already blessed us with, and prepares us for more to come. When we can affirm all the goodness, joy, and benevolence the universe has in store for us, we are open to receive even greater blessings.

It can re-align us with that high-vibe paradigm, the sweet spot of alignment in terms of attracting our reality. It is a powerful co-creator of our life experience. When we have the eyes to see, the ears to hear and an open mind, gratitude becomes more than a practice—it unfolds as a natural and organic response to our life experience, continually elevating our perception and creative abilities.

Every moment gives us the opportunity to be thankful, even when we cannot see precisely why in the moment. Cultivating a life based on gratitude is a little trickier than experiencing thankfulness for the blessings and big wins, at first. Yet, with our sacred intention, it can change every way that we perceive the benevolent unfoldment of our lives.

We are the blooming rose of summer, the seed planted deep within our hearts. The intentional practice of gratitude allows the bloom and fragrance of our hearts to fully unfold. From that profound place of opening, we call to ourselves the grand magnificence of life experience that awaits us.

## DISCOVERY DIVE 4: GRATITUDE

*Remember to open and close with your aromatic to anchor and further potentize your sacred intentional practice and optimize your shifts in energy and consciousness*

### **Dive deep into your heart and ask:**

*What am I grateful for right now?*

*Do I believe that the universe is benevolent? Do I believe that I am deserving of love, joy and abundance?*

*How can I practice simple appreciation at the start and end of my day?*

*How can I hold the energy of gratitude for a blessing that is still in the state of unfoldment?*

It is sometimes trickier to hold the energy of gratitude for those experiences that we cannot see, taste or touch. Yet those are crucial moments to stay aligned with your sacred intentions in faith and trust.

We can not always see what is just around the corner, but staying the course vibrationally in the receptive mode in gratitude allows the most expedient path of materialization to continue to unfold.





## ABUNDANCE & OPENING TO MIRACLE CONSCIOUSNESS

Just as we are multifaceted, abundance is more than monetary in nature and comes in many forms: Love. Vibrancy. Energy. Inspiration. Clarity. Creativity. Passion. Resources. Nourishment.

We all can live a life rich with passion, purpose and abundance beyond limitation. Through and past the pain, loss, struggle, negative patterns, disease, and disharmony, our higher nature always encourages us to find the wherewithal to shift, heal, grow, and RISE.



### MY STORY

Close to my thirty-first birthday I was exhibiting at a Body-Mind-Spirit show in Cape Cod, Massachusetts and happened to cross paths with a beautiful, brilliant woman and spiritual teacher. We exchanged products and services and I left our meeting with a sense of gratitude and humility. Frankly, I was overcome with her generosity... the generosity of her spirit, her gifts, her loving presence, and her light. After our meeting I had a sense that some of the pieces of my life were really beginning to fit together. The following month my first husband and I moved from South Florida to a part of Massachusetts that was very near to her home.

The apartment that my spouse and I lived in served like a womb for me and a haven for my relationship that birthed anew. We worked with a prayer grid that the spiritual teacher had given us. About a week or so after that was complete, I telephoned her to see if she wanted to get together. I decided that since she offered spiritual readings I would very much like one for my birthday. We chose a time and then advanced the schedule based on her guidance.

As I walked up the pathway to her home that cold January day, I was struck by the sense of peace and safety I felt there. There was something just beyond my grasp: was it familiarity? Her home was like a temple, beautiful statues of gods and goddesses throughout. There was a sense of ease and sweetness between us, knowing each other's soul. She informed me they were moving the following week to California. I was shocked and a bit disappointed to hear that this new ally would be leaving. She explained that her guidance had told her that a spiritual family would be the next occupants of her home and expressed her wonder, "Is it you?"

As much as I wished that to be true, I told her my husband and I were not able to purchase a home right then, especially one that was so lofty. Renting was also out of the question as we had just signed a lease and were paying quite a nominal fee.

There were several synchronistic events that took place while we were together that day. More than once I was struck by the most beautiful aroma of lilies when there were none in the house. Photos of spiritual teachers filled her home: Mother Meera, Sai Baba, and Amma. I experienced a sense of comfort, of beingness and wholeness while I was there.

During her spiritual reading, she gave me homework to make a list of all the qualities in a home that I wanted, and to bring it back for a meeting the following week. Also, synchronistically, my husband and I had just created that list before we moved to Massachusetts. I left her home that day in a sense of bewilderment, knowing that there was magic at work. I stayed in a semi-dream state until our next meeting.

I returned with my homework in hand, and it became clear that we would live there. The guidance was to surrender and to trust, and the assurance was there that this was the best that could possibly happen for all involved. This woman, this new ally who was now presenting me with an opportunity to live in her home went on to tell me that she knew that very first day when I came that I would be the woman who would be the next occupant of the home. She was also guided to rent us the home at a very affordable rate, far beneath market value for the property until my economic situation changed within the next few months.

Suddenly, so suddenly, it was this blessed beautiful home that had every single element contained within it and around it that had been included on our list we created some months before... and better. It even so happened that our particular neighborhood had a "grandfather" exemption clause to run a business directly out of your home. Divine perfection.

The time that I spent preparing to move felt like packing up and jumping off the cliff into the great beyond – terrifying, exhilarating, filled with fear and uncertainty. Yet the guidance was clear and the signs plentiful. I realized that I was being drawn to the very edge of my comfort zone and pushed beyond that point. Thoughts ran through my head: "What the hell am I doing, have I lost my mind?"

At one point as these thoughts were running through me, I stopped to pump gas and looked down, and there in an ice filled puddle was a gold Israeli coin. Later, I found out that that type of coin is symbolic of significant abundance and spiritual synchronicity. It

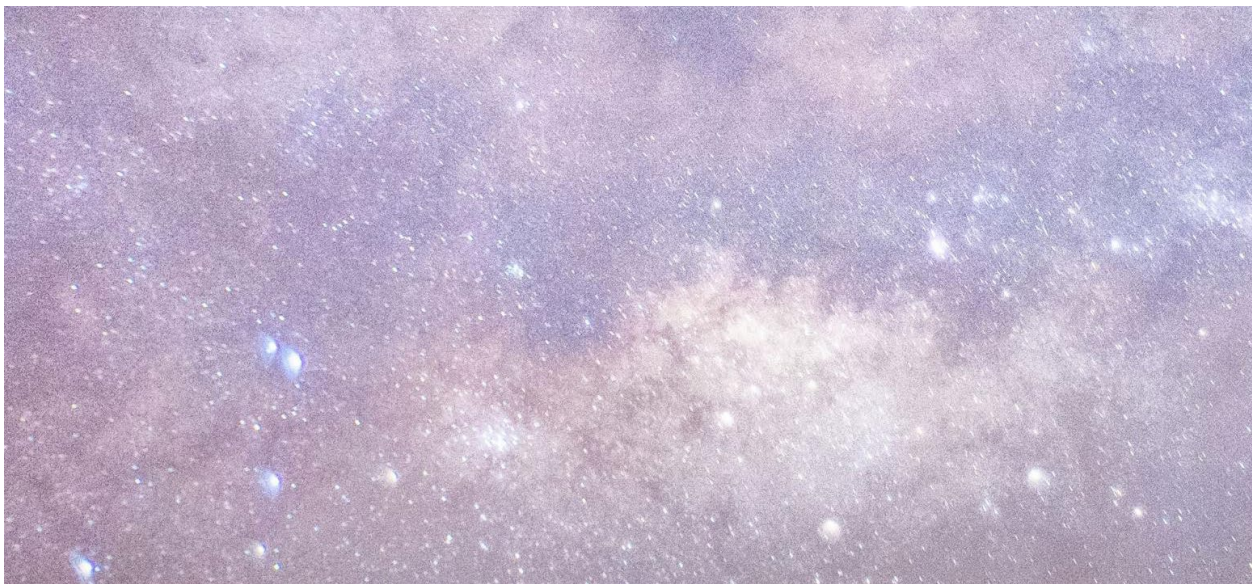
was in those moments that I tasted the sweetness of surrender and the opening of my heart to receive love, support, guidance and abundance in ways greater than I thought possible.

I was filled with the expression of gratitude and humility beyond what any words could express. Simultaneously it brought me deeper into my personal commitment, into my work of service, in love and light and divine truth. I was struck by how palpable miracles can be, how possible they can be, and how they exist beyond any sense of limitation of the third dimensional realm.

In truth, they are completely multidimensional in nature. If we open our hearts to the possibility, to the potential of something far greater than we are and simultaneously working in conjunction with us, with our own sense of divinity and our humanness, amazing things happen. When we open our hearts to receive what may be considered a miracle, life can unfold beyond our wildest dreams.

When we pull ourselves out of alignment, with our thoughts, emotions which are all responding to our belief system, we close off from the pathway of abundance that was on its way.

Furthermore, our ability to receive deeply and consistently is directly correlated to that which we have cleared, and what we are ready and open to allow in. Otherwise, the abundance can only anchor itself just so far within our hearts, minds and soul. We must be able to hold the frequency of engaged relationships with the object or experience of our desire.





## DISCOVERY DIVE 5: YOUR ABUNDANT EXPERIENCES

*Remember to open and close with your aromatic to anchor and further potentize your sacred intentional practice and optimize your shifts in energy and consciousness*

**As you explore your present and past relationship with abundance, hold a place of compassionate invitation.** Your honesty about the past will encourage you to get incredibly clear about what you want to create in your future.

Carve the time to prepare your sanctuary in abundant ways. Add some oranges or mandarins as a sign of prosperity, incorporate your favorite aromatics, crystals and inspirational music or mantras. Place sacred geometric symbols like the Flower of Life to augment your visualization and meditation journeys.

*Do I live an abundant life? How big do I envision my life? Do I believe I deserve the very best out of life?*

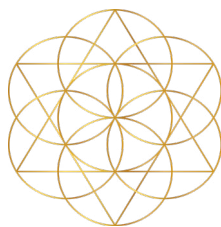
*Do I feel like I experience the best that life has to offer? In what ways yes and in what ways no?*

*What does abundance mean to you? Share a story of your most prominent memory of abundant creation.*

*What patterns in your life keep showing up even though you don't want them to?*

*What if that which I long for the most in life is already held as an experience within me? How would that shift my process of intentional creation?*

**Before you leave your sanctuary, take a few minutes to hold the energy of gratitude.** Offer a sacred intention of thanks that you were born with the blueprint of Infinite Abundance, and that you are ready to harness the power within your being for the highest experience of your life, from this moment forward.







# THE LOVE FREQUENCY



The four pillars of the Adora Frequency which we have just explored: **Aromatic Neural Repatterning, Co-creation, Ho'oponopono, and the Code of Love** will anchor and actualize greater understanding of your personal journey as well as the shifts of consciousness that will unfold along the way. These four pillars are the building blocks of The Love Frequency, a program of teachings and transmission that I have created at **TheSoulInstitute.co**.

You have now created the foundation for your most authentic self to emerge. You can go back to these interventions and create a consistency in the healthy habit patterns that feels easeful and joyful to you. Align with the path of least resistance. Call upon support from your benevolent allies, not just when you need it. Make it a habit, similar to all the ways you care for your body.

The empowerment you will source to love yourself no matter what will shift and elevate everything in your life. Consider the principles of The Love Frequency below. How can you uplevel your co-creation with these concepts? How can you rise to your untapped potential each and every day? Remember, you were born with the blueprint for infinite abundance. You have everything you need within you to heal at the deepest levels. Call upon the power of your mind, the infinite nature of love within your heart and the vast wisdom within your soul. It will empower the life of your dreams.



## THE PRINCIPLES OF THE LOVE FREQUENCY

**INVITE:** the magnetization of your greatest abundance, passion, prosperity, and purpose

**RELEASE:** let go of the old stumbling blocks, subconscious patterns, beliefs, thoughts and emotions that no longer serve you

**RISE:** from the adversity you have experienced stronger, clearer and wiser, with far greater compassion and humility (aware of the myriad of life's vantage points)

**OPEN:** your heart from your soul to your cells and receive the frequency of the most benevolent cosmic and earthly allies and energies, to co-create your highest experience of life

**ALIGN:** your day with the elements, vibration, people and places that honor your highest human form

**EXPAND:** into the person you were born to be: leaders, creators, beacons of light

**ACTIVATE:** your quintessence and harness your vital life force to attract and magnetize greater abundance

**FLOW:** into the quantum field to see, feel, allow, imagine and sculpt your dreams and desires while evolving your consciousness and co-creating skills

**RECEIVE:** the blessings, the illumination, the resources, the love, support, encouragement and inspiration that is available to you in each and every moment

**PROTECT:** your energy, your frequency and your resources. It elevates everyone and everything around you. Bless it. Protect it. Honor it all as the Divine in form

**EVOLVE:** Carpe diem. Seize the moment, harness the power and potential within you and take action daily with these steps to become the sustainable change you wish to see in this world and beyond

Once we have managed to sink lovingly to our heart's origin, past the heavier layers of past experiences and unresolved emotions, we can finally let go and establish a new foundation that is wide open and ready to advance to a new level of existence. Centering deep within the heart we access the dimension of infinite possibility.

**Only once we have arrived at this place of transcendence do we begin to experience the untapped potential that arises from understanding the past, and transmuting it to unfold a brighter future.**

Activating the heart allows us to shift from a linear, mentally focused, and limited dimensional reality to come into a new center of being. We can source new levels of balance, connection, and expansion in the vibration of love.

Your heart becomes your True North, your command central and GPS, and the source of infinite creation. It also discerns what relationships, career choices, manners of authentic communion, communication, manifestation pathways and intimacy serve your highest truth. This is the beauty and empowerment of living and leading with a heart fully open and activated.

The Love Frequency will draw you deeper into the understanding that even the most arduous aspects of adversity in our life are "blessons," fully excavated and assimilated lessons that show themselves as true gifts. Once we can come into this understanding, our compassion for ourselves and others increases exponentially. The love within us then moves into a state of infinite connection, creation, frequency and outward manifestation.

***The Love Frequency program will teach you how to live life beyond limitation, to let go of the past and illuminate your brightest, most loving future.***

As you work through this 11 phase program, you will come into a deeper state of heart centered living where your heart becomes your true North, your course of creation, commanding presence and leadership in your life.

The Love Frequency will align you to your TRUE self and AWAKEN, ENCOURAGE, INSPIRE and EMPOWER you to become the person you were born to be.

At this moment, you begin to write the next chapters of your life. The pen is in your hand. Wherever your journey continues onto today, may it be blessed in all ways of abundance and love.

*In great love and gratitude,*  
**Adora Winqvist**



## MEET THE AUTHOR

*Adora Winqvist is a visionary in the nascent field of Quantum Alchemy and a pioneer in the field of vibrational medicine and aromatherapeutic healing.*

Adora intertwines the divine knowledge and ancient wisdom of esoteric philosophy, psychospiritual dynamics, and vibrational medicine through her twenty plus years as a healer educator, formulator, and entrepreneur to facilitate global healing at the DNA-level.

She is the founder and director of The Soul Institute for Quantum Living, a co-creative educational platform and resource for high vibrational living in these evolutionary times. The Soul Institute is committed to up-leveling the consciousness of humanity, paving a legacy of light for all future generations.



## THE LOVE FREQUENCY PROGRAM

If you are ready to take the next step in your journey of heart-centered living, I invite you to **book a call with me** to dive deep into your soul's journey and discover the power of the Love Frequency and open to greater levels of passion, purpose and prosperity.

I personally invite you to connect with our Quantum Community to be supported in your continued journey of spiritual growth. Join our Facebook Group to stay up to date on events, meditations, and new offerings of the Soul Institute.

*Adora Winqvist, LLC provides health and wellness coaching, products, information, and education. Our content and services should not be construed as a substitute for a consultation with a licensed medical or mental health professional who can review and advise you on your specific situation.*

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