

finding your soul note

If you've asked these questions, then identifying YOUR Soul Note is in your higher good.

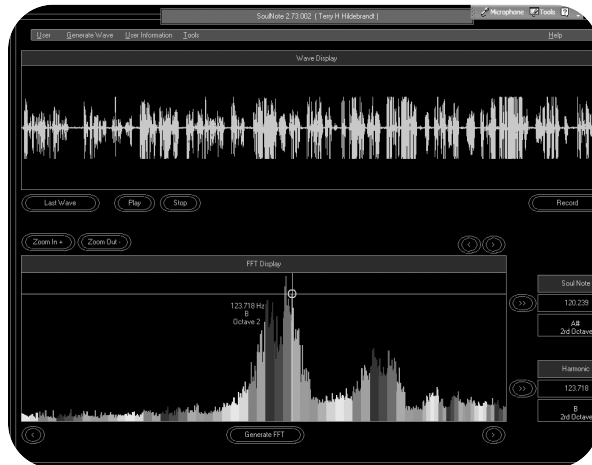
- How can I know and align more with my Soul's purpose?
- How can I be centered and grounded in that purpose more of the time?
- If my Soul could speak to me in sound, what would it sound like?

Many spiritual traditions consider the heart to be the "seat of the Soul." Your Soul Note is a recording of the sound that is most frequent when you speak from your heart. A Harmonist (a person who is trained to identify Soul Notes) uses a computer program developed by Sound Wave Energy® that captures your voice and analyzes the most frequent sound when you speak from your heart. The Soul Note includes this note, and others derived from it, to help you connect more with your Higher Self/Soul. Here are the three or four parts of the Soul Note:

- **Soul Note** – To connect more with your Soul or to resonate with the frequency of your Soul.
- **Half Note** – An octave lower than your Soul Note, helps you release core issues from past lives that are still stored in your cellular memory.
- **Double Note** – An octave higher than your Soul Note, helps you bring in even higher

vibrations of the "I AM" or Divine Presence aligned with your Soul.

- **Harmonic** – Some, but not all, people have this note that is for supporting and nurturing you when you are "up against your edges" or having a difficult time.



Your three or four notes can be recorded on a cassette or CD for you to hear and use. By listening to your Soul Note, and humming or toning along with it, you can become centered and reconnected within the divine power within you. Although your Soul Note is the most frequent note when you speak from your heart, there are many other notes represented in your speech. By playing your Soul Note repeatedly or toning the note by yourself, your body begins to entrain with this note and you become more aligned with your Soul's vibration.

Margie Mulligan, Ph.D.

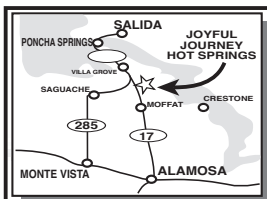
Rather than allowing yourself to get off balance with the stresses of everyday life, or identifying with your ego and its problems, you can repeat your own Soul's note and vibrate at the frequency of your Soul's essence. Since the Soul knows only bliss, joy and euphoria, you can tap into this true reality simply by humming your Soul Note.

If you pray or chant, you can strengthen the effect by using your Soul Note. If you are doing healing work, humming or playing the Soul Note will magnify the effect. If you use the Sound Wave Energy healing recordings, saying the intentions for each note of your Soul will enhance the power of the spiritual, mental, emotional or physical healing. When couples or groups want to cooperate in the highest good of all, a couple's or group's Soul Note can be created for them to all tone whenever they want to move to a higher level of functioning that satisfies their soul's desire.

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Margie Mulligan, Ph.D., is a Reiki Master and Magnified Healing® practitioner who has been on a spiritual path for 20 years (trained in spiritual psychology, pre-dynastic Egyptian mysteries, Siddha Yoga, and I AM Source). She is the local Harmonist and distributor for Sound Wave Energy products. In Fort Collins, evening or weekend appointments are available. If you live outside the Fort Collins area and have several people who want Soul Notes created, Margie will travel to your location on the weekends for multiple appointments. She can be contacted at 970-207-1505 or engyheal@earthlink.net



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