

Polar Harmonics™ Guide

How to Get the Most Out of Your Activation and Healing

The Way It Has Been

We have come to a time in the collective energy when the struggle, discord and the hard way of doing things, no longer have to exist the way they have been and they are falling out of play. Although this is happening, often times, because we have been carrying and functioning from these old patterns for so long - those of being in struggle, hardship, and living in a way that doesn't feel good to us - we continue to carry them along. We perpetuate them even when there are signs showing us we can easily and instantly switch into a different mindset, belief system and vibrational energy.

Life is a process. We may often be challenged with struggle, worry and fear. We may become frustrated and undergo situations which are very unpleasant, even as we do the energetic work of letting them go. How many people do you hear say that they wish it could be easier and not have to be so hard or painful?

The struggle we experience most often comes from the programming we received before the age of 7 when our subconscious was receiving the information for which it would determine how to keep us safe from birth to death through our life. Internal conflict occurs when you want to experience something that is the opposite of what your programming is and that is reflected in your current life patterns, belief system and regularly shared stories of how your life is.

The Intended Journey

Your soul wanted to experience this human plane to its fullest. It wanted to experience the deliciousness of the five physical senses, because they simply do not exist when we are in the realm of energy. It also wanted to live in the fullness of each experience, not judging it as good or bad, but for the expansion and growth it offers, and once that is achieved, then to bring them to their full state of completion; to really be in the process and journey of the human experience. It wanted to understand and embrace the relationship it has with itself as a human in this physical world, including how it moves through and experiences it.

When the completion of any experience isn't processed to its fullness, a similar experience is created again in this lifetime, including carrying over experiences from other lifetimes, so we can fulfill our soul's desire for that full completion. This is why we often repeat patterns, behaviors and scenarios, with different characters playing along, over and over until we become aware of it.

Due to the shifts that are occurring in the collective energy as a whole, removing the necessity for prolonged discord, struggle, and unhappiness that keeps us repeating these patterns, no longer has to be a lengthy process. We may now experience accelerated growth much more quickly, with our soul still receiving the fullness it intended.

It is no longer necessary to live life according to the expected design and plan of others, but to instead be able to choose, more consciously, to live as who you really are and experience what you desire through your own discerning of it.

The New Way of Opening the Space

With the higher vibrational and dimensional energies that we are moving in and through, it is possible to be able to switch into the polar, or opposite, side of where we are in any lower vibrational experience. Although this is more possible now, we often hold on to our old conditioning and continue to carry with us so much of that old past programming and heaviness. Even when we feel like it is time to transform to a higher vibrational frequency, we tend to still drag the struggle, the hardship and all the stuff we say we don't want anymore, with us. We just don't know how to let it go because, once the old is released, in its place opens an empty space we don't know what to do with.

When something is removed, it generally leaves a space that then needs to be filled. Energetically when this occurs, the space automatically fills with love, because love is our natural state and it easily happens in the new state of allowing during the release.

Even though love fills the space, it doesn't offer any new programming of what you want instead. The old, lower vibrational program is gone, and it is moving, or has moved out, of your energy, at which point there is an open space with nothing to fill it. This is the time when you can activate your new desires, reprogram new belief systems and experience your life differently from a new place, creating it how you want it to be now.

This open space is what I call limbo and it creates a feeling of not being in either place right now. You don't feel like you are in the old vibration and you don't quite fully feel in the new vibration yet either. The beauty of this is that you get to decide what you want to fill this empty space with. So, if you are ready to uplevel your experience with money and prosperity, your relationships, your health, or with anything that you have wanted to change, now is the time, and opportunity, to offer new beliefs, new desires and new thoughts that your life will be created from.

The Law of Polarity and New Experiences

The *Law of Polarity* states that which is equal and opposite exists at the same time in the same space. So, when we think we are in the place of lack, abundance must also exist in that same space, equal in degree and distance to the lack we are experiencing. When we think we are in a place of ill health, vibrant health has to exist as well, to the same degree and distance in the opposite direction.

Understanding this is about a mindset shift in knowing that whenever one side of what you see exists, so does its opposite.

For example, in geometry, we worked with plotting points on a graph. The graph had an axis in the center and if you went to the left from the zero point, it would be negative numbers, and if you went to the right, it would be positive numbers, but they were equal from the zero point no matter which direction you went. The same applied going up and down the axis as well. So, if you are a negative 6 for how bad something is, then the

positive 6 of how good it is also exists at the same time and in the same space and is just as available to you as what you are experiencing now. It applies to the distance between anything. As far as the top of the table is from the floor, the floor must be from the top of the table as well.

Introducing Polar Harmonics™

The Law of Polarity exists for our benefit, so through utilizing this universal law, the energy method of ***Polar Harmonics™*** has come into being.

By becoming aware of how the Law of Polarity works, and understanding how to work with it, it allows for a switch from one side of the pole to the opposite side as quickly as you desire. There is no time frame that this has to take other than just allowing yourself to be willing to move from focusing on one side to switching your attention and focus in the opposite direction.

This can show up as feeling like you do not have the level of intimate relationship you desire, because you are focused on that side of the pole, to switching to opening the space of possibility to be shown opportunities that already exist that will allow you to attract into your life that level of relationship.

You only have to allow yourself to stand in the power of working with it through understanding and knowing that the two sides always exist, and you become the neutral observer at the central, zero point where you get to choose what you place your attention on to experience more of what you desire. Neither side is necessarily better than the other, as it is only your perception of what you personally desire that gives it any meaning.

Being Polarized

When you focus on one side, without acknowledging the existence of the other side, then you become polarized to that one side view of things and that is what your experiences are created from, offering you more and more opportunities to see and experience that which you are focusing on. It is actually an imbalance in the energy of what is available for you to experience.

The power of working with ***Polar Harmonics™*** is being more at the center, zero point, and placing the focus on the side of the experience you want to have, without negating or removing either side of the available experiences, so that you can experience more of what you desire and enjoy.

In this neutral location, you are not "taking" sides, you are acknowledging that both sides, if you want to view them as good and bad, exist simultaneously. You have the power to put your attention in the direction of the side you want to experience more of and the other side will collapse, minimizing its appearance in your experience.

When it comes to the polar switching using ***Polar Harmonics™***, it will allow you to switch the polarity of what you have been focusing on, that is not what you currently want

to experience, to what you want to experience in your life with more ease, flow and speed. When you focus so long on one side, you may not even realize the other is available, or be open to switching to it easily and instantly, as is possible when it is activated within you through **Polar Harmonics™**.

Switching the Polar Experience

Polar Harmonics™ is a proprietary energetic method of polarity shifting activations that switch you from a lower vibrational focal point into its polar opposite higher vibrational focal point, releasing the remaining imbalances in your energy field and body related to it, to expand you into the desirable, high level experiences you want to have more easily and quickly in your life.

By using energetic activations, based on the experience that is currently on the lower vibrational side, to create a space that is the opposite of what you are experiencing right now, the switch in your experience can happen more easily and quickly. This new space allows you to step into the other side of what you may not have been able to access or see as clearly before, being you have been focused on the one side of the experiences that are what are showing up for you.

When you are experiencing the lower vibrational aspect in any area of your life that you would like to change, such as any unpleasantness, old patterns, or old beliefs, **Polar Harmonics™** moves you into the polar opposite of those experiences. It collapses the side you want to move out of, and in the switching of your focus to the new polar opposite side of the experience, the opportunities for how and what you experience switch and can be experienced by you in more immediate ways.

How quickly you are able to experience the opposite side of where your focus has been, is based on what your soul intended to experience when it decided to come on this human journey. If your soul is ready to instantly shift it, then it can. Being you have found your way to this information, there is a greater opportunity for that to occur for you. You are ready to switch your experiences now so you can live from a higher vibrational perspective.

Releasing the Remaining Imbalances

Once the switch has been made to the polar opposite polar side, you will still have aspects of the old lower vibrational energies, unprocessed emotions and experiences, left in your energy field. As part of **Polar Harmonics™**, these are removed specifically as seen in your energy field through high resonance healing and intuitive connectiveness. This process assists in accelerating the switch to the new polar experiences and solidifies it into your energy field as your new vibrational frequency from which these new experiences are created.

Through **Polar Harmonics™**, the work is done at deeper and higher levels of your energy field and physical body to clear out that which is no longer necessary within the vibrational level that you are now moving into. Your soul will have the opportunity to determine if what it wanted from the lower vibrational side of the experience has been

received and brought to a satisfying completion, thus allowing you to move fully into the higher vibrational experience of it now.

With the fullness of each experience that your soul intended to have, there will always be some clearing and releasing that needs to occur to some degree. To move into a higher vibrational energy, the lower vibrational energies that are no longer needed, must be released. Often, it is the places where you have polarized your focus and attention, on the things you do not want, that you need help in clearing because you are still not recognizing the opposite experience is also available to you.

After the Switch

It is common for you to move through a "tired" space where you feel more tired, exhausted or sleepy than you normally do. This happens as the energy shifts and moves through your energy field and your physical body. You can help alleviate some of the tiredness you may feel by staying well hydrated during this time.

You may experience heightened emotional states due to the releasing and healing of old emotions that were not fully processed at the time. You may be more sensitive, even somewhat irritable, as they shift. You may take things more personally during this time or even just feel like crying for what feels like no apparent reason.

By allowing yourself to do this conscious work, you can acknowledge that it is part of the process and be gentle with yourself as you move through it to release and heal it. You have chosen this process, so allow yourself the opportunity to experience it and bring it to completion. The more you do this conscious work, the quicker the process of moving through things will be.

How to Receive the Most from Polar Harmonics™

Allow yourself to take in the information that was shared here and become aware of the process of the shifts that can and will occur for you by listening to the ***Polar Harmonics™*** audio. You will be in a space of powerful energy while listening that will be working on your behalf in your energy field, higher energies of who you are, and in your physical body and life experiences as well.

Allowing yourself to consciously be aware of opening up to what wants to happen for you, and giving permission for it to do so with ease, grace and love, is a choice of your free will that you must make to receive the benefits of ***Polar Harmonics™***.

This is your part in experiencing ***Polar Harmonics™*** so you may shift your energy into the new polar experiences allowing you to choose to place your focus, attention and intention on being in the new polar experience and letting it all flow easily for you. It is also giving permission, as you move into this shift, of releasing any need to hold on to any remaining lower vibrational experiences, emotions, thoughts and beliefs. These keep you in the polar opposite of what you desire to be, do or have in experiencing your human reality for your highest and best good.

*When you are ready to begin receiving **Polar Harmonics™**, you will want to exercise your free will choice by giving permission for you to receive all that is being offered for your highest and best good and allow it to work on your behalf in doing so with ease, flow and love, and accelerated speed if you would like that. Say this, or something similar, to yourself as you begin.*

As **Polar Harmonics™** is working for you, please note the following:

- Be willing to let go of your old story when the old story of what you do not want shows up.
- Invite in your new story with greater peace, love, joy and abundance in your life.
- Be open to releasing and healing what holds you in the undesirable vibrational space of the current polarity and open to the new possibility of the other side.
- Give yourself permission to release your old story, move into your new story and let go of the current polarity for the new one.
- If you have resistance, ask yourself, "Why am I not allowing myself to be open and receptive to the shifts?"
- Allow any remaining aspects of the lower vibrational energy to be released, experienced as intended by your soul, and healed to completion to not have to be experienced again.

Experiencing Polar Harmonics™ ...

You want to be in a quiet location where you can be really relaxed and allow yourself to be as open and receptive as possible. You can sit up or lie down, with your eyes closed, for the session. Lying down is recommended, and it is fine if you feel like you doze off because, other than the noted above permission to receive and allowing it to work on your behalf, you do not need to do anything.

You will be guided through the **Polar Harmonics™** activation and healing. During the activation itself, when the energy of it is being sent to and enfolding you, you can allow your mind to wander and float off. It isn't necessary to think about, or focus on, anything. If you remain fully conscious during the activation and healing, just notice what you may be feeling or experiencing without any attachment to it. Just allow it to do what it knows to do as you do not have to do any of the work.

Think of it as laying out all the old stuff that you don't want to be worrying about, or carrying around anymore, and allowing it to be switched into things that feel good, that are light and happy to be experiencing. Then, allow the new energy of possibility, openness and the opposite higher vibrational experiences to be able to start flowing in. Allow these experiences to become your new familiar and state of normalcy from which your life and reality is created and experienced.

For the best results with the ***Polar Harmonics***[™] activation and healing, allow yourself at least 3 days between listening to it each time with your session recording. The energy of it is working at a heightened state for 3 days, and even up to 7 days, so you want to give it time to become integrated into your energy field and body, in order to create the deep shifts that you will be experiencing.

You can overload and overwhelm your system with too much energy work, particularly if it is intense and powerful in nature, and it will actually take you longer to integrate it into your energy and body, thus delaying receiving or experiencing the results you anticipated and wanted. I know this from past experiences, so please be patient, as it will move more quickly and profoundly if you allow it to do what it knows to do.

Also, remember to ***stay extra hydrated during the 3 to 7 days*** after as well as while you are listening to the recording. That keeps your energy strong because the electrical charges in all of your cells, and body, are running smoothly and no additional energy has to be expended to help in this process. The higher level work that is happening allows you to move through the process and shifts more quickly when it flows with more ease because those aspects are already being cared for.

After the activation and healing, notice what is shifting for you. You will start to feel differently on many levels. Your outer experiences and world will start changing in accordance with your new and shifting vibration, along with the way you are experiencing yourself and life.

Additional Awarenesses

You may want to journal your experience with the activation and healing. Notice how you feel and what you experience as a result of it and keep a record of the shifts. It helps you to be aware and stay present to what is shifting and how it switches the polarity for you. It also provides a timeline of the process you can reference and refer back to as you continue along your journey.

In addition to the limbo space mentioned earlier, you may feel a bit lost, like you don't fit anywhere, or like you are not feeling connected to anything really. This is because you are actually between two vibrational frequencies as everything is shifting on so many levels both energetically and physically for you. As the shifts solidify in your energy, you may also experience dissonance as this all happens.

Dissonance is more of the chaotic, messy aspect of the shift where you may see even more of what you don't want on the lower polar side you are moving out of as everything is being rearranged for the polar switch to the higher vibration that is becoming your new experience. This is all normal for the work you are doing, so just allow yourself the time to move from one side of the pole to the other. Allow yourself to experience the vibrational changes and embrace the messiness that may occur.

Both the limbo and dissonance states are a natural part of this process. It is helpful to understand this, so you are not caught off guard or surprised, not knowing how to navigate through it. Just keep listening to the audio during this time acknowledging it is happening and letting it do the higher work it is doing for you.

You get to decide how quickly you move through any part of the process and experience. Yes, you may think that you want to move quickly because you just want to get to the other side, but that was not your soul's intention for coming into this human experience, so deciding that you will experience it to the fullest, in the time necessary to do so, for its completion, then you can move quickly because there is no resistance in that.

Also, what may appear to take longer in foresight will actually be quicker than you thought when viewed in hindsight. Enjoy and embrace this life experience. Know that allowing it to unfold, without resistance, will bring more fun, pleasure and fulfillment to the fullness of your experience.

Now allow yourself to begin listening to the audio that will create the polar shift you desire.

With love and appreciation,
Tammy Braswell



Enhance Your Results with Private Sessions...

Private, one on one sessions are a great way to start creating change in your life through ***Polar Harmonics***[™] based on your specific experiences and old patterns that you are ready to heal and experience differently.

To really experience this work in deeper ways, allowing it to expand into all of your life, my 6 month one on one program is the next step to doing that.

Let me know you are ready by contacting me at Tammy@CreateByVibration.com to discover how you can go deeper into switching the experiences of significant areas of your life for greater transformation through ***Polar Harmonics***[™].