



# Stile

How does it feel to be You?

Stile is a unique and potent app to help you resolve conflicts and find clarity in your personal expression by guiding you to a sensory experience of your own state of being. Using images, tones and other non-verbal stimulation built on a foundation of sacred geometry and the natural world, Stile shows you a window into your current state of being and provides a vehicle to deliver you through conflict and into a greater version of yourself.

## What's New?

- Expanded palette of sensory choices
  - Go deeper into any of the senses that assist you
- Journal your insights
  - Feel what it's like to communicate from your centered awareness
  - Save your journal to assist yourself in the future
- Upgrades
  - Network: Participate in the Stile network of people from all walks of life who are aware of their Creator Essence, communicating from this awareness
  - Chat: Connect with others for collaboration and feedback as you expand your awareness
  - Personal Interactive Library: Use 1-2 sentence journal phrases to build a library of your own centered communication - when you ask Stile for a suggestion of how you might express yourself in a given situation, it will create a suggestion for you from a library of your own unique journal entries.

## How Will This Make Me Feel?

Stile is created to help you know the sensation of feeling centered and congruent in any situation. When you use Stile, you will have the opportunity to feel a wide range of sensations, from confusion and conflict, to openness and stability - but it all happens in a deliberate journey of awareness and safety. You are guided without analysis or judgment to become aware of what you are actually feeling. Stile guides you to this awareness so that you may transcend what isn't working for you and step forward into the sensation of the true core of all that you are, healthy, whole and complete.

Stile helps you feel more of You.

## Why Would I Use Stile?

- You have to walk into a conversation you don't feel good about
- You're having a difficult day and you'd like to feel better
- You've realized that you need to find a new way to say what you're trying to say
- You're nervous about stepping into a new or unfamiliar situation
- You've noticed a pattern in your life that no longer serves you and you want it to change
- You want to spark your creativity
- You're ready to feel more of who you truly are, but you're not sure what that means or how to do it
- You are feeling great and you want to expand that into even more
- You want to invite co-workers into a relaxed and harmonious meeting (have everyone run through Stile at the beginning of the meeting)
- You want to invite a new level of inspiration into your creativity
- You feel stuck with what you are practicing/studying/writing/creating/ coding and you want to free yourself
- Because it feels good...

## How Does Stile Help Me?

The human body and mind have an innate response to the natural world. In the presence of forms, shapes, rhythms, sounds and visions of nature, there is a natural response of opening and relaxation. Shapes of sacred geometry and the musical frequencies to which they correspond also have this same affect of alignment with the natural world, or a natural state of being.

By using Stile, a person can bring themselves into alignment with their natural state of being wherever they are by interacting with the shapes, tones and sense of the natural world. Not only will a person experience the sense of harmony, they will have the opportunity to write and communicate from that state of being to carry that relaxed alignment forward through any conversation or situation they walk into.

Stile is a powerful, alternative and unique tool to help you express your inner state of being and resolve conflicts through an inherently neutral system of sacred geometry.

The result is your genuine expression reflected back to you without judgment so you can see and feel yourself to help you move forward beyond inner or outer conflict. Without analysis or judgment, Stile is here to help you step more fully into all that you are.

## How Does Stile Contribute To Humanity?

Stile guides people to communicate with kindness by generating the sensation of kindness first for themselves. From there it can be shared effortlessly with others. Stile assists the attunement of all of humanity to a frequency that is in alignment with the innate architecture of all of life. When just one person has the courage to speak with clarity and express who they truly are, everyone they touch feels the benefit. As more people find courage to speak and express themselves without conflict, our whole world begins to change.

Stile is a tool to assist humanity as a whole to generate communication from an awareness that is inherently aligned with the natural world, built upon the same architecture as the natural world. On a more surface level, the effect will be greater self-care, conversations with less conflict, business flows more easily, partnerships happen with ease and enjoyment, . On a grander scale, the consciousness of humanity will accelerate exponentially to a place of overall greater harmony and less conflict - as more people consciously choose to communicate in harmony with their true nature, an exponential wave facilitates the mass consciousness of humanity on quantum dimensional levels to attune to that natural state of being, whether they are conscious of it or not.

## Why Sacred Geometry?

The shapes of sacred geometry and the frequencies in hertz that correspond in mathematical terms are recognized in science, mathematics, physics, metaphysics and ancient theologies as the architectural basis of all of life. Our physical world, our etheric world and consciousness itself can be described through application of the tools of sacred geometry and waveform.

Without needing to understand why or how, like a tuning fork these shapes and frequencies have an effect of re-aligning our own bodies, minds and awareness to harmonize with the basic building blocks of nature. This re-tuning is why spending time out in the natural world can feel refreshing, uplifting and cleansing. The more we expose ourselves to the innate structures and frequencies of nature, the more we invite our return to those innate frequencies in our own bodies and our lives.

## What are the benefits?

- Fluid communication in relationships
- Relieve stress on the spot
- Feel the sense of clarity and openness when your communication is in alignment with your heart

- Restructure your thinking to let yourself have optimum health and well-being
- Get back in touch with your innate senses
- Live in a state of perpetual creation and re-generation/healing
- Feeling in touch with your own guidance, intuition and higher levels
- Kindness to yourself that expands to your whole world

## Why does all of this matter?

When you are authentic in how you say what you say, you change the way other people can receive you and the way they respond to you. Trying to make someone communicate with clarity doesn't work, but if you yourself are coming from clarity, you then become an invitation to others to meet you there, and relationships can flow with ease. Encouraging humans to show kindness to themselves expands the greater capacity for kindness to all species and other forms of life as well.

As humanity evolves and technology continues to become an integral part of how we express ourselves, remembering what it feels like to be unique and to express yourself uniquely is the real value of any one person's contribution.

Know yourself, express yourself, with Stile.

