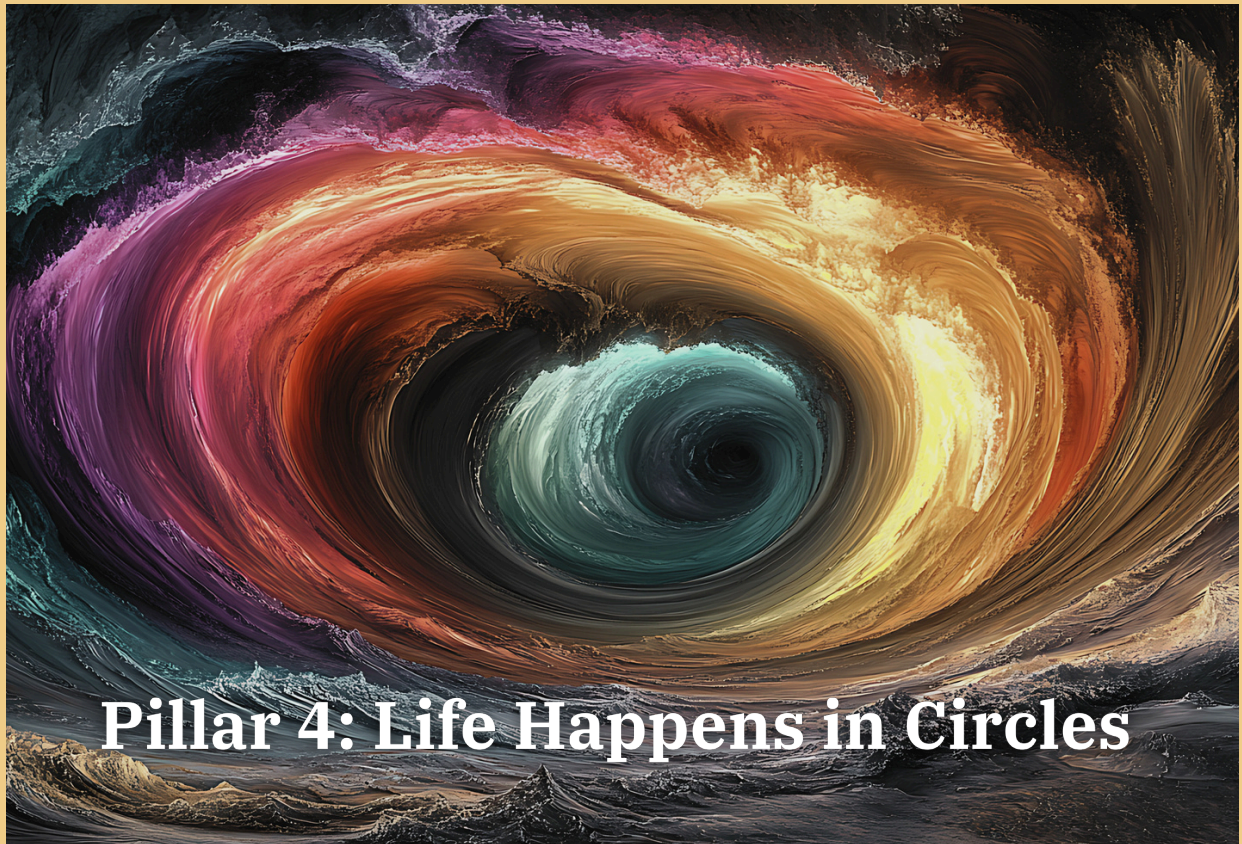


EVIDENCE & INSIGHT COMPENDIUM



***Holistic, Scientific, Metaphysical, and
Consciousness-Based Support***

By Simple Earth Rebel

SCIENTIFIC FOUNDATIONS

1. Ultradian Rhythms & Biological Cycles

→ Human physiology follows repeating cycles (90–120 minutes) for alertness, rest, digestion, and healing.

→ Disrupting these rhythms leads to imbalance.

(Kleitman, 1963, Basic Rest-Activity Cycle Theory)

2. Emotional Cycles & Neural Looping

→ Emotional experiences recur in patterned loops—unresolved feelings resurface until integrated.

(Siegel, 2012, The Developing Mind)

3. Nonlinear Healing Models

→ Modern psychology and trauma therapy now affirm that healing is cyclical, not stepwise. Clients revisit trauma in “waves” as nervous systems gain capacity.

(Van der Kolk, 2014; Levine, 1997)

CULTURAL & HOLISTIC WISDOM

1. Indigenous Medicine Wheel Teachings

→ Many First Nations traditions teach that life, time, and healing flow in circular cycles: birth, growth, death, rebirth.

→ Circles are not decorative—they are cosmological maps of transformation.

2. Mythic Time in Jungian Psychology

→ Carl Jung explored circular symbols (mandalas, ouroboros, lunar cycles) as maps of psychic wholeness—returning to archetypes through dreams and life stages.

3. Menstrual and Seasonal Rhythms

→ The body and Earth move in repeating cycles of creation, rest, and renewal.

Hormones, mood, and energy levels follow these ancient spirals.

(Hill, 2018, Cycle Awareness in Women's Health)

Metaphysical & Consciousness-Based Perspectives

1. Spiral Dynamics of Consciousness

→ Human development is spiral—each level integrates the last, but revisits its core themes at a higher octave.

(Graves, 1974; Beck & Cowan, 1996)

2. The Toroidal Flow of Energy

→ Consciousness and biofields move in toroidal (donut-shaped) patterns—constantly circulating in and out of the self.

→ Everything you emit returns, re-enters, and reshapes.

(Braden, 2007; McCraty et al., HeartMath Institute)

3. Reincarnation & Soul Cycles

→ Many traditions view the soul's journey as circular—returning to Earth again and again not to repeat, but to remember and evolve.

APA REFERENCES

1. Beck, D. E., & Cowan, C. C. (1996). *Spiral dynamics: Mastering values, leadership, and change*. Blackwell.
2. Braden, G. (2007). *The divine matrix: Bridging time, space, miracles, and belief*. Hay House.
3. Graves, C. W. (1974). Human nature prepares for a momentous leap. *The Futurist*, 8(2), 72–87.
4. Hill, L. (2018). *Wild power: Discover the magic of your menstrual cycle and awaken the feminine path to power*. Hay House.
5. Jung, C. G. (1950). *Symbols of transformation* (R. F. C. Hull, Trans.). Princeton University Press.
6. Kleitman, N. (1963). *Sleep and wakefulness*. University of Chicago Press.
7. Levine, P. A. (1997). *Waking the tiger: Healing trauma*. North Atlantic Books.
8. McCraty, R., Atkinson, M., Tomasino, D., & Bradley, R. T. (2009). The coherent heart: Heart-brain interactions, psychophysiological coherence, and the emergence of system-wide order. *Integral Review*, 5(2), 10–115.
9. Siegel, D. J. (2012). *The developing mind: How relationships and the brain interact to shape who we are* (2nd ed.). Guilford Press.
10. Van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. Viking.