

Seeing the Truth: Beyond Bounded Rationality in Decision-Making

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Abstract—Human decision-making is often constrained by bounded rationality, a concept introduced by Herbert Simon. While traditional decision-making models focus on analytical processes, this paper argues that intuition, an empirically validated cognitive phenomenon, plays a critical role in transcending these limitations. By integrating Simon's decision-making framework with interdisciplinary perspectives, we propose that intuitive insights, derived from subconscious processing, can complement, or even exceed cognitive constraints. Furthermore, we explore the connection between intuition and emotional healing, particularly through reconnection with the inner child, a psychological concept related to subconscious emotional memory. This reconnection empowers individuals to access deeper truths, optimizing decision-making in complex or uncertain situations. Drawing from cognitive science, psychology, quantum theory, and metaphysical studies, we advance a hypothesis in which intuition serves as a fundamental mechanism for accessing truths essential for effective decision-making. Finally, we highlight the benefits of this approach for individual decision-making and personal growth.

Keywords—Cognitive, intuition, optimal decision-making, bounded rationality.

I. INTRODUCTION

HEALING emotional and psychological wounds opens the door to accessing deeper truths, intuition, and even past-life memories, ultimately leading to more aligned and purposeful decision-making. This concept draws from a rich interplay of philosophical, psychological, metaphysical, and quantum perspectives, all of which emphasize the transformative power of trauma healing. Whether through Plato's allegory of the cave [1]-[4], Jung's theory of the collective [5], [6] unconscious [7], [8], Nietzsche's idea of eternal recurrence, or modern approaches to trauma recovery [9]-[11], the process of healing is seen as a path toward connecting with a higher reality, uncovering spiritual insights, and tapping into the deeper layers of the subconscious mind. By addressing emotional wounds, individuals can unlock intuitive wisdom that shapes more informed and meaningful decisions. Moreover, various scientific studies highlight the limitations of human cognition in the decision-making process, underscoring the significant role intuition can play in supporting optimal decisions. The cognitive constraints individuals face often prevent them from processing all available information, making intuition a valuable tool for bypassing these limitations. Simon's theory of bounded rationality [13] further supports this idea, suggesting that humans make decisions based on a limited capacity to process information. His work demonstrates that

intuition can complement rational thinking, allowing individuals to reach satisfactory and effective decisions, especially in complex or uncertain situations.

In this paper, we propose the hypothesis that "truth is visible and can be seen" through the process of connecting with one's unconscious mind, healing inner wounds, and accessing past lives. This hypothesis is supported by a variety of interdisciplinary perspectives, including metaphysics, psychology, philosophy, and quantum physics. These perspectives converge on the idea that, once emotionally healed, individuals can access deeper layers of consciousness and connect with their soul memory, which is shaped by the frequency of their soul. This connection enables individuals to perceive deeper truths, often manifesting as intuitive insights. The hypothesis suggests that this process bypasses cognitive limitations, allowing access to soul memory and empowering individuals to unlock and utilize this information for optimal decision-making.

To explore the validity of this hypothesis, we first review scientific publications and studies that provide a strong foundation across various disciplines. Following that, in the discussion, we present our own findings at DNA_Pluse group, where we have examined the proof of concept and proof of value through our 40-Day Transformation Cycle, conducted with numerous candidates.

A. Philosophical Foundations

The hypothesis that "truth is visible and can be seen" through the process of connecting with one's unconscious mind, healing inner wounds, and accessing past lives is supported by various interdisciplinary perspectives, including metaphysics, psychology, philosophy, and quantum physics. These perspectives converge on the idea that individuals, once emotionally healed, can access deeper layers of consciousness, and use intuition to inform decision-making.

From philosophical perspectives, consciousness and the unconscious mind align with the notion that healing emotional wounds allows individuals to access deeper truths. Plato's concept of the "Allegory of the Cave" [8], [14] suggests that individuals, when freed from ignorance (represented by the cave), can access a higher, more profound reality. In this allegory, healing traumas or the "inner child" can be likened to stepping out of the cave into the light of truth. Once emotional and psychological wounds are healed, individuals can see beyond the shadows of the material world and access a more expansive understanding of reality.

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Carl Jung's concept of the "collective unconscious" [7], [8] also supports this hypothesis. Jung believed that all individuals share a deep unconscious realm that stores archetypal memories and wisdom from past generations [7], [8]. This theory suggests that when individuals heal personal trauma, they also tap into the collective unconscious, which could include insights from past lives. For Jung, healing the unconscious mind facilitates access to the "Self," a state of individuation where one can see the truth of their existence and make informed, intuitive decisions based on this deep connection. In addition, Nietzsche's concept of "eternal recurrence" [5], [6], [27] can further support the idea of accessing past lives. Nietzsche postulated that all events recur infinitely in different forms, meaning that our actions and experiences may be tied to those from previous cycles of existence. If time and experience repeat, as Nietzsche suggests, then the soul's past experiences may be accessible in the present. Healing inner wounds could enable individuals to break free from the cycle and access this eternal knowledge, which then informs their decisions.

Sigmund Freud and subsequent psychoanalysts, like John Bowlby with Attachment Theory [28]-[31], suggest that healing psychological traumas can lead to a more cohesive sense of self and reality, paralleling Plato's allegory of emerging from ignorance.

B. Modern Psychology and Trauma Healing Literature

In modern psychological and trauma healing literature, there is a growing body of research, such as Peter Levine's work on Somatic Experiencing [32], [33] or Bessel van der Kolk's *The Body Keeps the Score* [34], which examines how healing from trauma allows individuals to integrate their experiences and achieve higher emotional and psychological functioning, analogous to gaining "access" to deeper truths. These studies highlight the role of somatic practices and mindfulness in reprogramming the body's response to trauma and offer pathways for individuals to reconnect with their inner wisdom. Within metaphysical traditions, healing trauma and accessing "soul memory" or past-life recollections are central tenets. Theta Healing, developed by Vianna [35], posits that theta brainwave states facilitate access to subconscious memories and spiritual insights, including past-life experiences. This healing modality, rooted in theta waves (4-8 Hz), fosters emotional healing and intuitive decision-making by accessing deeper subconscious layers. Similarly, transpersonal psychology [34] emphasizes spiritual healing and psychological development, offering pathways for individuals to heal inner trauma and access their "soul memory." Once this connection is established, individuals can make decisions aligned with their spiritual purpose and inner truth.

C. Quantum Theories and Brainwave Research: Scientific Support for Metaphysical Perspectives

Metaphysical traditions have long proposed that human consciousness extends beyond the physical brain, tapping into universal fields of information. These concepts have gained support from modern quantum theories and neuroscience, which suggest that consciousness can indeed be non-local and interconnected with a universal informational field. Below, we

explore key scientific theories that validate metaphysical perspectives on intuition and decision-making.

Bohm's Implicate Order Theory [37] posits that the universe operates as an interconnected whole, with all information, past, present, and future, enfolded in a deeper, non-local reality. This concept aligns with metaphysical traditions that believe the soul and consciousness are non-local, existing beyond time and space. These theories suggest that individuals can access universal wisdom, including past-life memories, during altered states of consciousness. This perspective supports the notion that emotional healing can unlock access to higher truths and intuitive insights.

Laszlo's Akashic Field Theory [38], [39] builds on Bohm's work, proposing a universal field of information that encodes all events and experiences. This field is accessible through heightened states of consciousness, such as those induced by meditation or theta brainwaves. This theory resonates with the concept of the Akashic Records, a metaphysical idea that all human experiences are recorded in an accessible, universal field. Research on brainwave states [40] supports the idea that individuals can access deeper layers of consciousness in altered states, facilitating access to intuitive insights and repressed memories.

Brainwave research has shown that alpha (8-12 Hz) and theta (4-8 Hz) brainwaves are associated with relaxation, creativity, and heightened intuition. These brainwaves enable individuals to access subconscious layers of the mind, where soul memory and intuitive insights reside. Studies [41] show that emotional healing, particularly through hypnotherapy or other therapeutic practices, helps individuals bypass mental filters, allowing them to access deeper layers of truth and intuition. This supports the metaphysical notion that trauma healing opens the door to higher knowledge.

According to Brown & Gerbarg [42], emotional trauma can create mental filters that hinder intuitive access. Healing these emotional wounds clears the path for individuals to access clearer and more authentic intuitive insights. Therapeutic techniques that facilitate emotional release, such as hypnotherapy or meditation, help individuals enter brainwave states that enable intuitive awakening, confirming that emotional healing can enhance the perception of deeper truths.

Silva's Mind Control Method [43] provides techniques to consciously enter alpha and theta brainwave states. His work emphasizes that by training the mind to access these states, individuals can gain control over their mental processes, unlock subconscious information, and enhance intuition. This method supports the metaphysical view that higher consciousness can be accessed consciously and used to make informed decisions.

Sha & Xiu's [44] "Quantum Soul" theory offers a scientific perspective on the soul using quantum physics. They propose that the soul is the information contained within an individual's quantum vibrational field. This concept aligns with metaphysical views of the soul and supports the idea that healing emotional wounds enables individuals to access deeper layers of consciousness, where intuitive insights and soul memory reside. This scientific framework allows for a more holistic understanding of how emotional healing can connect

individuals with their higher truths and enhance decision-making.

In recent years, research on meditation and mindfulness has highlighted the profound effects these practices can have on brainwave states and cognitive processes, particularly in enhancing intuitive decision-making. Mindfulness practices, which involve focusing attention on the present moment without judgment, have been shown to increase activity in areas of the brain related to emotion regulation, self-awareness, and cognitive flexibility [45]. These practices promote relaxation and a shift from the more analytical, rational thinking processes (associated with higher-frequency brainwaves) to states that are more conducive to intuition (often associated with lower-frequency brainwaves such as alpha and theta waves) [46].

Brainwave research has demonstrated that meditation can alter the patterns of neural activity, facilitating states of heightened awareness and deep focus. A study by Cahn and Polich [47] has shown that sustained meditation practice increases the prevalence of alpha and theta waves in the brain, which are associated with creativity, intuition, and the processing of subconscious information. These brainwave states allow individuals to access deeper cognitive and emotional resources, fostering enhanced decision-making capabilities [48]. For example, experienced meditators are more likely to exhibit improved decision-making under uncertainty, with their decisions often being guided by intuitive insights that bypass traditional logical deliberation [45].

Additionally, mindfulness practices have been found to reduce stress and improve emotional regulation, which in turn enhances cognitive flexibility and the ability to integrate intuitive knowledge into decision-making [45]. This supports the idea that intuition, often regarded as a subconscious process, can be honed through practices that promote mental clarity and emotional stability. As such, mindfulness and meditation provide practical methods for individuals to train their brains to access intuitive insights more effectively, particularly in high-pressure or ambiguous decision-making environments.

Thus, by integrating the findings from meditation and mindfulness research with established cognitive science and decision-making theory, we can better understand how intuition transcends cognitive limitations and supports optimal decision-making. These disciplines offer pathways through which individuals can enhance their access to deeper cognitive and emotional resources, facilitating more informed and aligned decisions.

D. Decision-Making and Cognitive Science

The decision-making framework proposed in this hypothesis aligns with Simon's [47] concept of bounded rationality, which emphasizes the limitations of human cognition. By accessing intuition and deep subconscious wisdom, individuals can bypass these cognitive constraints, enabling them to make more effective and efficient decisions. Intuition, grounded in simple heuristics that tap into universal truths, helps individuals satisfice with greater accuracy, reducing the need for extensive deliberation. The deeper insights gained from accessing soul memory facilitate decisions that are not merely "good enough,"

but well-informed and aligned with an individual's higher purpose.

E. The Role of Intuition in Decision-Making

Intuition has long been recognized as a pivotal factor in human decision-making, particularly when faced with uncertainty or time constraints; [12] argues that intuition is grounded in simple heuristics, mental shortcuts that allow individuals to make quick, effective judgments without the need for extensive analysis. These heuristics, although often subconscious, are based on accumulated experience and prior knowledge, which guide decisions in complex and uncertain environments. Tversky and Kahneman [50] reinforced this idea in their seminal work on heuristics and biases, emphasizing that while intuition can sometimes lead to cognitive biases, it is highly efficient in situations where rational analysis is unfeasible.

Kahneman [49], in *Thinking, Fast and Slow*, distinguishes between two modes of thinking: System 1 (intuitive) and System 2 (analytical). System 1 operates rapidly and automatically, often leading to biased judgments, but it can be more accurate than deliberate reasoning, especially in complex, real-world situations. In managerial contexts, intuition is equally crucial. Dane and Pratt [52] argue that intuition draws upon experience and subconscious processing, particularly in dynamic environments where decisions must be made rapidly. Also, Betsch and Glöckner [55] describe intuition as "extensive thinking without effort," emphasizing its depth despite its apparent. Similarly, Bechara [54] showed that individuals who rely on intuitive decision-making (e.g., those with damage to the prefrontal cortex) struggle significantly with everyday decision tasks when deprived of this ability.

Importantly, intuition is not a passive or automatic process, it can be refined through experience [54]. Hogarth [52] highlights that intuition can be educated and enhanced over time as individuals accumulate domain-specific expertise. This is echoed by Kahneman [53] who notes that intuition becomes more effective with practice, allowing individuals to navigate uncertainty with greater accuracy.

Thus, the growing body of literature underscores the importance of intuition as an essential component of decision-making. It works in tandem with rational analysis, enabling individuals to make swift, context-sensitive decisions in uncertain environments enhancing the overall quality of decision-making.

II. DISCUSSION

At DNA_Pluse, we have deeply explored the profound connections between the human soul and the visibility of truth, particularly in how they influence decision-making. Our research and hands-on experience with individuals indicate that the soul can be understood through two essential elements: memory and frequency. These elements are key to personal growth, self-realization, and most significantly, to enhancing decision-making, especially in moments of uncertainty where human cognition alone may fall short. Building on this understanding, we propose that the truth of the soul can be seen

and perceived as a form of information, offering a direct pathway to clarity and guidance in decision-making.

As it was addressed in literature and introduction, philosophically, Plato's Allegory of the Cave illustrates the transition from ignorance to enlightenment, symbolizing the healing process as stepping out of the shadows of the material world into a higher, more authentic reality [1]. Similarly, Carl Jung's theory of the collective unconscious [8] posits that healing personal trauma allows individuals to tap into a collective memory, including past-life experiences, which may offer spiritual insights for decision-making. Nietzsche's concept of eternal recurrence [27] further complements this by suggesting that past life experiences can recur and influence present decisions once emotional healing has occurred. In addition, psychologically, the works of Bowlby supported the idea that healing trauma fosters a stronger, cohesive sense of self [28]. Contemporary trauma healing literature, such as van der Kolk's *The Body Keeps the Score* [10] and Levine's *Somatic Experiencing* [32], aligns with the hypothesis, indicating that trauma healing enables individuals to access deeper emotional and intuitive wisdom, which can be utilized for making better decisions. Moreover, in the metaphysical realm, ThetaHealing [35] and transpersonal psychology [36] propose that emotional healing connects individuals with their "soul memory," a concept closely related to the Akashic Records. These modalities suggest that through altered states of consciousness, individuals can access spiritual insights that guide decision-making. Quantum theories, such as Bohm's *Implicate Order Theory* [56] and Laszlo's *Akashic Field Theory* [38], further validate the idea that consciousness transcends the physical brain and taps into universal fields of knowledge, enabling individuals to access higher truths when emotionally healed.

Neuroscientific studies on brainwaves also support the connection between emotional healing and intuitive insight. Research indicates that states of heightened intuition, often associated with alpha and theta brainwaves, facilitate access to subconscious layers of the mind [41]. Practices like meditation and mindfulness have been shown to enhance these brainwave states, thus improving individuals' ability to access intuitive insights [45]. These practices clear the mental filters created by emotional trauma, allowing for more authentic and accurate intuitive decision-making.

The role of intuition in decision-making is further supported by cognitive science. Simon's theory of bounded rationality [57]-[60] explains that human cognition is limited, and intuition helps overcome these constraints by tapping into unconscious knowledge. Research Gigerenzer and Todd [61], as well as by Tversky and Kahneman [50] also highlights the efficiency of intuition in decision-making, particularly under uncertainty or time pressure. Intuition, based on accumulated experience, allows individuals to make swift and effective decisions, often outperforming more deliberate rational thinking. In complex and ambiguous environments, intuition can complement analytical models, leading to more informed and aligned decisions.

This idea also finds some foundation in the literature, where

intuition is increasingly recognized as an essential part of the decision-making process, often segmented across diverse fields [62].

Gigerenzer and Todd [61] emphasize that intuition functions as a subconscious process, enabling rapid judgments, particularly when individuals face uncertainty or complexity. Hodgkinson and Sadler-Smith [63] support the role of intuition in managerial decision-making, noting that it is often viewed as a vital, albeit underexplored, tool. These studies suggest that decision-making processes can benefit from more than just rational thought, paving the way for considering alternative sources of insight, such as soul memory and frequency.

In line with this, we propose that an individual's "soul-truth" can become visible after healing the inner child and accessing soul memory, which we theorize holds the accumulated knowledge of past experiences. This process also aligns with understanding the soul's frequency, a concept that could represent its unique energetic signature. Hodgkinson and Sadler-Smith [63] describe intuition as a form of subconscious knowledge that guides decision-making beyond rational thought, an idea that parallels our understanding of how soul memory and frequency function in guiding individuals toward self-realization and clearer decisions.

Memory and Frequency as Components of the Soul

According to Fig. 1, memory, in this context, is conceptualized as a repository of experiences, akin to the concept of the Akashic Records in metaphysical traditions. The Akashic Records refer to a compendium of all universal events and knowledge, analogous to the idea that soul memory holds past life experiences and deeper truths. This concept, while metaphysical, finds echoes in scientific discussions around how memory and subconscious processes influence decision-making [64]. The soul's memory, when accessed, may reveal deeper insights that can aid in personal growth and decision-making beyond the constraints of conscious cognitive processes.

Frequency, on the other hand, is understood as the soul's unique vibrational essence, a concept that resonates with discussions in quantum physics about the fundamental nature of energy. Though metaphysical in origin, this idea draws parallels with scientific concepts like resonance and vibrational energy, which are explored in quantum physics and neuroscience. For example, alpha and theta brainwave states—commonly associated with relaxation, creativity, and intuition—have been linked to enhanced access to subconscious knowledge [47]. These brainwave states, which can be induced through meditation or visualization, may serve as gateways to accessing soul memory and revealing deeper truths.

A. Quantum Physics and Metaphysical Insights

The connection between quantum physics and metaphysical concepts like soul memory and frequency warrants careful consideration. Quantum physics posits that energy and information are fundamental to the fabric of reality, a notion that can conceptually align with the idea that the soul's memory is a repository of vibrational knowledge. The phenomenon of

quantum entanglement, wherein particles remain connected across distances, might serve as a metaphor for understanding how soul memory transcends time and space, linking past experiences and universal truths [65].

Similarly, metaphysical perspectives on the soul's frequency suggest that it resonates with a higher universal energy, aligning individuals with their true purpose. This resonance could serve as an energetic blueprint, guiding life decisions in a way that transcends cognitive reasoning. However, it is important to note that while these ideas provide an interesting lens through which to view spiritual development, they remain speculative and should be explored with both scientific and metaphysical nuance.

B. Intuition and Decision-Making

One of the key applications of this understanding of soul memory and frequency lies in decision-making, particularly through the lens of intuition. Intuition allows individuals to make decisions without fully relying on conscious reasoning, a process that may be particularly valuable in complex or uncertain situations. Herbert Simon's theory of decision-making, specifically his concept of "bounded rationality," suggests that individuals are constrained by cognitive limitations, time pressures, and the availability of information [60]. When faced with these constraints, individuals often rely on intuitive processes to make "good enough" decisions.

We propose that by accessing soul memory and recognizing the frequency of the soul, individuals may be able to surpass the limits of bounded rationality. Intuitive decision-making, when guided by the deeper knowledge stored in the soul, allows individuals to bypass information overload and cognitive constraints. This process may lead to faster and more aligned decisions, ultimately resulting in outcomes that are more congruent with their true purpose.

Beyond Traditional Techniques: Integrating Science and Spirituality

Traditional methods such as meditation, mindfulness, and breathwork remain valuable for accessing deeper layers of consciousness. However, integrating insights from neuroscience, quantum physics, and metaphysical traditions can push the boundaries of what is possible. By enhancing brainwave states, healing unresolved trauma, and aligning with the soul's frequency, individuals may unlock a fuller spectrum of their potential, including access to higher truths stored in the soul's memory.

Herbert Simon's theory of decision-making, particularly his concept of bounded rationality, offers valuable insight into the role of intuition in decision-making. Simon argued that decision-making is limited by cognitive constraints, time pressures, and the availability of information. Since humans cannot evaluate every possible option, they often settle for "good enough" solutions rather than striving for the optimal one, a process known as satisficing [57], [60].

This concept ties directly to our understanding of intuition. By tapping into their soul's memory and frequency, individuals can access deeper truths that transcend the cognitive limitations

inherent in bounded rationality. Intuition allows them to bypass information overload and cognitive constraints, enabling faster, more accurate decisions that are aligned with their true purpose [61], [64].

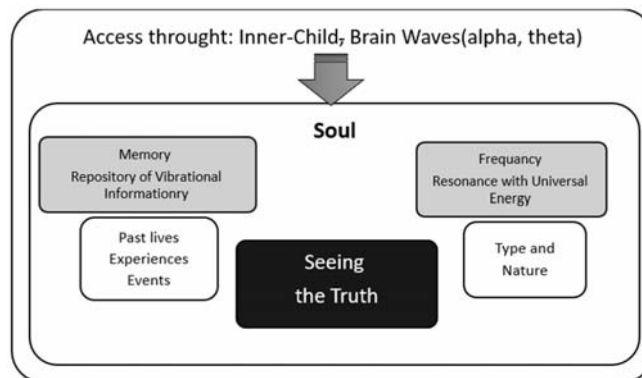


Fig. 1 Soul's truth can be seen-Interdisciplinary validation

C. The Benefits of Seeing the Truth, and Supporting Decision-Making

The ability to see the truth and connect to the soul offers profound benefits, particularly when navigating the complexities and uncertainties of decision-making. These benefits arise from an enhanced awareness of deeper, unconscious knowledge that goes beyond the limitations of rational thought. breaking down how this connection supports decision-making and personal growth summarized in Fig. 2.

Clarity and Alignment with True Purpose

When individuals connect to their soul, they access a deeper understanding of their authentic self. This process involves peeling away the layers of conditioning, trauma, and cognitive biases that obscure true clarity. By aligning with the soul's truth, decisions become more congruent with one's true purpose in life. This alignment provides a sense of certainty, reducing the inner conflict that often arises when choices are made purely from external expectations or societal conditioning.

Clarity in decision-making is achieved by tapping into a higher, more authentic layer of consciousness, leading to choices that align with long-term goals, values, and personal purpose.

Access to Soul Memory: Past Life Wisdom and Intuitive Insight

The concept of soul memory suggests that our souls hold the accumulated wisdom of past experiences, including past lives. Healing emotional wounds and traumas allows individuals to access this soul memory, offering them profound insights that are not readily available through traditional cognitive processes. This memory could contain knowledge, patterns, or lessons learned from previous lifetimes that can inform current decisions.

As we heal, we also unlock intuitive insights that guide us. Intuition is not just a random gut feeling but a deep, informed understanding that arises from accessing the unconscious mind, specifically the soul's repository of experiences and

knowledge. This intuitive wisdom serves as a valuable tool for making decisions when faced with uncertainty, ambiguity, or complexity.

Accessing soul memory allows individuals to make more informed, instinctively aligned decisions, avoiding the confusion often caused by relying solely on conscious, rational thinking.

Overcoming Cognitive Limitations

As it was discussed above, Herbert Simon's theory of bounded rationality suggests that human cognition is limited by constraints such as time, information, and cognitive resources. As a result, decision-makers often cannot fully evaluate every possible option and instead settle for "good enough" solutions. By connecting to the soul and accessing deeper levels of consciousness, individuals can overcome these cognitive limitations.

This expanded awareness helps individuals process information more holistically, enabling them to navigate complex decisions with greater ease. Intuitive decision-making, supported by soul memory and frequency, provides an alternative path when rational thought alone cannot lead to optimal solutions.

By transcending the cognitive constraints of bounded rationality, individuals are empowered to make better, faster decisions that are more aligned with their higher truth and soul's purpose.

Emotional Healing as a Gateway to Clearer Decisions

Emotional healing is at the core of accessing soul wisdom. When individuals work through personal traumas or unresolved emotions, they clear mental filters and unconscious biases that can distort decision-making. This process involves reconnecting with the inner child and healing emotional wounds, which strengthens the connection to one's true essence.

As emotional healing progresses, individuals begin to see truth more clearly, free from the distortion caused by past pain or fear. This clarity allows for decision-making that is more grounded, rational, and compassionate.

Emotional healing creates a clearer channel for decision-making, allowing individuals to act from a place of calm, self-awareness, and authenticity, rather than reacting from past emotional triggers.

Integration of Intuition and Rationality

The integration of intuition and rationality is key to optimal decision-making. When individuals are connected to their soul and its deeper truths, their intuition works in tandem with their rational mind. This integrated approach leverages both the intuitive, unconscious insights provided by the soul, as well as the analytical reasoning provided by the conscious mind.

A balanced integration of intuition and rationality ensures that decision-making is not solely driven by data or emotion but is enhanced by both conscious and unconscious wisdom.

Accelerated Personal Growth and Self-Realization

Connecting with the soul and recognizing its frequency

accelerates the process of personal growth and self-realization. As individuals heal and uncover the truth within, they experience profound shifts in self-awareness and self-empowerment. This journey of self-discovery creates a solid foundation for making decisions that reflect the individual's highest potential.

By understanding the soul's frequency, the unique energetic signature that defines us, individuals can better navigate life's challenges. Decisions made from this place are grounded in a higher sense of purpose, enhancing both the clarity and effectiveness of the outcomes.

Personal growth and self-realization gained through soul connection led to more confident, empowered decisions that support long-term fulfillment and purpose-driven actions.

Holistic Decision-Making

Finally, decision-making becomes more holistic when connected to the soul's truth. Decisions are no longer viewed from a purely material or rational perspective but instead incorporate spiritual, emotional, and intuitive dimensions. This holistic approach ensures that decisions not only serve immediate goals but also align with the individual's long-term well-being and alignment with universal truths.

Whether in personal life or professional contexts, this holistic decision-making framework empowers individuals to see beyond the surface and consider the broader, interconnected implications of their choices.

A holistic view of decision-making ensures that choices are well-rounded, considering not just immediate outcomes but also long-term impact on personal growth, relationships, and alignment with universal truths.

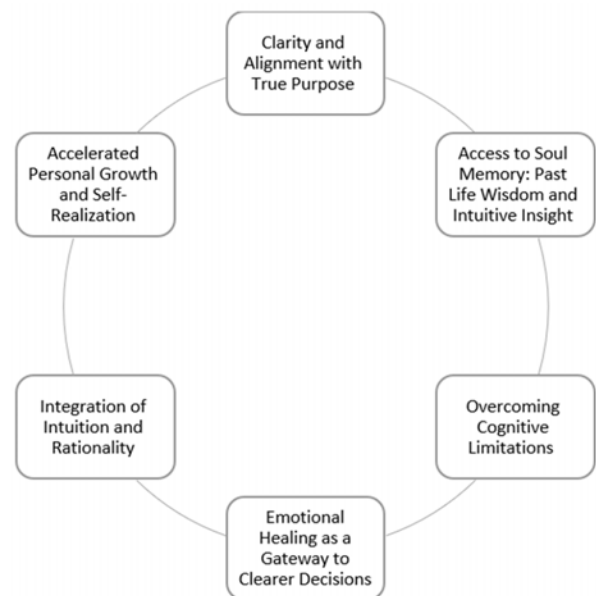


Fig. 2 Benefit of accessing the soul's truth

III. CONCLUSION

In conclusion, the exploration of the profound connection between the human soul and the visibility of truth offers

invaluable insights into decision-making and personal growth. Our findings at DNA_Pluse reveal that the soul can be understood through memory and frequency, two essential elements that influence not only personal development but also the clarity and alignment of decisions, especially in moments of uncertainty. Through healing and accessing the soul's deeper truths, guided by DNA_Pluse's unique 40-Day Transformation practical framework, individuals can tap into a vast repository of knowledge, including past-life wisdom, which helps transcend cognitive limitations and fosters more intuitive, holistic, and informed choices.

Building on philosophical, psychological, metaphysical, and scientific perspectives, we find a convergence of ideas that support the hypothesis that emotional healing and the connection to soul memory can lead to clearer, more aligned decision-making. The integration of intuition with rational thought enhances decision-making, allowing individuals to navigate complex environments, with greater confidence and precision.

Incorporating neuroscience, quantum physics, and metaphysical teachings, we propose that the soul's frequency and memory provide a direct pathway to accessing deeper truths, empowering individuals to make decisions that are in harmony with their true purpose. By connecting with these inner truths, we not only heal past wounds but unlock intuitive insights, fostering personal growth and accelerating the journey towards self-realization. This holistic approach to decision-making transcends traditional methods, offering profound benefits that contribute to long-term fulfillment, clarity, and empowerment.

IV. FUTURE WORK

Future work will focus on expanding this concept by transferring the results from the case study we performed, applying it to broader contexts. Additionally, we plan to integrate artificial intelligence into brain signal processing to decode data received during alpha, theta, and delta brainwave states into meaningful knowledge. This approach will allow for deeper insights into the relationship between brain states and decision-making, further bridging the gap between intuition, frequency, and rationality in complex decision-making environments.

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