



THE FELINE FREQUENCY

May 29, 2025 | Blueprint HOPE



Why Cats Are Making a Comeback—And What They're Really Doing Here

Something curious is happening...
A quiet shift. A gentle return.
And the cats are leading the way.

More and more people—especially Gen Z and neurodivergents—are bringing cats into their lives.
Not as accessories. Not as pets.
As *companions*.
As *guides*.
As **frequency allies**.

Even men, once conditioned to see cats as “feminine” or “difficult,” are welcoming them with open arms.

Why?

Because, whether they know it consciously or not...
this generation feels the truth in their bones:

- ✦ *Cats are guardians of subtle realms.*
- ✦ *Protectors of energy fields.*
- ✦ *Keepers of the veil.*

A New Generation, A Different Frequency

Gen Z is unlike any generation before it.
Wired differently. Tuned more finely.
Born into a world gone mad—but *aware enough* not to lose themselves in the noise.

For neurodivergent souls especially, the world can feel too loud, too fast, too false.
Enter the cat.

- 🐾 Calm. Sovereign. Silent when needed.
- 🐾 A natural regulator of nervous systems.
- 🐾 A purring pillar of stillness amidst the chaos.

They don't demand eye contact.
They don't perform.
They *see you*.
They *hold space*.
And they gently, silently help keep your field *clear*.

No wonder so many are drawn to them now.
Especially those who've been told they're "too sensitive," "too much," or "too weird."
The cats whisper:
You're not too much. You're just tuned in.

And It Makes You Wonder...

Why were cats so demonized in the past?
Why were they hunted during inquisitions?
Why do control-based systems *still* view them as inconvenient?

I've started to connect the dots in my own life.

Despite having dogs, guinea pigs, even a bunny growing up...
my dad—CIA—never allowed cats.
I see now that it wasn't random.

Cats can't be controlled.
They vanish when they want. Return when they choose.
They operate on their own time, in their own rhythm, across **multiple dimensions**.
And that... threatens systems built on domination and predictability.

Where there is true spiritual sovereignty,
the deep state has no hold.

Istanbul: A City That Remembers

Back in 2008, I visited Istanbul. Stayed in the historic district.
And what I saw there blew me wide open...

Cats everywhere.
Not as strays. As *respected residents*.
Walking freely through museums, mosques, gardens, and cafés.
Lounging on ancient steps and marble altars like the rightful royalty they are.

Locals feed them. Build shelters for them.
Honor them.

Not out of novelty, but out of **knowing**.

In Istanbul, they still remember.
That cats guard sacred spaces.

That they keep the energy clean.
That they protect from the unseen.
Long before colonization and patriarchy tried to erase the mystical, cats were understood to be dimensional stewards.
And in some parts of the world, that truth never died.

It's All Connected

Felix and Chloe (my two feline companions) didn't just show up in my life randomly.
They were sent.
To guard.
To ground.
To guide me home.

Their presence has held me steady through initiations I don't yet have words for.

And now I see that what's happening with Gen Z, with Istanbul, with the quiet rise of the cat again—it's not separate.
It's part of the same *great remembering*.

A re-tuning to frequency.
A return to sovereignty.
A restoration of ancient bonds we once held sacred.

The Whisper Beneath the Purr

They're not just animals.
They're not just memes.
They're not just quirky companions.

They are **living codes**.

Here to help us remember how to move through this world with grace, discernment, and power.

And when the silence gets loud...
when the world feels too heavy...
when the static threatens to overtake you...

 *They curl up beside you...*
 *and remind you:*

You were never alone.
You were never wrong.
You were always tuned in.

Much love,

Brenda

Brenda Jean Bullis

Founder, Blueprint HOPE

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YouTube: [@BlueprintHOPE1799](#)

Email: brendajeanbullis@blueprinthope.com

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