Resonance Model

Resonance or ACAR

Our resonance is the energetic or vibration we are putting out. It is the frequency at which we create - it therefore affects the frequency of what we attract. The process described here helps walk you through the key attributes that affect your resonance and helps you identify where you can refine your practice, presence or message to be in better alignment with your intentions and divine path.

ACAR is actually a formula



Basically, the idea is that how well you know yourself, how you project yourself and show up in the world, and how you align to your intention or audience directly impacts how you are received by the world.

The goal is to not only show up authentically, but to also know your desire, intention or audience, and to align yourself or your message in a positive way because your "resonance" -- how you are received by others -- is not just the way you show up, or the images you use to convey your thoughts, or the actual words you choose, but it is a reflection of the energy, tone and intention behind it all.

At the most simple level, your resonance is how you are perceived by the world. What people are picking up, feeling, or sensing underneath, or behind what you are putting out there.

Your resonance is a subtle reveal of the inner workings of your heart, mind and actions.

This is why we start with practices like identifying our true inner desires and mapping our life wheel before we move on to ACAR - because the cold hard truth is there is no faking resonance.

I'm sure we can all think of examples where a person, even oneself, is saying or doing all of the "right" things but it just feels wonky. Something is off. It may be trust, it may be a misconnection, that sense of trying too hard to connect, fit in, even take charge. Amazingly, it doesn't just have to be with other people. You can sometimes feel that life is out of synch, maybe you are ungrounded, or just distracted. On the other hand there are those times where everything flows, where things just seem to effortlessly fall into place, everyone nods when you talk, laugh at your jokes, buy what you're selling. That "something" you are noticing is resonance, or its absence. If you look at things from the perspective of resonance, you can often identify where the problem may be - and then set it right.

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Resonance Model

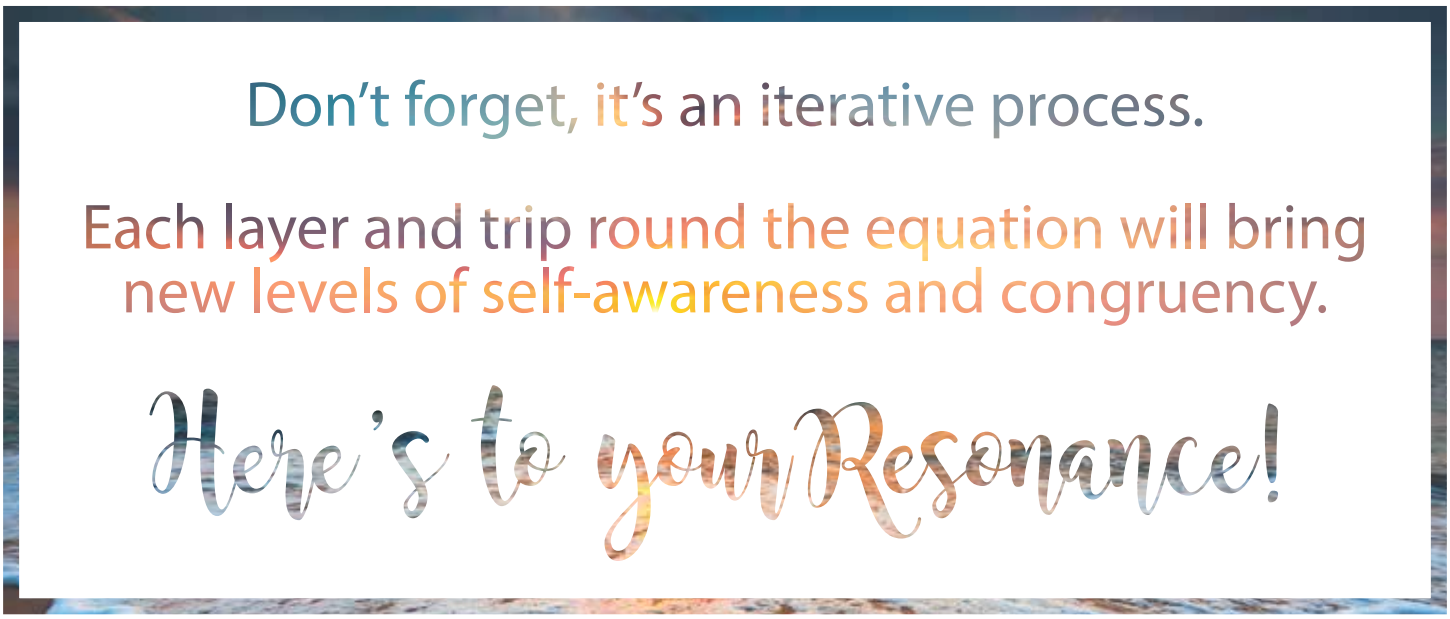
ACAR validates the adage that you should always "walk your talk."

It supports the call to "show up authentically, or not at all."

ACAR can be applied to anything - but is especially affective in the business alchemy space when applied to the written or spoken word. Start experimenting with applying ACAR in your emails, website copy, sales pages, talks or workshops. The more you use it the more it acts as a divination tool as well - lighting up to show you exactly where you might be off - or not as fully aligned as you'd like to be - so that you can make adjustments and improve your resonance in all kinds of ways.

This is the stuff that gets the attraction process really flowing. This is the stuff that starts bringing the goodness TO you.

Note: Don't forget it's an iterative process. Each layer and trip round the equation will bring new levels of self-awareness and congruency. Here's to your resonance!



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RESONANCE MODEL

Guiding Questions for ACAR



AUTHENTICITY

Focus on the first "A" Authenticity

What parts of "you" are the easiest to express and how are you bringing them forward in your business?

What parts of "you" are the hardest for you to express?

What are you afraid of?

Focus on the first "C" Congruence

Once you have listed out the above "parts of you" that are not being fully expressed in your offerings, website or services - ask yourself...



CONGRUENCE

Where am I holding back?

Why am I not showing up fully in this light? (usually there is hidden or not so hidden "fear" of _____ there)

How could I bring my "full" self forward in new (and bold and courageous!) ways? Look for ways that feel bold but fun, that stretch you but don't create unnecessary resistance in you.

Focus on the second "A" Alignment



ALIGNMENT

Who am I really talking "to" right now in my business (audience, clients or future clients)?

Am I feeling fully aligned with those audiences? (i.e. they are 'picking up what you are putting down" and there is a flow of energy - either engagement, compensation or compliments)

How could I better align to them? Ask yourself, could I tweak my language? Could I show up in different places?

How can I better meet them where they are with my message? (In this case: them + authentic me = alignment)

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Resonance Model

Guiding Questions for ACAR



Focus on the "R" = Resonance

And the litmus of all of this evaluation and inquiry is your "Resonance." When your Resonance is working you will notice thriving exchanges of energy. In business these come in the form of payments, or growth, or engagement. The experience is of the Universe giving back to you in accordance (or in excess! ;-) with the energy you are putting out. To gauge your Resonance ask yourself:

Where are you investing the most energy in your life, career, or business?

Are you seeing a ROE "Return On Energy" for that investment? (If not, revisit the A+C+A and challenge yourself to look deeper at "why" that is happening and where the disconnect can be addressed)

Are there areas of your life where you ARE seeing a lot of returns, (in the form of interest, recognition, reward, requests, revenue, bonuses, etc) and if so - how can you direct more energy to leveraging that flow and growing it's impact?

Note: Not all facets of our inner workings have to be represented in our businesses - but be aware that the often the piece that feels most edgy or scary is often the piece that will most reveal our true niche, our true voice and our true differentiation.

You can do this...

to your Resonance!

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