

Introduction to COREsonance

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By J.Hamilton

I wrote a book titled ***Visionaries Thrive In All Times*** (2005) – a subject in itself, espousing the importance of partnering with Innate Intelligence in the quality of our reality creating. Better said, we are limited by our past and present as we project our lives forward and thus our reality creating has vast inherent limitations. Among other things, ***Visionaries Thrive In All Times*** identifies the importance of intention (vs focus) allowing a much broader output bandwidth (i.e., 24-hour prayer) for which Innate Intelligence becomes substantially more able to contribute to our outcomes. It is in the quality of our intentionⁱ and partnership with Innate Intelligence that we become far more useful to the whole.

Partnering with Innate Intelligence allows us to go beyond what we can produce on our own. As we become truly effective reality creators, we plug into a system of success that knows no bounds, and as conscious collaborators we become "far more useful" to the evolution of humanity and the unfolding of the planet. Further, we find our true function as throughput mechanisms for Innate Intelligence to express *itself* into this dimension. It is in the sophistication of our intact nervous systems that we become the most capable means by which Innate Intelligence delivers *its* contributions into this dimension. It is in this function that we live and move and have our being. In is in this function that we discover our true purpose. And, it is this function that we discover our true nature: *awareness*.

COREsonance is about grounding the above and making it available to those wishing to have more in their lives. Ultimately this is available to everyone and it is in the release of all defensive resistance that we move to our next level of being. We "simply" have to overcome the vast momentum of our past and present. In other words, we are the end result of our entire blood lineage and DNA, as well as the momentum of our environment for which we have inherited a survival mechanism that no longer serves us. Thus a great deal of our reality creating is a product of 1) reacting to one's environment, 2) fear and doubt, or 3) resistance to the unknown. Each is an ancient and powerful catalyst for reality creating that is far past its prime.

Our natural state is an intact connection with Source (interchangeable with the term Innate Intelligence) for which we have inadvertently lost this connection. In our natural state, Innate Guidance processes life on our behalf. It is in the breakdown of this essential and seminal connection with Innate Intelligence that causes us to attempt to process life on our own. And while the brain and nervous system's most important function is more similar to a receiver, without this essential connection, the brain is insufficient for the task. This becomes the source of the ego, i.e., the brain's attempt at survival in a world that is actually whole, complete and rich beyond measure.

It is in the breakdown of this connection with Innate Intelligence that the brain attempts to process its surroundings, make choices and decisions, and project its path forward. But instead, in its inability to effectively process life, to fully embrace life, it retreats. Instead of meshing with the wholeness of life that feeds every other living and inanimate thing, it sets up defensive postures and reacts to life. Instead, it fights what it doesn't know and is unable to know. Instead, it sets up the mind as a repository of automated and habitual beliefs and responses. Instead, we react to life. And in reacting to life, we miss a very great deal of what is going on - the magnificence and harmony and order of the world around us.

COREresonance is a means by which we re-enable our connection with Source by bringing balance to the nervous system, i.e., coherence to the nervous system. Ultimately this allows us to experience resonance with our Maker. COREresonance is a 21st century series of technologies by which we introduce the brain to itself, allow the brain to experience itself and put itself back into its own order. Instead of a multi-degreed individual with a lab coat, clipboard and the backing of a multi-national pharmaceutical group suggesting what is best for you, we allow the brain to rediscover itself. By introducing the brain to itself, we allow the brain to see itself – maybe for the first time.

By introducing the brain to exercises combined with various means of electronic feedback, it begins to rearrange itself. Similar to traditional exercise, the brain becomes coordinated, frequency groupsⁱⁱ become redefined and the brain begins to reorganize itself like it never could interfacing with mind alone. For example, the alpha frequency is found throughout the brain as one of the governing frequencies of the brain. Stable alpha is necessary for "presence." But it is not unusual for the brain to be stuck in beta, which is focus. Beta left unchecked generates anxiety which if left unchecked can move to hyper vigilance, etc. By exercising the brain through COREresonance, brain frequencies become redefined, coordinated and flexible, the alpha state becomes more accessible and coherence becomes available.ⁱⁱⁱ Our connection with Innate Intelligence becomes re-enabled and the world become a very different place.

Most importantly, as we re-enable this connection, Innate Intelligence begins to seep into our lives. In my personal experience, Innate Guidance, a product of interfacing with Innate Intelligence, replaces the brain's attempts at processing the world on its own. In the larger view; in this partnering with Innate Intelligence and Innate Guidance, resistance becomes unnecessary. In partnership with Innate Intelligence, reactionary and defensive posturing and the need to defend ones self becomes unnecessary. Instead, we become able to "process" life fully and mesh with the wholeness of life. In this newfound vast and expanded capacity to process and mesh with life, nonresistance, Unconditional Love and synchronicity becomes our partner. We move to a new level of order in our lives.

Unconditional Love might be defined as fully embracing life - all of life with no holdbacks, as well as fully embracing the unknown. In our ability to fearlessly address the unknown we become enabled and surrounded with unlimited resources and

insights. And, it is from the unknown that everything comes. Because the brain does not have the horsepower to process the unknown, it instead shuts down. COREsonance changes this.

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For more information:

www.visionariesLab.com (Intention)

www.resonantServices.com (Technology)

www.ScienceofReceptivity.com (Receptivity)

www.COREsonanceSystems.com (COREtraining)



About the author. *J.Hamilton has been meditating for 36+ years and teaching personal empowerment for 18+ years. His book, **Visionaries Thrive In All Times: Blueprint for Reality Creation** (2005) is about the possibilities of individual and collective reality creation in alignment with Innate Intelligence.*

*J.Hamilton has recently completed (Jan 09) an eBook titled **Coherence Resonance Training** for the purpose of identifying access to nonresistance and the resultant Innate Guidance that becomes available. Key words: nonresistance, mindlessness, Innate Guidance, timelessness, solutions and timeliness. [Link](#)*

Presently, he is preparing for speaking engagements, in part to introduce COREsonance Training. COREsonance is a means of rapidly bumping consciousness such that that we become dramatically more available to contribute to the whole.

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ⁱ Reference The Map of Consciousness by Dr. David Hawkins

ⁱⁱ Alpha, beta, delta, theta and gamma frequencies

ⁱⁱⁱ See www.COREsonance.com