

# THE DEEP DIVE

*Frequency Reflections*

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ACTIVATIONS

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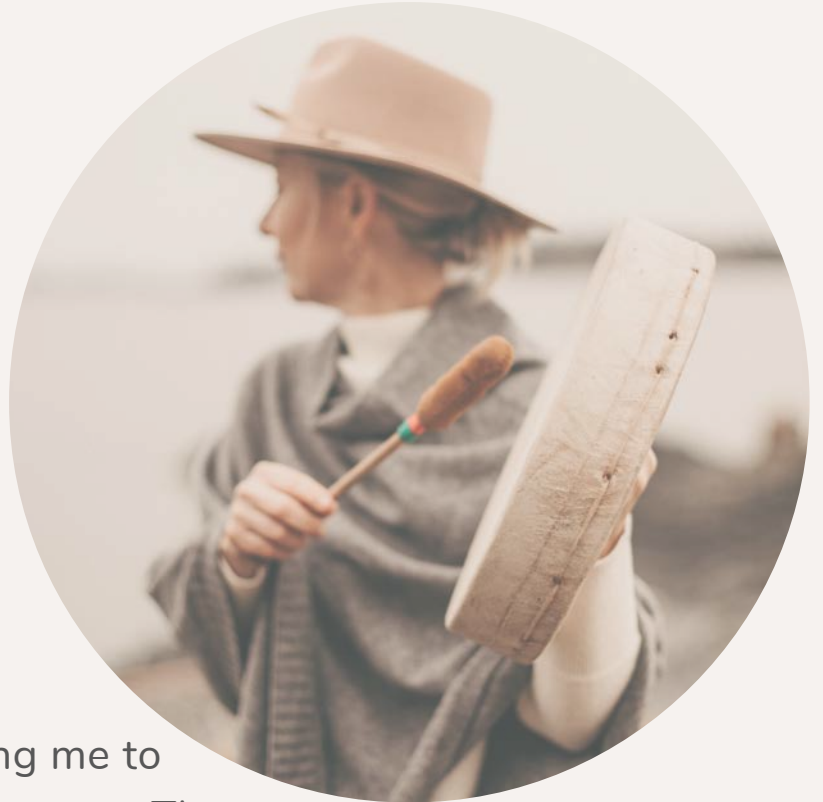
Channelled message

Reflection questions



Every moment is an  
opportunity to change  
your perspective. To seek  
the buried treasures within

# Hello!



I sincerely thank you for trusting me to guide you on this Deep Dive journey. These activations were channelled through me and have been the biggest asset to my success throughout my journey. I listen to them regularly and I can honestly say my personal frequency shifts which allows me to effortlessly move forward in my life journey. Whether it's in business, personal growth, relationships or clearing limiting beliefs that keep me stuck when it comes to finances, these have truly been a gift.

I am so excited to share these with you and cannot wait to see where your journey takes you!

*Caroline xx*

ACTIVATION 1

# Judgement





# Letting go of Judgement

Conscious connection.

Can we see all aspects of ourselves, without judgment, while seeing the differences in others without judgment? Understanding we are all united, mirroring each other in the greater cosmos. When we can connect consciously, with ourselves and others, we will then feel the support of the universe, the magic, held ever so beautifully in its frequencies

We are all doing the best we can on this journey called life! Remember the lens through which you view yourself and others from. We are only human, and mastering our humanness is an evolving process. When casting judgment or criticism on oneself and others, know that everyone, including yourself, is doing the best that they can at that moment.

We are never completely free of our faults, this is a gift allowing us to learn and evolve. However, we are completely free on how we view them. Be humble, be kind. These are only moments, and each breath is a whole new moment in which we are given another opportunity to connect, create, to make space for everyone to grow.

# Frequency Questions

Who are the people in your life that have more authority over your willpower and why?  
Are you able to express yourself openly and honestly without self-criticism and judgment?  
If not why?

Are you able to sense when you are receiving guidance instead of having judgment over the situation or circumstance?

YOUR REFLECTIONS:





ACTIVATION 2

# *A Journey Home*





# A Journey Home

It's time to release ourselves to finally be free. Can you cultivate the strength to release yourself, and untie the knot?

To be fully free is to forgive, releasing the energetic bond. You are not condoning someone's actions. You are forgiving their ignorance, remembering that no one needs to "pay"... forgiveness it's not transactional. Understanding that when we forgive, it doesn't mean that we are still not in pain... that pain is yours, for you to process and transmute into strength for yourself... Untying yourself is not easily done, but with courage and strength, your wounds will become your biggest superpower

Can you release the energy of the experiences, the stories around your wounds that are depleting your energy? We often hold on to the emotions around an experience, a story that is negative, more so than to a story, an experience that is positive. By holding on to the energetics around the negative it weakens our vibrational field. Try to release the lower frequencies of hate, anger, and frustration and transmute it into love... love for yourself. When we can be in this place of surrender and choose to turn the energetics behind the emotions of our wounds into ones of higher frequencies and love for yourselves, then we can be FREE. Free to live a life of possibilities, opportunities.....a life of love that you choose to live

# Frequency Questions

Were there any experiences in which you were able to have clarity?

Where there any experience where you were ready to let go or forgive?

Do you feel, like you have created a more energetic space for yourself by releasing some emotions tied to a time, place, or experience?

Are there any particular moments or timelines you need to go back to find more clarity or release any energetic attachments?

**YOUR REFLECTIONS:**



ACTIVATION 3

# Worthiness





# Worthiness

We are always in co-creation with the universe, and once we understand this, we can then begin to fine-tune our channel. Instead of drifting along with the occasional breeze, it's time to dial in your frequency, your channel so you can easily and effortlessly create a reality beyond your wildest dreams....just like a sailboat, when that wind catches its sails and you turn the motor off, that feeling freedom, together in harmony, allowing the energies to work together is a magical masterpiece. What you want.... truly wants you.

Can you become so clear in your creation and your visions that you can identify and fine-tune your channel? Dialling in your frequency so you can easily and effortlessly create a reality beyond your wildest dreams... To fully trust in what you want and believe, surrender to the process no matter how uniform or unconventional it flows. When we can fully "dial in" to our essence our truth and not waver to please, conform or simply fit in because it may be "easier" at the time. We become uncaged, the signal emitting from you is amplified with no interference free to broadcast to whomever, whatever is supposed to tune in. Working effortlessly with the energetics universe as it advertises for you.

# Frequency Questions

Are you in resonance with your desires, dreams, and wishes?

What frequency are you emitting?

Is there perhaps some interference? If so can you identify them and clear the interference?

YOUR REFLECTIONS:







# Stay in the Frequency

## JOIN THE EXCHANGE

Join this exclusive high frequency space where each month you will receive a new frequency to work with plus other high vibrational tools to help maintain and keep you in your most optimal energetic state

## LIVE YOUR TRUTH

My gift to you is 3 months Free in the Exclusive Frequency Membership. Use code **unlock3**  
**Click the link below to activate**

The   
**EXCHANGE**  
BY CAROLINE DALTON

*Trust yourself.*



# Thank-you!

I'm so excited to continue working with you,  
please reach out to learn more.

Reconnecting you to your Soul Frequency one  
octave at a time as you unlock your own limitless  
potential.

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