

RESONANT ENERGY

Positive States of Being

If accessing a resonant energy the person should focus on the relevant item by meditation or visualisation and allow their whole being to vibrate with the energy that they need (Good vibes). If clearing blockages to resonant energy, barriers to the energy can be explored and removed until the image stays stable and vibrant for a few minutes and they feel the good vibrations.

Perfect Truth	To be able to step outside perceived personal beliefs and work with the pure essence of Truth
All Sufficiency	When working for the higher good, your needs will always be met
Absolute Atonement	Utterly at one with yourself and the universe
Absolute Rhythm	Body, Mind and Spirit maintain a harmonious rhythm whatever happens
Eternal Compassion	To be able to always receive/give love and support to anyone in need
Supreme Healing Energy	Allows healing at the highest level
Reverent Honour	Acknowledging the worth of all life
Immutable Humility	The ego serving the higher self at all times
Inner Grace of Being	Inner beauty given by as a gift by Source
Inner Spiritual Connection	Integration, harmony & alignment of the spirit with all aspects of self
Omnipresent Simplicity	Being in a state that is exactly as you need to be with no complications
Pure Love Divine	Ability to receive the highest form of love
Soul Wisdom	Innate understanding of your spiritual needs
Sublime Abundance	Being open and accepting of all the wonderful things the Universe offers
Unconditional Love	Loving self and others unconditionally
Uninhibited Joy	Pure, unalloyed joy
Vibrant Peace	Releases inner tumult, gives calm vitality and confidence
Wise Protection	Having all the appropriate protection in place and nothing more
Sublime Identification	Loving yourself totally and unconditionally

Universal Energies

Universal Concert	Universal Healing	Universal Resolution
Universal Design	Universal Help	Universal Respect
Universal Inspiration	Universal Honesty	Universal Simplicity
Universal Beauty	Universal Hope	Universal Strength
Universal Brotherhood	Universal Integrity	Universal Truth
Universal Contentment	Universal Intercession	Universal Understanding
Universal Development	Universal Joy	Universal Unity
Universal Empowerment	Universal Liberty	Universal Upliftment
Universal Energy of the Soul	Universal Love	Universal Value
Universal Faith	Universal Mercy	Universal Vigour
Universal Forgiveness	Universal Nourishment	Universal Wisdom
Universal Freedom	Universal Peace	Universal Worth
Universal Fulfilment	Universal Protection	Other
Universal Growth	Universal Purity	
Universal Harmony	Universal Purpose	

Self Resonances

Or Self + PRE

Higher Self	Self Discovery	Self Knowing	Self Responsibility
Self Ability	Self Discrimination	Self Knowledge	Self Rest
Self Abundance	Self Drive	Self Liberty	Self Restraint
Self Acceptance	Self Dynamic	Self Love	Self Reverence
Self Accomplished	Self Ease	Self Maintenance	Self Reward
Self Accord	Self Effectiveness	Self Mastery	Self Righting
Self Achievement	Self Emergence	Self Mobility	Self Rigour
Self Acknowledgement	Self Employment	Self Motivation	Self Sanction
Self Action	Self Empowerment	Self Movement	Self Sanctity
Self Actualisation	Self Enabling	Self Nourishment	Self Searching
Self Adventure	Self Energising	Self Nurture	Self Security
Self Alignment	Self Enjoyment	Self Openness	Self Seeing
Self Amplification	Self Enthusiasm	Self Optimisation	Self Sensitivity
Self Appraisal	Self Equanimity	Self Optimism	Self Sensuality
Self Appreciation	Self Esteem	Self Organisation	Self Serenity
Self Approval	Self Evaluation	Self Ownership	Self Sexuality
Self Articulation	Self Examination	Self Pampering	Self Simplicity
Self Assertiveness	Self Expansion	Self Passion	Self Solving
Self Assurance	Self Expression	Self Peace	Self Soul
Self Atonement	Self Feeling	Self Perception	Self Stability
Self Authority	Self Finding	Self Playfulness	Self Stillness
Self Awareness	Self Flexibility	Self Pleasure	Self Strength
Self Balance	Self Focus	Self Plenitude	Self Structure
Self Beauty	Self Forgiveness	Self Possession	Self Success
Self Belief	Self Freedom	Self Power	Self Sufficiency
Self Capability	Self Fulfilment	Self Praise	Self Support
Self Capacity	Self Generosity	Self Preservation	Self Thriving
Self Care	Self Governing	Self Pride	Self Tranquillity
Self Centred	Self Grace	Self Progress	Self Trust
Self Certainty	Self Gratitude	Self Promise	Self Truth
Self Change	Self Growth	Self Prosperity	Self Understanding
Self Clarity	Self Happiness	Self Protection	Self Unification
Self Command	Self Harmony	Self Purification	Self Unity
Self Compassion	Self Healing	Self Purity	Self Upliftment
Self Composure	Self Health	Self Purpose	Self Value
Self Confidence	Self Help	Self Radiance	Self Vibrancy
Self Connection	Self Honesty	Self Realisation	Self Vigour
Self Contained	Self Honour	Self Rebirth	Self Vision
Self Contentment	Self Hope	Self Recognition	Self Vitality
Self Control	Self Humility	Self Recovery	Self Wholeness
Self Creativity	Self Identification	Self Refulgence	Self Will
Self Decision	Self Identity	Self Regard	Self Winning
Self Defence	Self Immunity	Self Regeneration	Self Wisdom
Self Demeanour	Self Improvement	Self Regulation	Self Worth
Self Denial	Self Independence	Self Relaxation	Self-at-oneness
Self Detachment	Self Integration	Self Release	Self energy of Soul
Self Detection	Self Integrity	Self Reliance	Myself
Self Determination	Self Intention	Self Repair	My Soul
Self Development	Self Involvement	Self Resilience	
Self Direction	Self Jollity	Self Resonance	Other
Self Discipline	Self Joyful	Self Resourcefulness	
Self Disclosure	Self Justification	Self Respect	

Positive Resonant Energies

A1	Assertiveness	Cleanse	Devotion	Evaluation	Genesis
Ability	Assimilation	Clear	Dignity	Excellence	Geniality
Absolution	Association	Clearance	Diligence	Excitement	Gentleness
Absorbed	Assurance	Clear-sighted	Diplomatic	Exemplar	Genuine
Abundance	Assuredness	Clever	Direction	Expansion	Gift
Acceptance	Astuteness	Coherent	Directness	Expectancy	Giving
Access	At-one	Cohesion	Discernment	Expectation	Glory
Acclimatisation	Attainment	Command	Discipline	Expediency	Goodness
Accommodation	Attractive	Commitment	Discrimination	Expertise	Goodwill
Accomplish (ed)	Atonement	Common Sense	Dispassionate	Exploration	Grace (ious)
Accord	Atunement	Communication	Dissemination	Explosiveness	Gratitude
Accountability	Augmentation	Communion	Divinity	Expression	Grounded
Accuracy	Authenticity	Compassion	Drive	Exuberance	Growth
Achievement	Authority	Competence	Dutiful	Exultation	Guidance
Acknowledgement	Autonomy	Completeness	Dynamic	Fair play	Hale & Hearty
Action	Awakening	Comportment	Ease	Faith	Happiness
Active	Awareness	Composure	Ebullience	Farsighted	Harmony
Actualisation	Balance	Concentration	Ecstasy	Fearlessness	Harvest
Acuity	Beacon	Concord	Education	Feeling	Healing
Acumen	Beauty	Confidence	Effectiveness	Femininity	Health
Adaptability	Beingness	Conscience	Efficiency	Fertile	Hearing
Adept	Belief	Conscious (ness)	Effortlessness	Fidelity	Heart(y/felt)
Adjustability	Belonging	Considerate	Elasticity	Finesse	Help(fulness)
Advancement	Benevolence	(tion)	Elegance	Firmness	Higher Mind
Adventure	Benificence	Consistency	Elevation	Fitness	Homage
Affable	Birth	Consolidation	Eloquence	Flexibility	Homeostasis
Agility	Bliss	Constancy	Emotional	Flow	Honesty
Agreeable	Blooming	Contemplation	Intelligence	Fluency	Honour
Alacrity	Blossoming	Contentment	Empathy	Fluidity	Hope
Alert	Blythe	Control	Empowerment	Focus	Holy
Alignment	Bold	Conviction	Enablement	Forearmed	Horizon
Aliveness	Boundlessness	Co-operation	Endeavour	Foresight	Humanity
All-knowing	Bounty	Co-ordination	Endowed	Forethought	Humility
Allowing	Brilliance	Courage	Endurance	Forewarned	Humour
All-seeing	Brotherhood	Craft	Energy	Forgiveness	Hydration
Altruism	Buoyancy	Creativity	Enfolded	Forgiveness	Identification
Ambition	Busy	Credence	Engaging (ed)	Fortitude	Illumination
Amenable	Calm	Credibility	Enjoyment	Fortune	Imagination
Amiable	Candour	Curiosity	Enlightenment	Foundation	Immanence
Analytical	Capability	Daring	Enlivened	Frank	Immunity
Anchor	Care (ful)	Dauntless	Enrichment	Free Passage	Impassioned
Animated	Carefree	Decision	Enspiral	Free (Spirit)	Impeccable
Aplomb	Celebration	Decisiveness	Enterprise	Free Will	Imperturbability
Appeal	Centred	Dedication	Enthusiasm	Freedom	Impervious
Application	Certain	Defence	Entirety	Fresh	Impetus
Appraisal	Challenge	Delight	Equability	Fresh start	Improvement
Appreciation	Channelling	Dependable	Equal	Friendliness	Incisive
Approval	Character	Deserving	Equanimity	Fruitful	Inclusive
Articulate	Charisma	Destiny	Equilibrium	Fruition	Incorruptibility
Ascension	Charity	Detachment	Equipped	Fulfilment	Independence
Aspiration	Charm	Detection	Erudite	Fulsome	Individuality
	Cheerful	Determination	Essence	Fun	Indivisibility
	Clarity	Development	Esteem	Garnering	Indomitable
			Ethics	Generosity	Industrious

Ingenuity	Memory	Poise	Relevance	Sober	Triumph
Initiative	Mercy	Popular	Reliability	Solid	Trust(y)
Innocence	Metamorphosis	Positive	Relief	Sorcery	Trustworthy
Innovation	Mindful	Potent	Remember	Soul	Truth (ful)
In phase	Mirth	Potential	Renaissance	Soundness	Unaffected
Inquisitiveness	Modesty	Power	Repair	Source (ful)	Understanding
Insight	Momentum	Practicality	Resilience	Spirit (ed/ual)	Unification
Inspiration	Morality	Presence (of..)	Resistance	Spontaneity	Unique
Integration	Motivation	Prescience	Resolution	Stability	Unity
Integrity	Movement	Pride	Resolve	Stamina	Unshakable
Intellect	Myself	Principled	Resonance	Stature	Upliftment
Intelligent	Mystery	Pristine	Resourcefulness	Status	Upright
Intent (ion)	Noble	Proactive	Respect	Steadfast	Up-to-date
Intercession	Non-pareil	Probity	Respond(sive)	Steadiness	Validation
Interest	Nonsuch	Productive	Responsibility	Steering	Valour
Intimacy	Nourishment	Professional	Rest	Stillness	Validity
Intuition	Obedience	Proficiency	Restraint	Stimulation	Value
Inventiveness	Objectivity	Progress	Revel	Stoicism	Vastness
Invigorating	Oneness	Prolific	Revelation	Straightforward	Veracity
Invincible	Open	Promise	Reverence	Strength (of..)	Verification
Inviolable	Open-eyed	Propitiation	Reward(ing)	Strong	Verve
Invisibility	Open-hearted	Proportion	Rhythm	Sublime	Vibrant(cy)
Involved	Open-minded	Prosperity	Riches	Success	Victory
Joy (ful)	Openness	Protection	Right path	Succinct	Vigilance
Judicious	Opportunity	Providence	Sacred	Succour	Vigour
Just(ice)	Optimisation	Provision	Rigour	Sufficiency	Virility
Kind-hearted	Optimism	Prowess	Robust	Supple	Virtue
Knowing	Order	Prudence	Safe(ly) (ty)	Support	Visibility
Knowledge	Organisation	Purification	Safe Passage	Sure	Vision
Laughter	Originality	Purity	Salvation	Sure-footed	Vital(ity)
Leadership	Outgoing	Purpose (ful)	Sanction	Surrender	Vivacity
Learning	Ownness	Quality	Sanctity	Sustenance	Vocation
Liberty	Pace	Quiet	Satiety	Sympathy	Wealth
Life	Panache	Radiance	Satisfaction	Symphony	Welcoming
Life purpose	Passion	Rapture	Scintillate	Synchronicity	Welfare
Light (-hearted)	Patience	Rationality	Secure(ity)	Synergy	Well-being
Lightness	Peace	Readiness	Seeking	Synthesis	Whole(ness)
Limitless	Perception	Realisation	Selective	Tenacity	Wholehearted
Listening	Perfect	Realism	Sensitivity	Tenderness	Wholesome
Love	Permission	Rebirth	Sensuality	Thankfulness	Will
Loyalty	Perseverance	Receptive	Serendipity	Thrifty	Willingness
Luck	Persistence	Recognition	Serenity	Thriving	Willpower
Lustre	Perspective	Recovery	Service	Thrust	Wisdom
Lyrical	Perspicacity	Recreation	Sexuality	Timelessness	Wit
Magic	Pertinent	Redemption	Sharp	Timeliness	Wonder(ful)
Magnetism	Philanthropy	Refined	Shining	Timing	Worth(y)
Manifestation	Piety	Reflection	Significant	Tip-top	Zeal
Masculinity	Pioneering	Refulgence	Silence	Tolerance	Zest
Mastery	Play (ful)	Regeneration	Simplicity	Toughness	
Maturation	Pleasing	Relationship	Sincerity	Tranquillity	
Mediation	Pleasure	Relaxation	Skill	Transcendence	
Mellow	Plenitude	Release	Smoothness	Transformation	

Beliefs connected with (Beliefs may be Limiting or Elevating)

Self Resonance

Positive Resonance

Possible Prefix – Self / My / The / Physical / Emotional / Mental / Spiritual / I Am

Abandonment	Dentist	Learning	Repeating patterns
Ability	Despair	Letting go	throughout my life
Able to meet my	Development	Life	Resisting
needs	Difficulties	Losing	Responsibility
Abundance	Disappointment	Loss	Retirement
Abuse	Divorce	Love	Ruthlessness
Acceptable	Doctor	Loveable	Scared
behaviour	Doubt	Loyalty	Security
Ageing	Emotions	Making decisions	Self
Aggression	Enlightenment	Manipulation	Separation
All things	Equality	Marriage	Setbacks
Alone	Everything	Maturity	Sex
Appearance	Expectations	Me / Not Me	Shortcomings
Authority	Expressing	Meeting my own	Sister
Avoiding	emotions	needs	Social Media
Being heard	Failure	Men	Social Situations
Being	Family	Money	Son
independent	Father	Mother	Soul
Being listened to	Fear	My body	Spirituality
Being loved	Financial	My features	Stress
Being me	Foods	My inner beauty	Success
Being needed	Forgiveness	My life	Suffering
Being put down	Forgiven-ness	My outer beauty	Suppression
Being seen	Freedom of	My personality	Surrender
Being used	expression	My spiritual path	The Future
Beliefs	Friend (ship)	My true feelings	The Past
Birth	Fulfilment	Myself	The Present
Blame	Growth	Not able to meet	(The) Truth
Brother	Guilt	my needs	The way I think
Business	Healing	Opportunities	Thoughts
Challenges	Health	Orgasm	Threats
Change	Holding on	Others	Unhappiness
Childlessness	Honesty	Phobias	Unity
Children	Hurt	Physical	Unknown
Commitment	Husband	Potential	Vitality
Conflict	Identity	Problems	Well-Being
Control	Illness	Progress	Wife
Co-operation	Information	Prosperity	Winning
Coping	Integrity	Protection	Women
Daughter	Interrogation	Punishment	Work
Death	Intimacy	Putting Self first	
Decisions	Intrusive energies	Relationships	Other
Denial	Kundalini	Relaxing	

