

432 hz = supports physical relaxation

Also found this [playlist on soundcloud](#) of songs all tuned into 432 hz

## Fractal

Fractals are complex, never-ending geometric patterns that are self-similar across different scales, meaning the same pattern repeats smaller and smaller, or larger and larger, levels. Coined by [Benoit Mandelbrot](#), they represent "fingerprints of chaos," describing irregular, fragmented shapes in nature—such as coastlines, clouds, and trees—that traditional geometry cannot.

### Key Characteristics and Examples

- **Self-Similarity:** Parts of the object resemble the whole. A classic example is broccoli, where each stalk looks like a miniature version of the entire head.
- **Infinite Complexity:** Even when magnified, the detail continues indefinitely.
- [\*\*Fractal Dimension\*\*](#)  
Instead of simple dimensions (1D line, 2D plane), fractals have fractional dimensions, which quantify their roughness or how they fill space
- **Natural Examples:** Clouds, lightning, rivers, seashells, lung branches, and ferns

## Symbolisms

### Water jug

- Pouring water out of a jug is a profound, universal and ancient symbol with diverse meanings spanning religious, cultural, and spiritual context. The core act generally represents purification, the offering of life-sustaining resources and the flow of blessings or divine energy.

### Swans

- Centers on grace, beauty, transformation and soul level wisdom. Representing purity and fidelity, swans often embody the ability to navigate life's emotional currents with composure, symbolizing spiritual awakening and the unfolding of one's inner divinity. They are powerful messengers of intuition, balance and self esteem

### Orchids

- Love, beauty, strength, refinement, and the quest for truth, purity and enlightenment, representing a connection to the divine and inner peace
- Specific meaning varying by color
  - white- purity/faith
  - purple- royalty/admiration
- good fortune, spiritual growth, courage to be unique, inspires tranquility and spiritual reflection

### Regulated Nervous system

- Maintains balance between sympathetic (fight/flight) and parasympathetic (rest/digest)
- Allows swift response to stress and prompt return to a calm, safe state.

- Resilience, steady energy, good digestion and emotional stability.

### **Healing core wounds**

- deep-seated, often childhood-rooted subconscious beliefs like "I am unlovable" or "I am not enough"
- Involves increasing awareness of triggers, practicing self-compassion and representing inner child
- Process shifts destructive patterns by validating emotions, setting boundaries and changing brain patterns through consistent nurturing self-care.

### **Core Cutting Rituals**

- Symbolic act designed to sever unhealthy emotional, mental or energetic ties with a person, past relationship or situation, facilitating emotional release and personal empowerment.
- Involves grounding, visualization of the cord and a physical action like burning candles tied together or using scissors to cut the cord.

### **Internal Flame**

- Divine spark, life force, spiritual consciousness within
- Innate vitality, creativity and personal transformation
- Unextinguishable inner light that drives authenticity, passion and connection to a higher purpose, often serving as a guide during personal growth.

### [Mimsy Murder Mitts Moon](#)

#### Calcifer - Howls Moving Castle

The fiery spirit bound to Howl's heart, represents energy, vitality and the delicate balance between freedom and responsibility. Though he appears mischievous and sarcastic, he is literally the flame that keeps Howl's Castle (and Life) moving. He is a symbol of how our inner fire fuels everything we do.

Check out [this link](#) for more magic about Calcifer

also, fun fact, I love Ghibli Studio productions!

### **Being Perceived**

- Recognition internal check in, how are you being perceived? Does it line up with your internal spaces? First Impressions. Social Interactions.
- a state of congruence, outer expression, behavior or appearance authentically reflecting internal, truth or psychological state.