The quality and quantity of our lives are materialized through a very complex physiology governed by a very complicated psychology. However, analyzing our lives through the physics of our vibrational states provides a holistic overview which could serve to simplify our existence. We absorb six different forms of energy (chemical, mechanical, electric, sound, radiant, atomic) through the sensory portals of our body. Our senses (smell, taste, touch, sight, sound, intuition) distinguish the quality of these energies to regulate the quantity of our intakes, while formulating a holistic mental frequency for the conscious and subconscious thoughts which set the courses for our energy flow. The quantity of our intakes get relayed to the energy centers of the body for processing, after which they get mixed back up in the water content of our cells to formulate the vibrations that compose the rhythms of our lives. Water molecules constitute almost three quarters of our structural mass, conducting all the energies that vibrate our existence while transforming to the frequency of those energies with consistent and significant structural changes, which then reflect on the quality of our homeostasis. These energies will then radiate out from our physical structure through our interactions and existence, attracting reciprocating frequencies back into our energy flow, setting momentum.

Understanding the characteristics of the currents, waves, and tides within the ocean of our own bodies, is the key to navigating our energy flow. The human body is a symmetric structure which was evolved to function as one unit. A strong energy flow starts with good alignment, enabling optimum circulation, which then provides the potential for all the different vibration forms which get conducted within the water content of our cellular structure to formulate the rhythms of our life. A balanced energy flow requires a balanced blend of all the different vibration forms which wrap around and superimpose into each other to materialize our realities, and since all these energies have vibrational components, mechanical energies can be used as an ideal medium for navigating our collective energy flow. Therefore, maintaining a synchronized symmetry within the mechanical state of our physical structure can go beyond augmenting our alignment to creating a stronger cohesion within our holistic energy flow.

The Cheeky Wa sequence utilizes an empowering, meditative matrix to stimulate our physical structure with consistent mechanical frequencies, amplitudes and trajectories through self massage and movement applications that are synchronized with breathing, establishing a cohesive mechanical foundation for our mind and body. Different homeostatic states have specific mechanical characteristics; therefore, specific synchronizations within the applications can be used to set specific mechanical momentums within our physical structure. Energy is never lost nor created, it just changes from one form into another; therefore, our mechanical efforts to compliment specific homeostatic states will convert into a surplus of other congruent energies. These massage applications also target our sense of touch, which plays a tremendous role in navigating our homeostatic states and has direct connection to all the other sensory mechanisms as well, making it the perfect medium for connecting, synchronizing, and establishing stronger associations within our collective sensory system to formulate a clearer frequency for our mind, harmonizing the physics of our physical structure with the metaphysical affinities of our structure and soul.

"Everything is energy and thats all there is to it. Match the frequency of the reality you want and you can not help but get that reality. It can be no other way. This is not philosophy, this is physics." Albert Einstein

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