



Frequency
First

FREQUENCY FIRST · AMBASSADOR PROGRAM

The 7-Day Frequency Reset

Your Ambassador Cheat Sheet



Everything from our kickoff call, written out so you never have to go hunting for an answer. What the seven days actually are. What your people get for free. Every date and every deadline. What they can continue into and what you earn. And what to do in the five days after the Reset ends, which is where most of it is decided.

THE RESET RUNS OCTOBER 5-11, 2026
EVERYTHING CLOSES OCTOBER 15

The Reset on One Page

If you only read one page, read this one. Everything after it is the depth.

- 01** **The point is to let people feel this work before they pay for it.** Seven days with the cards, the meditations, the coaching and the community, then they decide.
- 02** **It is free.** No credit card. They register and they are in.
- 03** **October 5 through 11.** One card a day, one practice of about eleven minutes.
- 04** **Four live calls with me** on October 5, 7, 9 and 11, all at 10:00 AM Mountain.
- 05** **The last day anyone can register is October 8.** Three days in is when a lot of people finally move.
- 06** **Everything closes October 15.** Access, completion credit, Founding Member pricing, the bonuses.
- 07** **Register them through your own Reset link.** That one action connects them to you, and it keeps paying after the Reset is over.
- 08** **Once they are yours, they stay yours.** If they later buy through one of my links, the commission is still yours.
- 09** **Invite the people who already own the deck.** If they have never really used it, this is how they finally do.
- 10** **They can continue three ways:** the \$97 Oracle Deck, Frequency First at \$444, or iAscend in March at \$3,500. Nobody has to buy anything.
- 11** **The follow-up is built.** Onboarding emails, daily nudges, and a different conversation afterward depending on how much they did.
- 12** **Your real work is October 11 to 15.** Not a pitch. A personal check-in with everyone you invited.

What the Reset Actually Is

Before you can invite anyone into it, you have to be able to say plainly what it is and what they get.

Why I created it

I ran a four-day shamanic retreat and every person there already owned the Oracle deck. Every one of them said the same thing: I know it is incredible, I just have not used it. So we used it. Every morning, one card and one eleven-minute meditation.

By the end of the four days, the card had named exactly what each of them was moving through. Some of them pulled the same card three days running, which never happens. What they said afterward was that they could not believe they had been holding something this precious and leaving it on a shelf.

That is what the Reset is for. Once someone has felt what happens in eleven minutes a day, \$97 stops being a question. And the people who are not ready to buy anything still walk away with seven days that changed something.

The Reset at a glance

What it is	The 7-Day Frequency Reset
Cost	Free. No credit card required.
Where it happens	Inside the Frequency First app
Live experience	October 5–11, 2026
Last day to register	October 8
Completion deadline	October 15
Daily commitment	About 11 minutes
Live calls	October 5, 7, 9 and 11 at 10:00 AM Mountain

What they receive, free

This is the list to have in your head when someone asks what they actually get. None of it costs them anything.

ONE A card a day, for seven days

They pull one Reset card each morning and carry it through the day. Free participants pull one card a day rather than having every spread in the deck open to them, and that limit is deliberate. One card, sat with properly, does more than ten cards skimmed.

TWO The meditation that belongs to their card

They read the message, listen to the meditation for that specific card, and take it into their day. This is the eleven minutes.

THREE Daily journaling

Before the meditation or after it, whichever way they work. What comes up in the journaling is what the Frequency Report is built from.

FOUR Their Frequency Report

Anyone who journals at least three times during the week receives a report drawn from what has actually been showing up for them. Tell people this early, because three entries is a low bar and the report is the thing they will screenshot.

FIVE Root Cause Coaching, from the moment they register

This unlocks immediately. They do not wait until October 5. If something comes up this week, they can take it into the coaching tonight.

SIX The Paradigm Shift Meditation, also immediately

Same thing. It is open the moment they are in, which means the people you invite today have something real in their hands today.

SEVEN The community

They get to see how other people are using the cards and the tools in their actual lives. For a lot of people this is the part that makes it land, because it stops being a product and becomes a room full of people doing the work.

EIGHT Four live experiences with me

Not recordings. Live. The next page has what each one is.

The Calls and the Dates

Most of the questions you will get are date questions. This part answers all of them.

The four live calls

Every call is at **10:00 AM Mountain, 12:00 PM Eastern**. These are the spine of the week. Get your people to the calls and the rest takes care of itself.

DAY 1 · MONDAY, OCTOBER 5 Opening the Reset

I teach the foundation of Frequency First and start taking people into the depth of this work. The Oracle deck is introduced here as the first way to continue.

DAY 3 · WEDNESDAY, OCTOBER 7 Breathwork and energetic movement

A live breathwork experience built to move whatever the first few days have brought up. By day three people have usually found the thing they did not know they were carrying.

DAY 5 · FRIDAY, OCTOBER 9 The Four S's and sovereignty

A deeper teaching on energetic and personal sovereignty, and what it actually takes to choose and hold your frequency when something is pulling at it.

DAY 7 · SUNDAY, OCTOBER 11 **Integration and what comes next**

We bring the seven days together and I show people how to keep living this rather than letting it become another good week they remember.

The dates that **matter**

October 5–11 The official seven-day live Reset, run as one group.

October 8 The last day a new person can register.

October 11–15 The continuation window. I follow up about the deck, Frequency First and iAscend. You check in personally.

October 15 Everything closes. Access, completion credit, Founding Member pricing and the bonuses.

Why someone can still join on October 8

Because the experience stays open through the 15th. Somebody who registers on the 8th has a full week to complete seven practices even though the live week is nearly over. What I have found is that the three days before anything starts is when a lot of people finally commit, so do not stop inviting on the 4th.

What October 11 to 15 is really for

The live week ends on the 11th, but the decision mostly happens after it. That five-day window is when people work out whether they want to keep going. It is the single most important stretch of this whole campaign for you, and Part Five is about exactly what to do in it.

What happens on October 15

Free participants lose their Reset access. Seven practices have to be finished by that date to count as complete. Founding Member pricing ends, and so does the December bonus. After the 15th none of it comes back, so nobody should be planning to decide "sometime later."

The questions you will get

"Do I need the Oracle deck to do this?"

No. Everything in the seven days is in the app, and the cards they pull are digital. The physical deck is one of the ways to continue afterward, not a requirement to take part.

"What if I miss a day?"

They pick it back up. Access runs to October 15, so there is room to miss a couple of days and still finish seven practices. They will also get an email nudging them back, which is not a guilt trip, it is a reminder.

"Do I have to be on the live calls?"

No, and yes. Nothing breaks if they miss one. But the people who come to the calls are the people this lands hardest for, so invite them to every one rather than treating the calls as optional extras.

"What does it cost?"

Nothing, and there is no card to enter. Say that plainly, because most people have been trained to assume a free week ends at a paywall on day three.

People who already own the deck

Yes, invite them. Someone who bought the Oracle deck and never really used it is the ideal person for this, and I would rather they came in through the Reset than kept feeling guilty about a box on their shelf.

Have them register like everyone else. They go through the week alongside the group and finally experience the cards, the practices and the live teaching inside a structure, with other people doing it at the same time.

They are also the easiest invitation you will send all month. You are not asking them to buy anything or trust anything new, you are handing them a way to use what they already paid for.

SOMETHING LIKE THIS

"You have the deck, right? Carson is running the whole thing live for seven days starting October 5 — one card a day, one eleven-minute practice, four live calls. It's free and it's the structure I think you were missing. Want me to send you the link?"

Send that to every deck owner you know. Some of them have been waiting for someone to give them a reason to start.

How You Share It

One rule, a set of assets, and a way of talking about this that is not selling.

Your one **rule**

Have people register through your personal Reset link.

Once someone registers for the Reset through your link, the system connects that person to you. That connection is what everything else runs on.

It means I can email them later, or make an offer on a live call, and if they buy through my link the commission is still yours. You do not have to chase anybody with an affiliate link every time I open something. You get their **first registration** attributed to you and the rest is handled.

If you take one operational thing from this document, take that. Everything else on this page is easier to fix later. Attribution is not.

Where your link and your assets **live**

Open the Frequency First app, go to the **Me** tab, then **Ambassador Portal**. Everything below is in there, and every other program link you have is now in the same place.

Your personal Frequency Reset link

The one that matters. Every registration through it is attributed to you.

Personal text and DM invitations

Short and human, for the people you would actually text. These convert better than anything else in the kit because they do not read like marketing.

Reset email swipe copy

Several emails written from different angles, so you can pick the ones that fit the people on your list rather than sending all of them to everybody.

Social posts

More story-driven than the emails, written to carry the heart of Frequency First rather than the features. On Instagram, send people to the link in your bio. On Facebook, put your registration link in the comments.

Make it sound like **you**

You also have the **Frequency First Brand Voice Guide** in your iAscend portal, under My Courses. Run the process in it and you will come out with your own voice, your audience, your stories, your message.

Then take the swipe copy and rewrite it as you. I would far rather you posted three sentences about what these cards have done in your life than a polished paragraph I wrote. Your experience is the part nobody else can copy.

What to actually **talk about**

Do not lead with "a free seven-day challenge." Nobody is waiting for another challenge. Talk about why somebody might need this. Talk about the person

who:

- Gets triggered and loses the rest of their day to it.
- Knows something in their gut and then talks themselves out of it.
- Absorbs everyone else's emotions and calls it being caring.
- Keeps collecting spiritual tools and never reaches for them when life actually gets hard.
- Has a real decision in front of them and cannot hear themselves through the noise.
- Looks successful from the outside and feels disconnected on the inside.
- Wants spirituality to be something they live, not something they occasionally practice.

Frequency First is about helping people know themselves, trust themselves, regulate themselves, and choose who they are going to be before their circumstances choose it for them. That is the conversation. The seven days are just the doorway.

You do not have to become a salesperson. Invite people into an experience you believe could support them.

Affiliate transparency

When you share publicly, be clear that you are a Frequency First Ambassador and may be compensated if someone eventually buys through your referral. Keep it simple and keep it short:

SAY IT LIKE THIS

"I'm a Frequency First Ambassador, so if you eventually decide to purchase something after joining through my link, I may receive a commission."

You do not need to make the commission the subject of the post. You just need the relationship to be obvious rather than discovered.

A simple three-touch **rhythm**

You do not need a campaign. Three touches between now and October 8 is enough, and it beats posting every day.

One • the invitation

An email and a post that say what this is and who it is for, with your link. This is the wide net, and it does most of the registering.

Two • the personal ask

Ten to twenty texts or DMs to specific people, naming why you thought of them. This is the one that converts, and it is the one most ambassadors skip.

Three • the last call

One reminder before October 8 saying registration closes. Say what closes and when, and nothing else. Short reminders outperform long ones every time.

What They Can Continue Into

Nobody has to buy anything. The Reset is complete on its own. For the people who want more, there are three doors.

Option one • the Oracle Deck — \$97

For the person who wants to keep using the tools on their own. Founding Member purchasers receive:

- The physical 79-card Oracle deck
- The lifetime digital deck, including Daily Pull, Decision Support and Weekly Calibration
- Lifetime Root Cause Coaching access
- Frequency Reports
- Community access
- The Frequency First courses and recordings that deck owners get
- The recorded Frequency First Activation experiences

Anyone who buys through **October 15** is a Founding Member. After the Reset that structure goes away, and lifetime Root Cause Coaching in particular is not coming back at this price. Every time somebody uses that coaching it costs me money, which is exactly why it is worth naming when you talk about the deck.

Your commission: \$25.

Option two · Frequency First — \$444

For the person who does not only want the tools. They want to learn how to use them.

This is my Thursday Frequency First Live calls plus the full curriculum. People move from experiencing the tools, to understanding them, to actually integrating them into a life. That middle step is the one nobody gets from a deck alone.

The curriculum carries the deeper Activate teachings on each section of the deck, and the deeper spiritual work: nerve system, inner senses, higher-self connection, guides, biofield, chakras, somatic integration, shadow work.

Founding Member pricing is **\$444 paid in full, or \$44 a month for twelve months**. They pay for the year and then it is theirs.

Your commission: \$111.

The December bonus that comes with it

Generational Pattern + Trauma Release Experience

Anyone who joins Frequency First by **October 15** gets my new December online experience at no extra cost.

- **December 3** — Five Trauma Imprints Breathwork
- **December 4–6** — Generational Pattern + Trauma Release

Three days into the ancestral and generational patterns that were handed to us, using Frequency First, coaching, breathwork and

shamanic process to start putting down what we were never meant to carry forward.

After October 15 this is sold on its own for **\$297**, which is worth saying out loud: the bonus is worth most of the price of the thing it comes with.

Option three · iAscend, March 4–7 — **\$3,500**

The deepest continuation, and the only one that happens in person. Four days in the Salt Lake City area: the Frequency First work, coaching, breathwork, embodiment, shamanic experience and the community that comes out of four days in a house together.

On the call I talked about two of them specifically. We go to the Homestead Crater and meditate inside a ten-thousand-year-old crater. We go to a salt room and do breathwork and a shamanic healing session in it.

The \$3,500 covers the shared room, all meals and every experience. It also includes the Oracle deck, Frequency First, and the December experience, so someone coming straight to the retreat is saving real money against buying the pieces separately.

The full-pay bonus

Anyone who pays the full \$3,500 also receives two private shamanic sessions with me. Chakra and biofield readings, shadow work, soul retrieval, psychic knots, or whatever the energetic assessment says they actually need.

Your commission: \$250.

Every commission

The Reset is meant to begin a relationship, not close a transaction. If someone you brought in goes deeper later, that is still yours.

\$25	Frequency First Oracle Deck — \$97
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\$111	Frequency First — \$444, or $\$44 \times 12$
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\$250	iAscend — \$3,500
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\$350	Frequency First Build-Out — \$5,000
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\$750	The Modern Shaman — \$10,000
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ONE CORRECTION FROM THE CALL

I said \$500 on the Build-Out. I was mistaken. It was already set up at \$350, and \$350 is the number. Everything else is exactly as I said it.

Two details on the Frequency First commission

If someone takes the **\$44 a month** option instead of paying \$444 up front, your \$111 is credited as **\$9.25 on each paid monthly charge**. Twelve payments, twelve credits, the same \$111 at the end of the year.

If someone who already bought the Oracle deck through you upgrades, your commission on that upgrade is **\$86** — the \$111 less the \$25 you were already paid on their deck.

Your Part Between Now and October 15

What is handled for you, what is yours, and the five days that decide most of it.

What happens **automatically**

You are not responsible for carrying anyone through seven days. The follow-up is built, and this is the first time I have run it this way.

- After they register, they get onboarding and nurture emails leading into the experience. Those now fire when someone signs up rather than on a fixed schedule, so nobody arrives mid-conversation.
- If someone misses their practice that day, they get encouragement to come back.
- If they do their practice, they get something that helps them integrate it and go a layer deeper.
- Afterward, the conversation changes based on how much they actually did. Someone who never showed up does not get the same emails as someone who completed all seven days.

The point is that the whole thing feels like one connected experience instead of a sales campaign with a free week bolted on the front.

What to do October 11 to 15

This is your window. Reach out personally to every person you invited. It does not need to be complicated and it should not sound like a script.

- How was the Reset for you?
- What was your biggest takeaway?
- Which part affected you the most?
- Are you thinking about continuing with the deck, Frequency First, or coming to iAscend in March?
- Do you want help working out which one makes sense for what you want next?

A five-minute text conversation is enough. A fifteen-minute call is plenty. If you want to go further, the Sales Wheel training is already yours and this is what it is for.

Invite. Don't push.

The 5-person challenge

Bring five new people through and the reading is on me

Bring five or more new people into the Reset through your personal link who:

- Do not already own the Frequency First Oracle deck, **and**
- Complete all seven Reset practices by October 15

and you receive a complimentary **chakra reading plus a biofield reading and clearing** with me.

They do not have to buy anything for it to count. This one is not about revenue. It is about how many people actually experience the work.

Your checklist

This week, before October 5

- Copy your personal Reset link out of your Ambassador Portal.
- Make your list, including the deck owners who never opened it.
- Run the swipe copy through your Brand Voice Guide so it sounds like you.
- Send your invitations by email, text and DM, and post with your link.
- Put your ambassador disclosure on anything public.
- Register yourself and do the seven days alongside your people.

October 5 to 11

- Be on the live calls on the 5th, 7th, 9th and 11th, and invite your people to each.
- Make your last registration push before October 8.
- Keep nudging people to pull their card. Three journal entries unlocks the Frequency Report.

October 11 to 15

- Check in personally with everyone you invited.
- Help the ones who want to continue choose their door.
- Remind them that Founding Member pricing, the December bonus and their access end on the 15th.
- Count your five for the challenge.

Why you are actually **doing this**

You are not an ambassador because we need more people selling Oracle decks. You are helping spread Frequency First.

You are helping people choose their frequency before stress, fear, old programming or circumstances choose it for them. To trust what they know. To recover faster when they are triggered. To lead and create and live differently. That is the movement, and the Reset gives someone seven days to find out for themselves.

Everything begins with frequency.