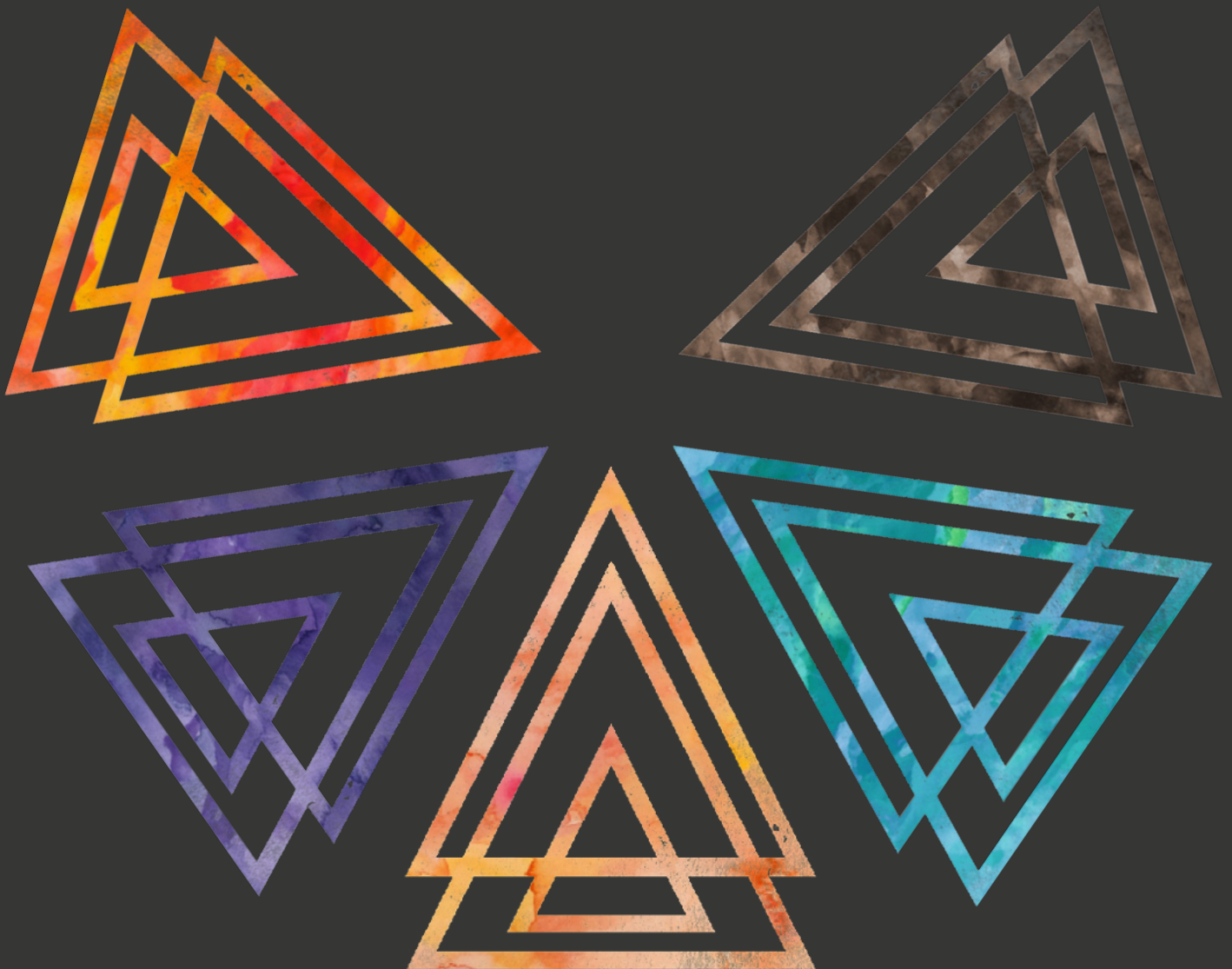


Overview of FREQUENCIES

ELLEN ERCOLINI



As we dive into our Frequency work together, it's natural to want to see what all the Frequencies are and have an overview of them so you can start to see how they work together.

There are nine Frequencies total. There are three types of Earth Frequency, and two types each of Metal and Wood.

The overview below will help you start to understand the different flavors of each one.

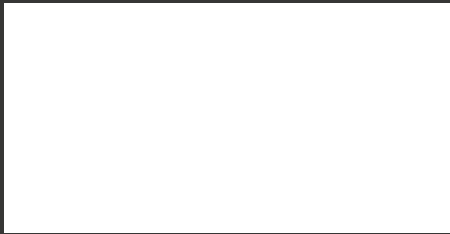
WATER	Water is the energy of philosophy and creation. Deep like the ocean and strong like its waves, water energy loves to explore, and water frequencies need time and space to freely explore. They spend a lot of time thinking about the bigger picture: what it all means, why we're here, and what the meaning of life is. Dreaming is a major hallmark of the Water Frequency.
FERTILE EARTH	This Earth Frequency cares a tremendous amount about other people. They are incredibly kind and caring, sometimes to the point where others are left wondering how they could possibly be that nice. Very family oriented, most businesses run by this frequency tend to have a family feel and a very high level of customer service and client experience. This is a Frequency can be so focused on taking care of other people that they forget to accept support for themselves. This is the most feminine of all the Frequencies.

BEANSTALK (WOOD)	<p>Beanstalk energy is energy of growth and transformation -- it's the energy of breaking through and quick change - imagine a beanstalk shooting up through the soil - it can be a bumpy ride, so hold on! These years tend to be ones you look back on and think "everything changed that year." This Frequency is known for its directness and bluntness.</p>
BAMBOO (WOOD)	<p>Bamboo energy is the energy of internal growth. It's a year when your internal workings catch up to all the growth of the previous year. It's the middle year of a three year growth spurt, and a great year to keep working towards your goals, and focus on personal development. This Frequency is more flexible than the beanstalk energy, and tends to be more charismatic and leadership oriented.</p>
EMPRESS (EARTH)	<p>This is the middle Frequency of the nine, so it's the most grounded. It's a Frequency that's good at being good at things. With all Earth Frequencies, there's tremendous power and potential, if the self-doubt can be navigated. Empress Frequencies experience this by doubting that they are truly good at anything because they are evenly excellent at everything they put their minds to, therefore not experiencing a dip showing them where they are better or worse at things, because everything is evenly great.</p>
EMPEROR (METAL)	<p>This Metal Frequency tends to have a big picture vision and strong attention to detail. The Emperor is the most masculine of all the Frequencies. Because their big picture vision and attention to detail is strong, they have a strong sense of "I'm right", which can make them sensitive and inflexible when they're not.</p>

PRINCESS (METAL)	<p>The Princess Frequency is the energy of the hostess with the mostess. This energy is incredible at designing, creating experiences and planning parties or events. This energy is designed to revel in joy and delight and enjoy the fruits of the hard work of the last six years. This Frequency is designed to celebrate and enjoy all that you've created.</p>
MOUNTAIN (EARTH)	<p>The Mountain Frequency calls on you to go deep and do the work. This Frequency is all about learning the lessons you've been being taught, with the goal of learning the lessons so you can evolve and grow, not keep banging your head against the same challenges. This is the strongest of all the Frequencies, and has a tremendous capacity to love, heal, grow, and support others.</p>
FIRE	<p>Fire energy is visionary, creative, exciting. It tends to be very open hearted and passionate. It's also the energy of releasing, letting go of things that do not serve your highest good as you get ready to go into your next nine year growth cycle. Fire energy can feel like the fireworks at the end of the fair, exciting, thrilling, and signal endings.</p>

MY Frequency

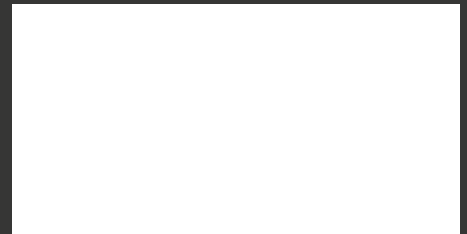
How people see me, aka
what flavor of chocolate
am I?



How I am in my closest
personal relationships &
how I was as a child.



Professional skills and
strengths, achilles heel in
the rest of my life.



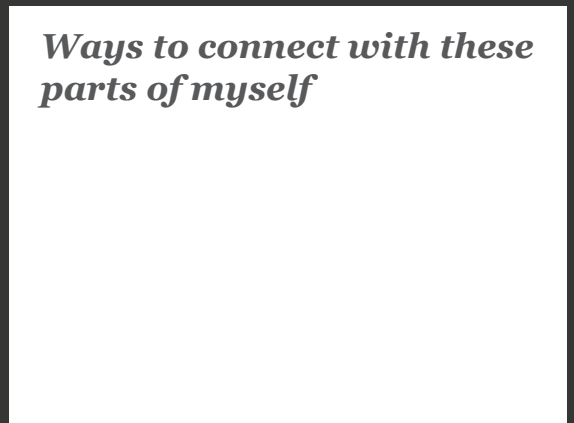
Flare // souls imprint and expression via facial features



Strengths



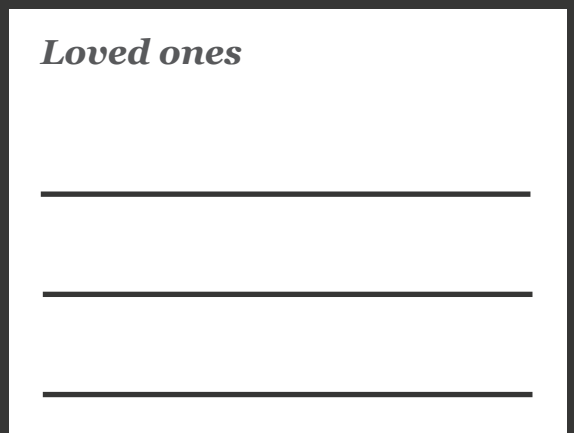
**Ways to connect with these
parts of myself**



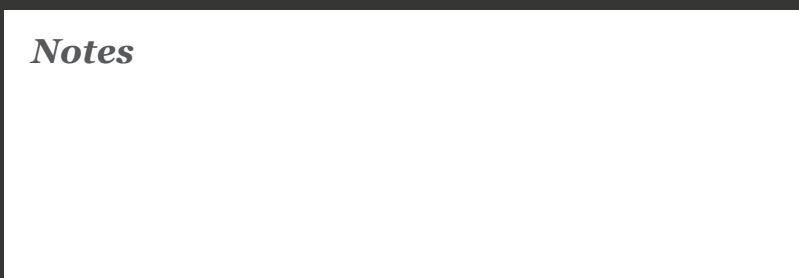
Things to watch out for



Loved ones



Notes



Frequency CALENDAR

