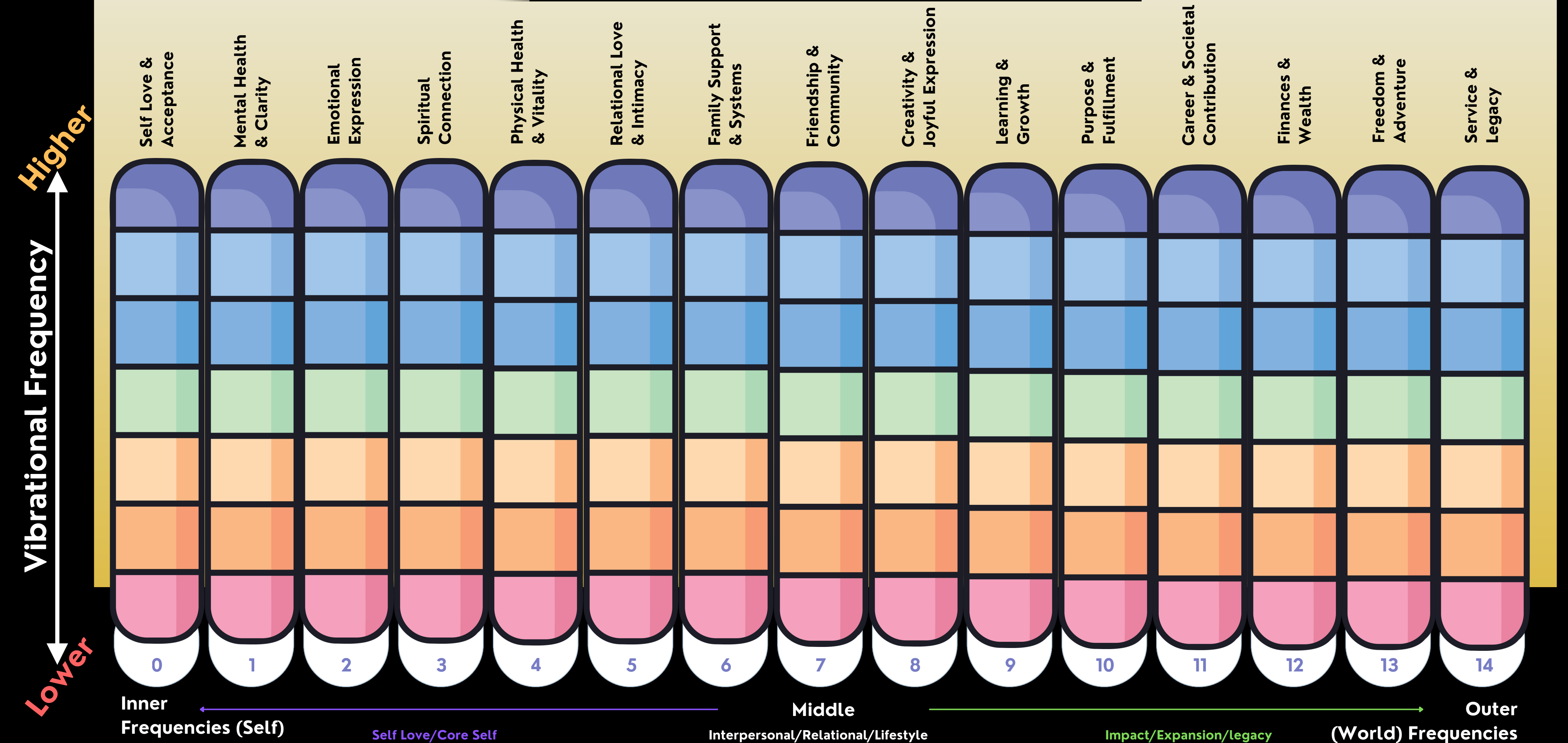


MY CHORD FREQUENCY



BY: **UNCHAINED** SOULS



What is a Chord Frequency?

Your Chord Frequency is the blend of all the frequencies that make up your soul's overall vibration. Your unique, authentic spiritual expression. It is the full spectrum of you, and the purpose of life is simply to live your best version in authentic expression. Each frequency (love, health, wealth, purpose, etc.) vibrates at its own level depending on your beliefs and state. Together, they form your soul's chord, showing where you are and where you want to grow.

How do I increase my Chord Frequency?

You raise your chord frequency by working on each individual frequency that makes up your whole. As you grow, heal, and step closer to your authentic expression, your natural vibration begins to resonate higher. This can happen through shadow work, self-reflection, healing old wounds, or guidance from a mentor or professional at Unchained Souls. There is no one-size-fits-all path as everyone has unique areas shaped by their environment, limiting beliefs, and unhealed experiences. The key is to recognize where you are, and then intentionally nurture the areas that need support.

How do I use this sheet?

This sheet is designed to be simple and not overwhelming. All you need to do is be honest with yourself and trust your first thought or intuition when deciding where you fall on each spectrum.

1. Print the sheet (or use it digitally).
2. Mark an X or check where you feel you are in each category.
3. Look at your results! Notice your strengths and the areas that feel lower.

The lower your mark, the more you may want to explore the beliefs, habits, or wounds keeping you stuck there. That's it! The real work comes afterward if you choose to grow in those areas and watch yourself vibrate higher as you connect more deeply with your authentic expression.



Visit UnchainedSouls.com for more tools, guidance, and content to help you raise your chord frequency and step into your most authentic expression!