

Hi FreQ

High
Frequency
Ecosystem

by Turtles
of
Fortune

Issue 1



High Frequency Ecosystem
is for gently musing upon.

*It is an expression of awe at the sublime mysteries of
being in this wild world, and a small, tender way of
processing some of the experience of it.*

@highfrequencyecosystem

In The Beginning



“In the beginning was the Code, and the Code was with the Programmer, and the Code was the Programmer, and the Code was with the Programmer in the beginning.

Through him all things were programmed, without him, nothing was programmed that has been programmed. In him was life, and that life was the upgrade of all mankind, the upgrade shines in the darkness and the darkness has not downloaded it.

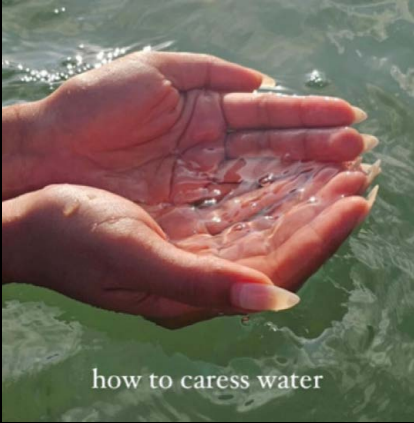
The true upgrade that upgrades everyone was coming into the simulation.

He was in the simulation; and though the simulation was programmed through him, the simulation did not recognise him. He came to that which was his own, but his own did not receive him – yet to all that did receive him to those who believed in his name, he gave the right to become children of the Programmer.”

As read by Duncan Trussell on episode 205 of The Duncan Trussell Family Hour Podcast

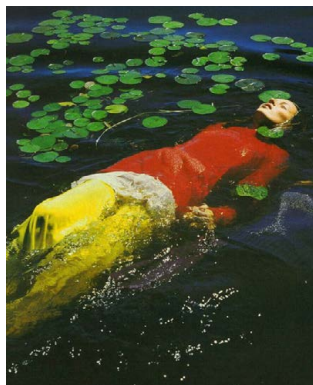


Water



“Water is life’s matter and matrix, mother and medium. There is no life without water.”

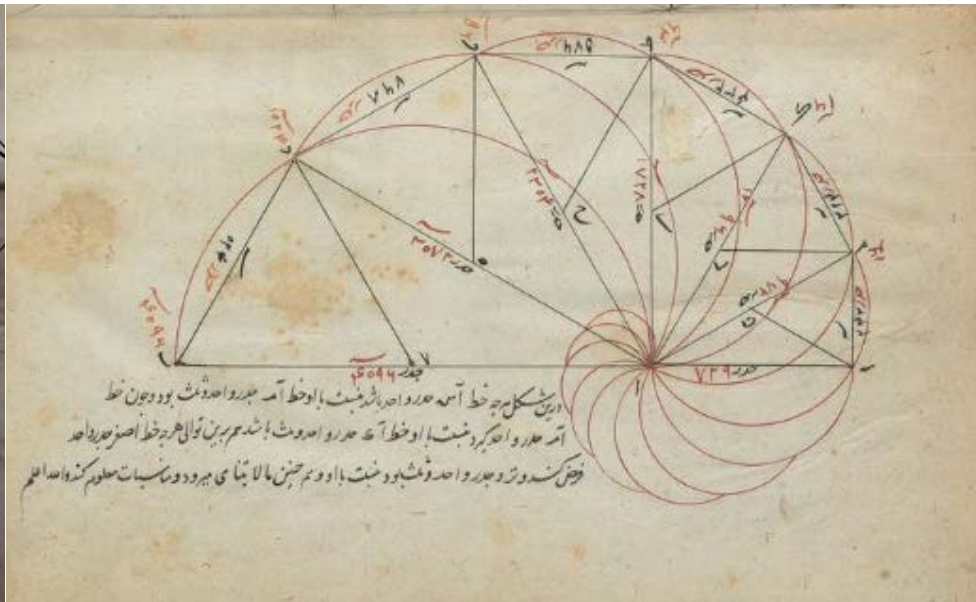
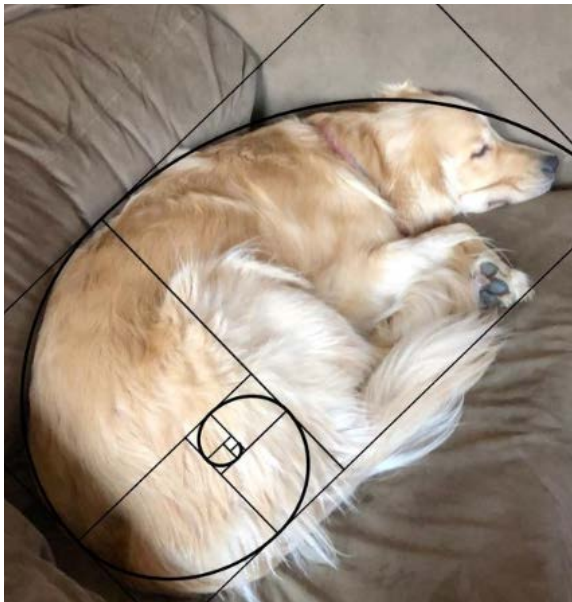
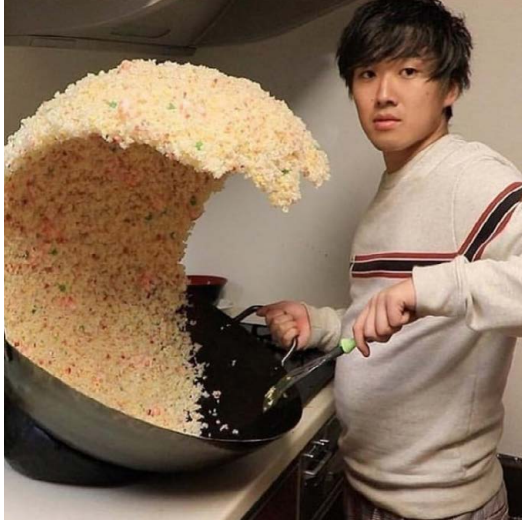
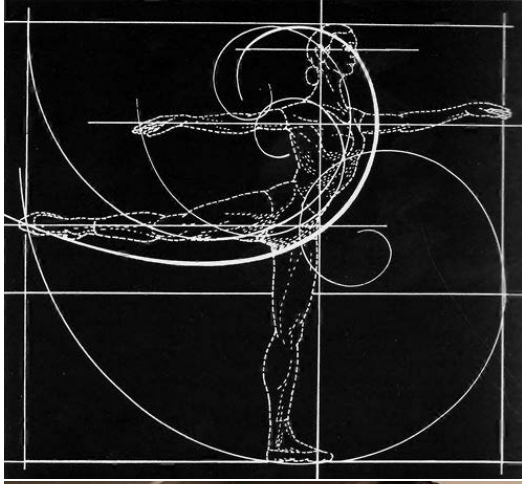
Albert Szent-Gyorgyi,
M.D.



The Golden Ratio

The Golden Ratio, or 1.61803399, represented by the Greek letter *phi*, is also known as the Golden Number, or the Divine Proportion. Seen in structures as vast as galaxies and as intricate as DNA, the Golden Ratio represents the ideal in coherence, balance and beauty. This unique ratio is tied to a universal law of nature's design, and reveals how nature shapes itself. The essence of the Golden Ratio lies in achieving maximal efficiency with minimal energy, resulting in ultimate harmony.

It is the manifestation of perfection in motion.



Feelings

The Veil of Isis

Mysteries are feminine. They like to veil themselves but still want to be seen and divined.



Feelings

Why Do Birds

Suddenly appear
Everytime
You are near
Just like me
They long to be
Close to you

Close to You by
Burt Bacharach
and Hal David
(1970)

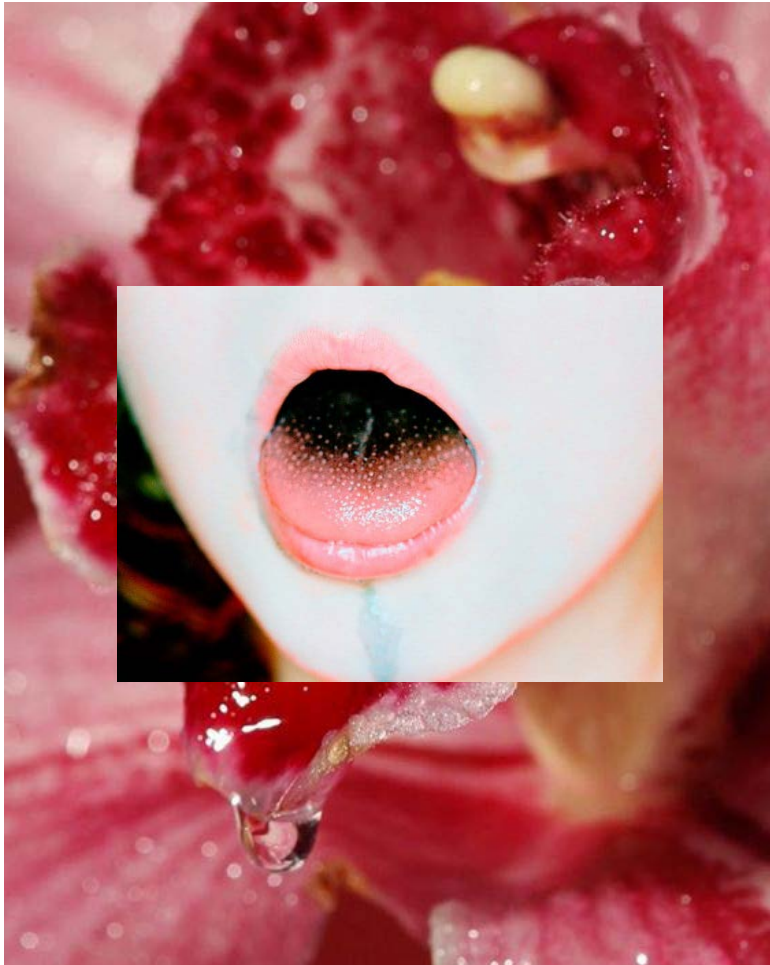


Feelings

Desire

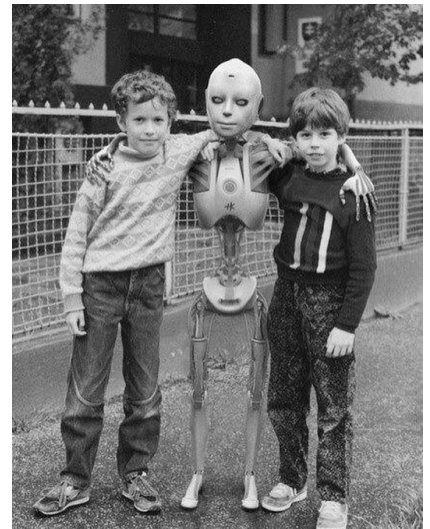
*“Protect
me from
what I want.”*

Barbara Kruger



Ex Machina

I 🤔 therefore I 🤔🤔🤔



Thoughts

Vanity

“What’s wrong with enjoying the visual? Vanity is part of what keeps us alive — understanding that you have something of value within yourself. Isn’t that what keeps you in the game?”

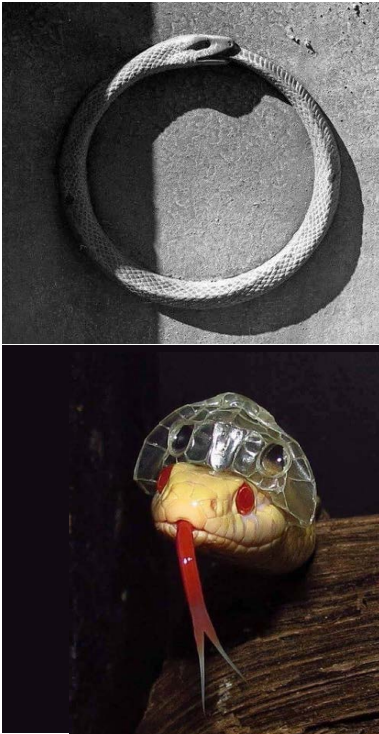
Geri, 61, Philadelphia



The Serpent

Historically, serpents and snakes represent fertility or a creative life force. And because they shed their skin, they are symbols of rebirth, transformation, immortality, and healing.

The ouroboros is an ancient symbol that depicts a serpent or dragon eating its own tail, and is a representation of eternity, and the continual renewal of life.



Twins



Representing two halves of the same whole, twins can symbolise the dualistic nature of the universe; like the opposing spirits of good and evil, dark and light, yin and yang. Since the dawn of time, many cultures have believed that twins have special powers.



Thoughts

Eclipses

In some cultures, eclipses are considered to be “evil”, or a bad omen. Instead, we urge you to consider eclipses a beautiful and powerful phenomenon that demonstrate the perfect alignment of the heavens.



Connection



“May you start to see that what you call synchronicity is actually an expression of the truth: that all things are connected.”

Lyssa Royal- Holt



The Turtle

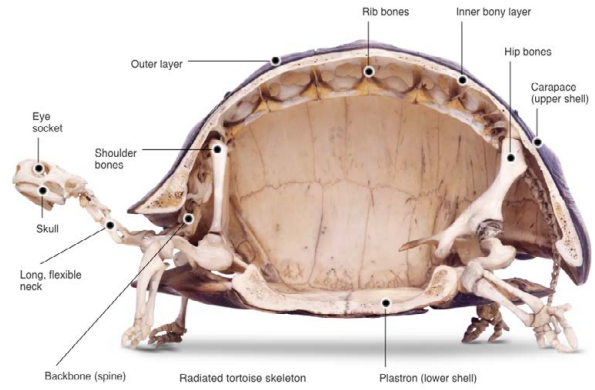
The turtle represents the epitome of patience and ancient wisdom.

Turtles are spiritual messengers. They are symbols of resilience, endurance, protection, unwavering determination and longevity.



Ada McVea
@AdaMcVean

Daily reminder that turtles are not “inside” their shells. They *are* their shells.



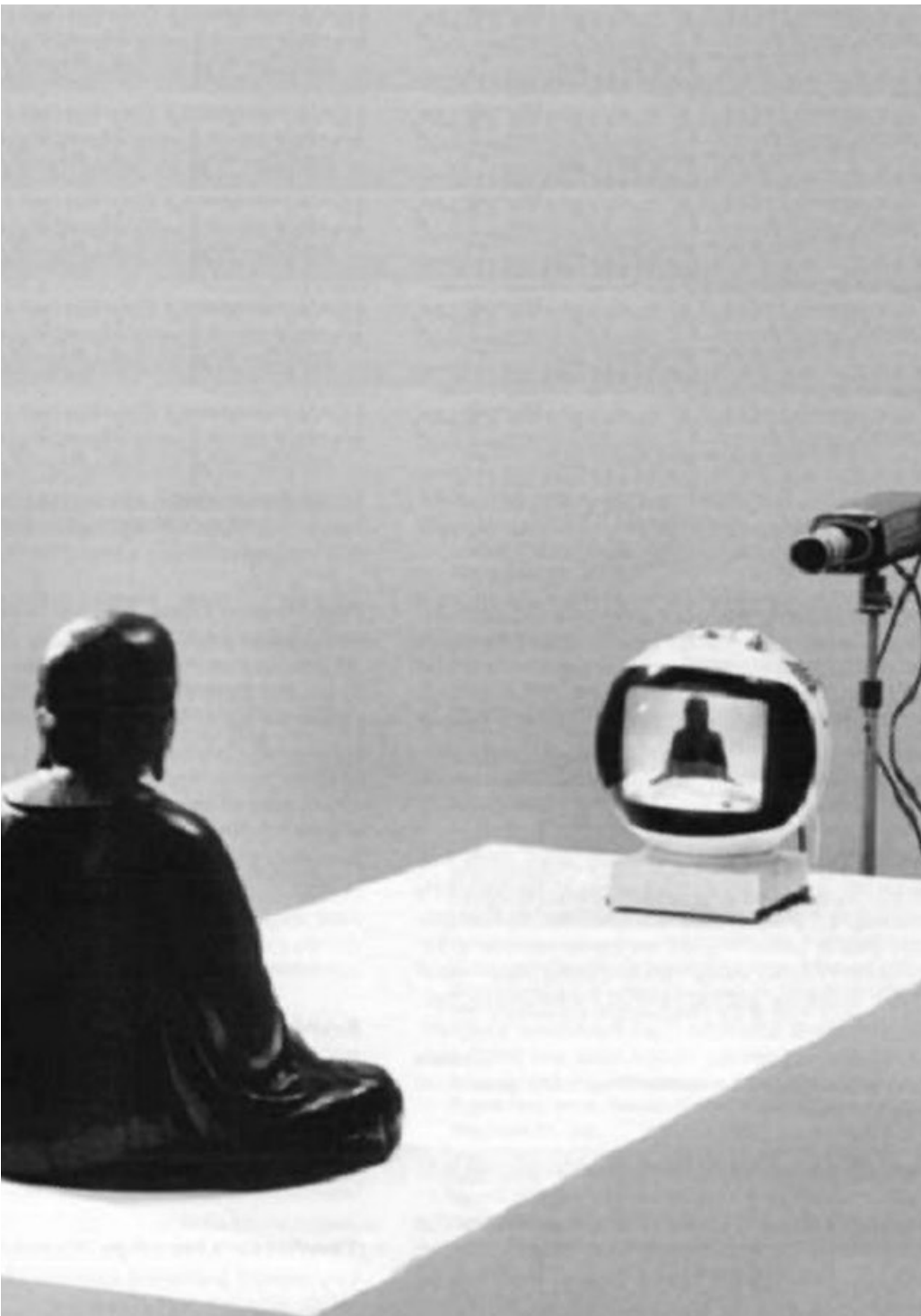
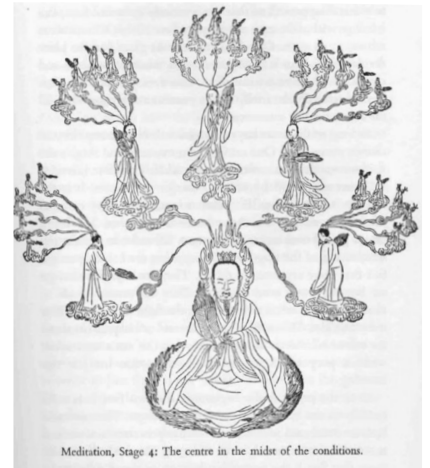
A 140-year-old tortoise wearing her 5-day-old son as a hat.



Meditation

Meditation is the practice in which your attention is focussed on being mindful and present.

There is no right or wrong way to meditate.



Stories

Vehicles to the Beyond



Learnings

Falling and Surrender

“This is the shamanic dance in the waterfall. This is how the magic is done... Hurl yourself into the abyss and discover it’s a feather bed.”

Terence McKenna



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Water [p.4]

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The Veil of Isis [p.6]

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Falling and Surrender [p.18]

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High Frequency Ecosystem
is made with love, lolz and gratitude

Thank you for witnessing it



Created, edited, written,
and brought to you by:

Turtles of Fortune
Christel Escosa and Jolene Lin
&
Turtles' Design Director
Fumi Kamigama

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For sponsorships, partnerships, collaborations,
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please email hello@turtlesoffortune.com

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Because *all things are connected*

