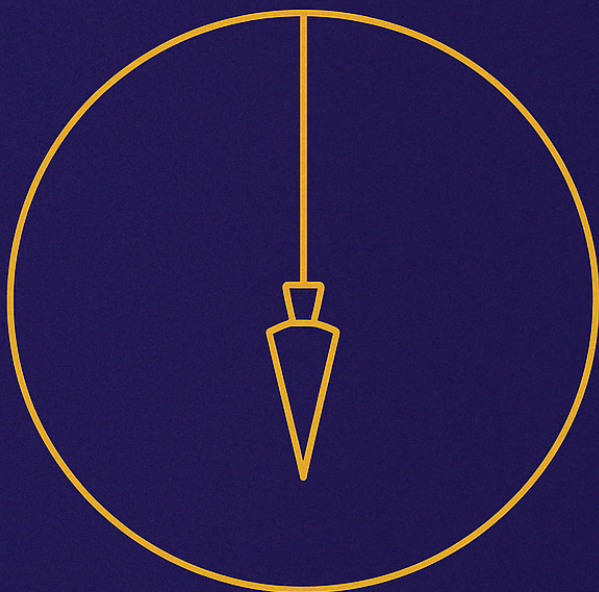


THE 600 HZ CHALLENGE

A 7-DAY PROTOCOL
TO ENTER AGATHA FLOW



The 600 Hz Challenge

A Protocol to Enter Agatha Flow

Day 1: Ground & Clear

Goal: Clear root-level blocks that keep vibration below 400 Hz

Check-In: Use the biometer to check your base frequency

Exercise: Barefoot walk or grounding meditation (5-10 min)

Hertz Boost: Listen to 396 Hz Solfeggio frequency

Tip: Clear chakras 1–3 with pendulum before sleep



The 600 Hz Challenge

A Protocol to Enter Agatha Flow

Day 2: Emotional Detox

Goal: Transmute low-frequency emotions like guilt, fear, or shame

Exercise: Emotional writing – release suppressed emotions on paper, then burn it (safely)

Hertz Boost: Use essential oil of lavender or frankincense

Reflection Prompt: “What emotions still lower my vibration?”



The 600 Hz Challenge

A Protocol to Enter Agatha Flow

Day 3: Chakra Alignment

Goal: Harmonize chakras 1 to 7 with pendulum and visualization

Exercise: Full chakra scan and correction with the Agatha Scale chart

Hertz Boost: Play 528 Hz frequency during chakra realignment

Add-On: Sunlight exposure (10–20 min)



The 600 Hz Challenge

A Protocol to Enter Agatha Flow

Day 4: Inner Child Healing

Goal: Heal subconscious wounds and release inherited patterns

Exercise: Connect with your inner child: write a letter or hold a photo

Hertz Boost: Practice EFT (Emotional Freedom Technique)

Extra: Measure shifts before and after using the biometer



The 600 Hz Challenge

A Protocol to Enter Agatha Flow

Day 4: Inner Child Healing

Goal: Heal subconscious wounds and release inherited patterns

Exercise: Connect with your inner child: write a letter or hold a photo

Inner Child Exercise: **“Write to Your Inner Child

How to do it:

- 1. Find a quiet space. Take a few deep breaths**
- 2. Imagine yourself as a child (choose an age that feels important).**
- 3. On paper, write a **loving letter to that version of you**. You can start with: > "Dear little me, I see you. I know you've been through a lot...**
- 4. Reassure your inner child. Offer love, safety, and validation.**
- 5. Optional: Hold a childhood photo while writing — it helps activate the emotional connection.**

Proceed to the next page to continue.

Hertz Boost: EFT (Emotional Freedom Technique)

EFT is a powerful tapping technique that helps release stuck emotions and raise your frequency.

How to practice EFT (basic version):

- Identify what you're feeling** (e.g., fear, shame, sadness)
 - Rate its intensity (0–10)
 - Tap with your fingertips on these points while speaking affirmations: **EFT Tapping Points:**
 - Karate chop (side of the hand) - Eyebrow - Side of eye - Under eye - Under nose - Chin - Collarbone - Under arm - Top of the head 🧠
- Example affirmation (while tapping): “Even though I feel scared, I deeply love and accept myself.”
- Repeat 2–3 rounds, re-rating intensity between rounds. 5. End with a positive round: “I am safe. I am calm. I am free to move forward.



The 600 Hz Challenge

A Protocol to Enter Agatha Flow

Day 5: Heart Expansion

Goal: Activate unconditional love to reach 500+ Hz

Exercise: Gratitude journaling + send love to 3 people (even if it's just energetically)

Hertz Boost: Listen to 639 Hz frequency

Optional: Rose quartz on heart chakra during meditation



The 600 Hz Challenge

A Protocol to Enter Agatha Flow

Day 6: Intuitive Activation

Goal: Strengthen your connection to your higher self and spiritual guides

Exercise: Channel a message through intuitive writing

Hertz Boost: Meditate with 741 Hz or use sacred geometry visualizations

Tip: Use the pendulum to confirm your channeling



The 600 Hz Challenge

A Protocol to Enter Agatha Flow

Day 7: Agatha Flow Integration

Goal: Anchor the 600 Hz vibration in all areas of your life

Exercise: Perform the “Agatha Flow” invocation (I can write this for you)

Hertz Boost: Spend 30–60 minutes in a high-vibe activity (nature, dance, art, prayer)

Invocation of the Agatha Flow

I now open myself fully to the Agatha Flow. I release all resistance, all fear, and all limitation. I align my heart with love, my mind with clarity, and my spirit with divine purpose. May every area of my life begin to flow with grace and ease. I am ready to experience harmony, abundance, and expansion—here and now. I am light. I am love. I am flow. So it is.

Final Check-In: Measure your frequency — have you reached or approached 600 Hz?