

FREE GUIDE

The Complete Beginner's Guide to Morphic Fields

*Everything you need to know to start your transformation
journey*

BA Morphic & Energetic Fields

bamorphicfields.com

200+

FIELDS CREATED

450+

TESTIMONIALS

1,700+

COMMUNITY MEMBERS

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What Are Morphic Fields?

If you have found your way to this guide, you have likely heard the term "morphic field" and wondered what it means, whether it is real, and how it could possibly affect your life through an audio file. These are reasonable questions, and this chapter will address each of them honestly.

The Concept of Morphic Resonance

The term "morphic field" comes from the work of Dr. Rupert Sheldrake, a biologist who proposed the theory of morphic resonance in 1981. His central idea is that nature operates through fields of information, not just physical matter and chemical reactions. According to Sheldrake, every system in nature, from a crystal forming its lattice structure to a flock of birds coordinating its movement, is guided by an invisible field that carries the memory and pattern of that system.

Think of it like a blueprint that exists outside of physical space. When a crystal forms, it does not need to "figure out" its shape from scratch each time. It draws on the morphic field of that particular crystal type, which contains the accumulated pattern from every previous instance. Sheldrake argues that this principle extends to biological organisms, behaviors, and even mental patterns.

While morphic resonance has not been accepted into mainstream scientific consensus, it has not been conclusively disproven either. It exists within a broader landscape of biofield research that is gradually gaining more attention from institutions, including the National Institutes of Health, which recognizes the biofield as a legitimate area of study.

How Morphic Field Audios Work

Morphic field audios are created by encoding specific energetic and informational instructions into an audio format. The audio itself, the sound you hear, is a carrier. The actual "work" is done by the energetic field embedded within it. When you play the audio, the field interacts with your own body's energy system, delivering instructions that support specific outcomes: healing, relaxation, clarity, physical change, emotional release, and more.

You do not need to concentrate, visualize, or meditate for the fields to work. You do not need to believe in them. You simply need to play the audio and allow the field to interact with your system. Many people listen while working, studying, exercising, or sleeping.

A helpful analogy: Imagine standing near a campfire. You do not need to "try" to feel warm. The heat reaches you whether you are paying attention to it or not. Morphic field audios work on a similar principle. The energetic information reaches your system simply by being in the field's range.

How They Differ from Subliminals, Binaural Beats, and Meditation

People often encounter morphic fields after exploring other modalities, so it helps to understand the distinctions:

- **Subliminals** use hidden affirmations embedded beneath audible sound to influence the subconscious mind through language. Morphic fields do not use affirmations. They carry energetic instructions that interact directly with your body's energy system, bypassing the need for the mind to "hear" or process anything.
- **Binaural beats** use two slightly different sound frequencies played into each ear to produce a third frequency perceived by the brain, encouraging brainwave states like relaxation or focus. Morphic fields are not frequency-based. The carrier audio can be silent or ambient. The mechanism is the embedded field, not the sound wave.
- **Meditation** is an active practice that requires your conscious participation. Morphic fields work passively. You can listen during any activity. Meditation can complement fields beautifully, but it is not required.

The Science and Theory

We want to be honest about where the science stands. Morphic resonance, as Sheldrake describes it, remains a hypothesis. It exists outside mainstream scientific consensus but has not been refuted. What we can point to is the growing body of biofield research:

- The human body generates measurable electromagnetic fields. The heart's field, measured by SQUID magnetometers, extends several feet from the body.
- The HeartMath Institute has published peer-reviewed research showing that the heart's electromagnetic field carries emotional information and can influence the physiology of people nearby.
- Biophoton research has demonstrated that living cells emit ultra-weak photon emissions, light, that carries information between cells.
- The NIH recognizes biofield science as a legitimate area of research through its National Center for Complementary and Integrative Health.

The honest answer is that we do not fully understand the mechanism by which morphic field audios produce their effects. What we do know is that across a community of over 1,700 people, with more than 450 documented testimonials, consistent patterns of experience emerge. People who have no contact with each other report remarkably similar effects from the same fields: the same physical sensations, the same emotional shifts, the same timelines of results.

Rather than asking you to accept a theory, we invite you to try it for yourself. The free tools available on our Patreon and YouTube channel give you the opportunity to form your own conclusions without any financial commitment.

How to Use Morphic Fields

One of the most common things we hear from newcomers is surprise at how simple the process is. There is no ritual, no special equipment, and no preparation required. Here is everything you need to know to get started.

Just Press Play

That really is the core instruction. Download or stream the audio, press play, and go about your day. The field works whether you are consciously paying attention to it or not. Many people in our community listen while they work, cook, exercise, commute, or sleep.

You do not need to be in a meditative state, though some people enjoy pairing fields with quiet time for a more focused experience. You do not need to close your eyes, sit in a specific posture, or clear your mind. The field does its work regardless.

Headphones vs Speakers

Both work. This is a frequent question, and the answer is that morphic field audios are not dependent on stereo separation or binaural processing. The energetic field carries the information, not the sound waves alone.

- **Speakers** allow the field to fill your space, which many people prefer for passive listening throughout the day. Some users play fields through speakers while they sleep.
- **Headphones** can be useful when you want to minimize distractions during a focused session, or when you are in a shared space and do not want to play audio aloud.

Use whichever feels most comfortable and fits your lifestyle. There is no penalty for choosing one over the other.

How Many Loops Per Session

A "loop" is one complete play-through of the audio file. For beginners, the general recommendation is:

- **1 to 3 loops** of a single field per session

- **1 to 2 sessions** per day

This gives your body and energy system time to process and integrate the changes being initiated. Some fields are more intense than others, and most premium fields come with specific listening instructions (such as "40 minutes per day" or "2 to 4 loops"). Follow those instructions, especially when starting out.

KEY PRINCIPLE

Consistency matters more than volume. Listening to one field daily for a week will generally produce better results than playing ten fields once and then stopping. Think of it like a workout routine: regular, moderate sessions produce more lasting change than one exhausting marathon.

Best Times to Listen

There is no single "best time." It depends on the field and your personal routine. Some general patterns from our community:

- **Morning:** Energy-building fields, clarity fields, and foundation fields work well as part of a morning routine. Many people play their primary stack while getting ready for the day.
- **Afternoon:** Fields that support focus, creativity, or physical performance are good fits for active hours.
- **Evening/Night:** Healing fields, sleep fields, and emotional processing fields pair naturally with rest. Many users run fields overnight through speakers at a comfortable volume.

The Role of Intention

Intention is not strictly required, but it can amplify results. Setting a simple, clear intention before pressing play gives your system a direction. This does not need to be elaborate. A brief thought like "I intend for this field to support my healing" or "I welcome the energy of this field" is sufficient.

Some advanced fields in the BA catalog respond to specific intentions and commands. But as a beginner, you do not need to worry about this. Simply playing the audio with an open, receptive attitude is enough.

Hydration and Self-Care During Use

This may sound like a small detail, but experienced users consistently emphasize it: drink water. Energetic work can be dehydrating, and proper hydration supports the integration process. Beyond water:

- Get adequate sleep, especially in the first weeks as your body adjusts

- Eat nourishing food; your body may need extra support during active processing
- Go easy on yourself if emotions surface; this is part of the process, not a problem
- Take rest days if you feel overloaded (more on this in Chapter 5)

Building Your First Stack

Once you have spent a few days getting comfortable with individual fields, the natural next step is stacking, combining multiple fields into a deliberate sequence. This is where morphic fields become truly powerful.

What Is Stacking?

Stacking is the practice of playing multiple morphic field audios in a planned sequence, creating a personalized "playlist" that targets your specific goals. Think of it like a supplement stack or a workout routine: each element plays a role, and together they produce a result greater than any single component alone.

The order matters. A well-structured stack follows a logical flow: prepare the energy system, boost receptivity, then deliver the goal-specific fields.

The Foundation: Start with Energy System Upgrade

Before you add goal-specific fields to your stack, your energy system needs to be prepared to receive and process the incoming information. This is why experienced users almost always begin their stack with a foundation field.

Energy System Upgrade is one of the most recommended starting points. It strengthens your energetic infrastructure, your capacity to absorb, process, and integrate the energy delivered by other fields. Without this foundation, you may experience slower results or processing symptoms that could be avoided.

Think of it as upgrading your bandwidth before downloading large files. The content arrives faster and more completely when the infrastructure supports it.

Adding a Booster: Time Warp Booster

A booster field amplifies the effects of every field that follows it in your stack. **Time Warp Booster** is specifically designed to accelerate the integration and manifestation of whatever fields you pair it with. Many users describe it as a multiplier: the same fields produce faster, more pronounced results when preceded by this booster.

Adding Your Goal-Specific Field

After your foundation and booster, add 1 to 3 fields that target your specific goal. This is where you tailor your stack to your personal needs. Below are sample beginner stacks for some of the most common goals.

Healing Stack

Energy System Upgrade → Time Warp Booster → Body Healing Blueprint

For physical recovery, pain reduction, and restoring the body's natural healing intelligence.

Manifestation Stack

Energy System Upgrade → Time Warp Booster → Life Mastery Alchemy

For aligning with abundance, removing internal barriers, and building momentum toward your goals.

Spiritual Growth Stack

Energy System Upgrade → Time Warp Booster → Higher Self Integration

For deepening your connection to your higher self, expanding awareness, and supporting inner growth.

Anxiety & Sleep Stack

Energy System Upgrade → Healing the Nervous System → Sleep Aid

For calming the nervous system, reducing anxiety, and improving the quality of your rest. Best played in the evening.

How Many Fields Per Day

This is one of the most common questions, and the honest answer is: it depends on you. Here is a progressive framework that works well for most people:

- **Week 1:** 1 to 2 unique fields per day. Get to know how your body responds.
- **Weeks 2-3:** 2 to 4 fields per day. Add your foundation and one goal-specific field.
- **Month 2+:** 3 to 7 fields per day, depending on your sensitivity and tolerance.

There is no strict maximum, but most experienced users find that 3 to 7 unique fields per day is the sweet spot for consistent results without overloading the energy system. If you start feeling fatigued, emotionally overwhelmed, or unfocused, that is a signal to scale back. One rest day per week, where you listen to no fields at all, is a practice many community members swear by.

The golden rule: Start with less. Increase gradually. Listen to your body. The fields are not going anywhere. You have time to find your ideal rhythm.

What to Expect

Setting realistic expectations is one of the most important things we can do for you. Morphic fields are powerful tools, but they are not magic buttons that produce instant, dramatic results for everyone on the first play. Some people do notice effects immediately. Others need a few weeks. Both experiences are normal, and both lead to genuine results with consistency.

Your First Week: Sensitivity and Adjustment

Days 1-3

During your first few sessions, pay attention to what you notice. Common early experiences include tingling sensations, warmth in specific areas of the body, a feeling of calm or relaxation, slight drowsiness, or a subtle emotional shift. Some people feel a pleasant pressure around the head or chest. Others notice absolutely nothing, and that is okay too.

Days 4-7

As you continue daily listening, your energy system begins to adjust to the new input. You may notice shifts in your sleep patterns, vivid dreams, slight emotional processing (old memories or feelings surfacing briefly), or fluctuations in energy levels. These are all signs that your system is integrating the field's information. Stay hydrated and rest when needed.

Weeks 2-4: Shifts Begin

This is typically where people start noticing tangible changes. The nature of those changes depends on which fields you are using, but common experiences include:

- Reduced physical tension or chronic pain
- Improved sleep quality
- Greater emotional stability and calm
- Increased energy and mental clarity

- Subtle behavioral shifts (choosing healthier food, feeling more motivated to exercise, responding more calmly to stress)
- Moments of insight or clarity about personal patterns

These shifts often happen gradually. Many users report not noticing significant change day-to-day, but looking back over two or three weeks and recognizing that their baseline has moved considerably.

PRACTICAL TIP

Keep a brief daily journal. Just a few sentences about how you feel, any changes you notice, and what you listened to. After three weeks, read back through it. You will likely be surprised by how much has shifted.

Month 2 and Beyond: Deeper Transformation

With sustained, consistent use, the changes move from surface-level adjustments to deeper structural shifts. This is where users report:

- Resolution of long-standing emotional patterns
- Significant physical improvements (strength, flexibility, chronic conditions easing)
- Shifts in relationships and social dynamics
- Increased synchronicities and opportunities appearing
- A growing sense of inner stability and self-trust
- Heightened sensitivity to the fields themselves, making them more effective over time

Why Some People Feel Effects Immediately and Others Need Time

Several factors influence how quickly you notice effects:

- **Energetic sensitivity:** Some people are naturally more attuned to subtle energy. They may feel tingling, warmth, or pressure on the first play. Others have lower baseline sensitivity and need time for their system to "wake up" to the input.
- **Existing blockages:** If your energy system has significant blockages, whether from stress, trauma, or simply years of accumulated tension, the fields may initially work on clearing those blockages before producing the effects you are hoping for. This is why foundation fields like Energy System Upgrade are so valuable.

- **Expectations:** Paradoxically, trying too hard to feel something can create a mental resistance that dampens your awareness of subtle shifts. A relaxed, open attitude tends to produce better results than an anxious search for proof.

Signs It Is Working (Even Subtle Ones)

Not all signs of progress are dramatic. Here are some commonly reported indicators that the fields are working, even when you do not feel obvious physical sensations:

- Yawning during or after a session (a common sign of energetic release)
- Vivid or unusual dreams
- Feeling slightly more thirsty than usual
- Brief emotional waves that pass quickly
- Moments of unexpected calm or peace during a stressful day
- Other people commenting that you seem different (more relaxed, more present, looking better)
- Finding yourself naturally making better choices without forcing it

Troubleshooting

If you have been using morphic fields and are not seeing the results you expected, you are not alone. This is a normal part of the process, and there are practical steps you can take. This chapter addresses the most common concerns we hear from beginners.

"I Don't Feel Anything"

This is by far the most common concern, and it almost always resolves with time. Here is why it happens and what to do:

- **Your sensitivity may still be developing.** Not feeling obvious sensations does not mean the field is not working. Many people have low initial sensitivity to energetic input. This is completely normal and it develops over time with consistent use.
- **The field may be working on deeper layers first.** If you have significant energetic blockages, the field may be doing foundational clearing work that does not produce noticeable sensations. This is actually a good thing. Once the pathway is clear, the effects become more tangible.
- **Try Enhanced Field Sensitivity.** This is a free tool available on our Patreon specifically designed to increase your ability to perceive and respond to energetic fields. Many users report that adding this to their routine makes everything else work noticeably better.

Remember: Morphic fields often produce subtle internal shifts long before you notice dramatic external changes. Journaling your experiences and reviewing them after two to three weeks frequently reveals shifts you did not consciously register in the moment.

Overwhelm and Overstimulation

On the other end of the spectrum, some people feel too much, too fast. Symptoms of energetic overwhelm include headaches, fatigue, emotional flooding, brain fog, physical soreness, or a general sense of being "wired but tired." If this happens:

1. **Reduce the number of fields** immediately. Go back to 1 to 2 fields per day.
2. **Shorten your sessions.** If you were looping for an hour, try 20 minutes.

3. **Take a rest day** (or two). Give your body time to process what has already been initiated.
4. **Drink more water** and prioritize sleep.
5. **Consider using gentler fields** while your system adapts, such as the enhanced versions of free Patreon fields.

Overwhelm is not a sign that something is wrong. It is a sign that you have given your system more input than it can comfortably process at once. Scale back, let things settle, and gradually build up again.

The Importance of Integration Time

This concept is crucial and often overlooked by enthusiastic beginners. After you listen to a field, the work does not stop when the audio stops. Your energy system continues processing and integrating the changes for hours, sometimes days, after the session. This is why more is not always better.

Integration time is when the actual transformation happens. The listening session initiates the process; the quiet time afterward is when your body carries it out. Skipping integration by immediately playing more fields can lead to diminished results or processing symptoms.

When to Reduce Listening

Your body will tell you when it needs a break. Watch for these signals:

- Persistent fatigue that does not improve with rest
- Heightened emotional sensitivity or irritability
- Physical symptoms like headaches or body aches that appear on listening days
- A feeling of resistance or aversion to playing the audio
- Difficulty sleeping, especially if you were not having sleep issues before

If you notice these patterns, take a 1 to 3 day break from all fields. When you resume, start with fewer fields and shorter sessions. Respect your body's pace.

Common Mistakes Beginners Make

1. **Playing too many fields too soon.** Enthusiasm is great, but your energy system needs time to build capacity. Start with 1 to 2 fields and increase gradually over weeks.
2. **Switching fields too frequently.** Jumping to a new field every few days does not give any single field enough time to produce results. Commit to a stack for at least 2 to 3 weeks before evaluating.

3. **Skipping foundation fields.** Going straight to powerful goal-specific fields without first preparing your energy system is like trying to run a marathon without training. Use Energy System Upgrade or a similar foundation field.
4. **Ignoring processing symptoms.** If you feel tired, emotional, or drained, that is your body telling you something. Do not push through it. Rest, hydrate, and let integration happen.
5. **Comparing your timeline to others.** Everyone's system is different. Some people get immediate results. Others need weeks. Both paths lead to the same destination.

Real Stories from Our Community

The following testimonials are real, unedited accounts from members of our community. They are shared with the authors' permission. We include them not as guarantees, because everyone's experience is unique, but as authentic examples of what members of our community have reported.

Healing & Physical Recovery

"I used it for a short period and it took away pain from a sore I had in the left side of my mouth that would really bother me for around a week or two, and the pain subsided and felt less and less harsh. I have also felt mental relief and nervous system processing certain emotions, really great for releasing tensions in the body and is helping me feel more in tune with my body. Already seeing improvement in sleep, waking up more rested than usually."

— xyz123, using **Body Healing Blueprint**

"The suggested 4 loops per day works well. I'm also finding that the Energy System Upgrade works great for overall energy, not just for field capacity. My runs and gym workouts and recovery are much easier. I listened before running today and I wasn't too tired when I finished and have no soreness... had lunch and have plenty of energy for a bike ride now."

— InNow, using **Energy System Upgrade**

Sleep & Relaxation

"I just woke up from the best refreshing sleep that I have had in a long time. I combined this with the original. My gosh, I felt areas where tension melted that were not able to be addressed before. I played both fields all night along with Float Therapy. Actually the three together, I am really impressed by the way I feel this morning. Don't feel foggy, very alert. Like already had my coffee."

— Butter, using **Sleep Aid 2.0**

"I've been using this field almost nightly for the last two months and have tested it in a wide range of conditions. Since I started, I don't remember experiencing any insomnia. It has often replaced the need for melatonin supplements, for example during jet lag after flights for circadian reset, or when feeling overwhelmed with adrenaline and energy from late-night exposure to technology."

— iNFi, using **Sleep Aid 1.0**

Emotional Healing & Inner Work

"I use this one mostly passively. At first I felt a lot of fear as a lot came up to process. Over time subtle shifts began to occur, fear of certain things started to lose its grip. In the beginning it was hard to notice, but looking back the grip that fear had over me started to break. As my day-to-day was mostly painted by anxieties and traumas, using it alongside Shadow Illumination was a bit disorienting. As emotional turmoil and fear disappeared, I felt almost 'empty' at first."

— whispers of xanadu, using **Freedom from Fear**

"I used it a few weeks ago and felt a great sense of relief, but wanted to wait and see if the effect would last. And it has. I had always struggled with issues from my ancestors. While using it, I suddenly felt a great weight lift from me and knew it was connected to them. And it wasn't just the relief; throughout the day I noticed a shift in my perception of my ancestors."

— Sovereignty, using **Soul Healing & Rebirth**

Spiritual Growth

"I really recommend Energy System Upgrade. It has supported my mental endurance, and I believe it detaches you from the result helping you achieve way more. It really changes everything. Energy is integrated and perceived personally and is greatly efficient."

— xyz123, using [Energy System Upgrade](#)

"Used yesterday morning: Nearly immediately in a state where just hanging around as pure consciousness. Tried to think about some things but have been pulled back in this state. Felt releasing very much stuff, cracked when broke up blockages in structure and then this feeling like electricity flowing through body. It felt very comfortable."

— Sovereignty, using [A.S.C.E.N.D](#)

Manifestation & Abundance

"I've been using this since the release. I play it 3 to 4 times a week in my night stack but I also sit and meditate with it while tuning into my desired state of abundance. In December and beginning of January I was feeling quite hopeless: My relationship had abruptly ended, I thought I would lose my job, I had to move out. This field helped me return to my inner center, feel more peace in my heart, and open myself to realizations."

— siria-black, using [Life Mastery Alchemy](#)

"Impulse buying has always been a problem of mine, due to insecurity and being unstable in my childhood. For the first time I feel calm around money. I feel calm looking at bills. That is weird. I am paying them with joy. That is weird too. I am not spending impulsively. This is a huge change."

— Butter, using [Wealth Edge Blueprint](#)

These are 10 of over 450 documented testimonials from our community. Every person's experience is different, and we share these not as promises but as honest accounts of what real people have reported. Your journey will be uniquely yours.

Your Next Steps

You have the knowledge. Now it is time to begin. Here is a clear path forward, starting with completely free resources and building from there at your own pace.

1

Start Free: 60+ Tools on Patreon

Our Patreon hosts over 60 free morphic field audios covering everything from energy clearing to sleep support to enhanced sensitivity. This is the best place to start experiencing fields for yourself without any financial commitment. Many of the fields our community considers essential began as free Patreon releases.

patreon.com/c/BA_morphic_energetic_fields

2

Take the Quiz

Not sure where to begin? Our quiz helps you identify which fields align with your current goals and situation. It takes about two minutes and gives you a personalized starting point.

bamorphicfields.com/quiz.html

3

Join the Community on Discord

Our Discord community of 1,700+ members is where people share their experiences, ask questions, get stack recommendations, and support each other's journeys. It is an incredibly generous and knowledgeable group, and many of the testimonials in this guide came from conversations there.

discord.gg/ZFqp5tcbzs

4

Subscribe on YouTube

Our YouTube channel (7,000+ subscribers) features field demonstrations, educational content, and community updates. Subscribing keeps you connected to new releases and insights.

youtube.com/@BAMorphicEnergeticFields

5

Browse the Full Collection

When you are ready to explore beyond the free tools, our Gumroad store hosts the full catalog of over 200 morphic and energetic fields. There is no pressure to purchase anything. Many people use the free tools for months before exploring the premium catalog.

bamorphicfields.gumroad.com

Recommended First Fields

If you are ready to invest in your first premium fields, these three are the ones our community most commonly recommends for beginners. Together, they form a complete starter foundation.

Energy System Upgrade — The Foundation

Strengthens your energetic infrastructure so that every other field works better. Many experienced users still run this daily, even after months of practice. It supports not just field absorption but general physical energy, mental endurance, and recovery.

\$30 • bamorphicfields.gumroad.com

Time Warp Booster — The Multiplier

Accelerates the effects of every field you pair it with. Running this before your goal-specific fields means faster integration and more pronounced results. It is one of the most cost-effective additions to any stack.

\$25 • bamorphicfields.gumroad.com

Enhanced Field Sensitivity — Feel More

Increases your ability to perceive and respond to energetic fields. If you are someone who does not feel much during sessions, this field is designed to develop that sensitivity over time. Many users describe it as the field that "turned on" their experience of all other fields.

Free on Patreon • Enhanced version available on Gumroad

A note on the approach: There is no rush. Start with the free tools. Build your sensitivity. Get comfortable with the process. And when you are ready to go deeper, the tools will be there. This is a journey, not a transaction. Take it at the pace that feels right for you.

About BA Morphic & Energetic Fields

BA Morphic & Energetic Fields creates carefully crafted morphic and energetic field audios designed to support healing, personal growth, and transformation. With over 200 fields in the catalog, 450+ community testimonials, and a growing community of 1,700+ members across Discord, Patreon, and YouTube, our work is guided by a simple principle: create genuinely effective tools and let the results speak for themselves.

We believe in transparency, community, and the power of personal experience over hype. Every field we release is tested by real people in real conditions, and we encourage everyone to start with our free tools before committing to anything.

Website: bamorphicfields.com

Store: bamorphicfields.gumroad.com

Patreon: patreon.com/c/BA_morphic_energetic_fields

YouTube: youtube.com/@BAMorphicEnergeticFields

Discord: discord.gg/ZFq5tcbzs

If this guide was helpful to you, consider sharing it with someone who could benefit from it. Sometimes the right information at the right time is all it takes to start a meaningful change.

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