



Energetic Risk Report – Monday, July 14, 2025

Shift to Harmony | Field Integrity Analysis

Introduction – Why This Report Exists

This is the first instalment of Shift to Harmony's Energetic Risk Report — a resource grounded in the solar and fieldwork teachings of Randi Green, with emphasis on scalar coherence, void breaches, and planetary field integrity.

These reports do not rely on conventional metrics alone (Kp index, solar wind speed, etc.), but instead focus on multidimensional exposure risks caused by coronal hole activity, phantom data streams, and field distortion events. This approach is essential for sensitives, field workers, and anyone actively engaged in timeline repair or consciousness integration.

Summary of Current Solar Conditions

Today, Earth remains immersed in a high-speed solar wind stream from a large Earth-facing coronal hole—now centrally positioned. In Randi's model, this constitutes an active void breach:

- Solar light is distorted and non-organic
- Scalar harmonic content is degraded
- Phantom field signals and entropy-laced photonic data are present
- Field coherence may be compromised for many beings

Current Metrics (As Observed July 14, 2025):

- Solar Wind Speed: **Elevated**, 530–730 km/s
- Coronal Hole: **Central, large, Earth-facing**
- Geomagnetic Instability: Kp Index **3–4, G1 storm conditions likely**
- Void Field Activity: **Confirmed breach in progress**

Table Validation: *Interpretation Through Randi Green’s Framework*

Element	Status	Interpretation
Coronal Hole Presence	Earth-facing	An Earth-facing coronal hole signals a void breach zone in Randi’s terms, regardless of solar wind arrival. This causes scalar distortion in solar light.
Solar Wind Stream	High speed, sustained	Sustained high-speed solar wind acts as a carrier of distorted photonic data and entropy-laced plasma.
Geomagnetic Field	Unstable	Field instability increases mimic resonance potential , emotional volatility, and weakens field boundaries.
Biofield Impact	Active	Affected individuals may feel timeline drift, cognitive dissonance, fatigue, and field compression .
Light Quality	Non-organic	Under void breach, light is no longer carrying coherent Source-aligned instruction; instead it is entropic and scalar-degraded.

Solar Impact and Hemisphere-Specific Summary

The current solar wind stream — originating from a centrally positioned Earth-facing coronal hole — is influencing both the planetary energy field and human systems simultaneously. The effects are both **direct** (solar stream to human/earth interface) and **indirect** (via changes in Earth’s field resonance).

Southern Hemisphere – Elevated Impact

- The South Pole currently acts as the **primary intake point** under the shifted polarity dynamic.
- Energetic influx from the solar breach is entering through the Southern Hemisphere first.
- This region is absorbing the **densest distortions** and experiencing earlier and more prolonged energetic instability.
- Legacy field remnants in regions such as Australia, South America, and Southern Africa **amplify mimic field distortions**.

Essential Guidance:

- Stay indoors when possible during solar hours
- Minimise field exposure (especially sun, EMF, high-output environments)
- Prioritise stillness, hydration, and disciplined energy clearing
- Observe for mimic intrusion or dissonant emotional states—reset quickly

Northern Hemisphere – Secondary but Active Impact

- Although not the primary intake, the Northern Hemisphere is still exposed to the ongoing breach.
- This exposure is pronounced during solar peak times, and often includes **resonant effects via Earth’s field**, not just direct solar input.
- Individuals may notice delayed onset symptoms due to the indirect nature of the exposure.

Essential Guidance:

- Avoid direct sunlight exposure, particularly late morning to mid-afternoon
- Monitor emotional and cognitive state closely
- Maintain clear boundaries and avoid external energetic entanglements
- Hydrate, rest, and observe shifts in body or emotional tone as signs of field strain

Energetic Distortion Symptoms and Support Guidance

During this phase of active void breach and solar distortion, many individuals – especially sensitives, empaths, and field-integrity practitioners – may experience signs of energetic interference.

These symptoms reflect direct interaction with distorted scalar data, as outlined in Randi Green’s work on coronal hole breaches and void stream exposure.

Common Symptoms:

Many sensitives and field-aware individuals may be experiencing:

Symptom Category	Description
Head pressure	A dense or buzzing sensation in the skull, especially crown or base regions
Sleep disruption	Fragmented sleep, heavy dream-state activity, feeling unrested
Emotional volatility	Sudden shifts – grief, anxiety, sadness without clear cause
Mental looping	Repetitive thoughts, indecision, forgetfulness
Energy drop-outs	Fatigue or sudden exhaustion unrelated to physical activity
Timeline dissonance	A sense of displacement, confusion in time, or reality feeling "off"

Your field is likely communicating that it’s interacting with distorted input.

What Are Mimic Fields? Mimic fields are false or distorted energy signals that present as real but are not aligned with your core template.

They may show up as:

- Sudden emotional spirals
- Thoughts that feel intrusive or out of character
- A pull into unnecessary conflict, drama, or emotional loops
- A sense of urgency, guilt, or pressure without origin

According to Randi, these signals are not yours — they originate from phantom fields, fractured timelines, or collapsed grid structures and become more active during solar breaches like this one.

How to Hold Your Own Field If you experience mental static or emotional dissonance, take time to return to stillness.

Focus on remaining centred and balanced, and continue your energy clearing practices to remove distortion fields.

Supporting your system's recalibration during breach windows is essential—through presence, hydration, and simplicity. Focus on remaining centred and balanced, and ensure you are doing your energy clearing work to clear out field distortion energies.

Recommendations for All Regions – July 14, 2025

- Minimise exposure to external energetic stimulation
- Stay well hydrated to support energetic processing and stability
- Limit sensory input and maintain awareness of field shifts
- Observe internal changes without acting from reactivity

Daily Energy Field Practice Reminder

During times of solar void activity, it is essential to maintain a daily rhythm of energetic maintenance. This includes:

- Clearing residual night energies each morning, especially after solar dream interference or timeline distortion episodes
- Monitoring energy levels, mental clarity, and emotional tone throughout the day
- Applying active energy clearing and field rebuilding as needed

This is not optional during breach windows — it is essential maintenance for stability, clarity, and alignment.

I also strongly recommend reading Randi Green's most recent Sun Report: "**The Changes in the Sun**" <https://randigreen.one/articles/the-changes-in-the-sun>

This article and the papers provided by Randi are an essential read for those seeking to understand the larger context of what we are currently experiencing.

For those committed to inner work, our task now is to remain diligent in keeping our energy fields clear, restoring integrity where needed, and aligning consistently with higher-dimensional structures. This work not only supports personal coherence — it directly supports planetary field balance during intensified solar activity.

Forecast Outlook – Duration and What's Next

This current breach phase, initiated by the large Earth-facing coronal hole, is expected to remain active for several more days. Based on typical solar rotation dynamics and observational patterns, the solar wind stream may remain elevated through **July 16–17**, with residual effects continuing for another 24–48 hours as the solar stream begins to wane and Earth's field recalibrates.

In Randi Green's framework, post-breach recalibration can take longer depending on field stability, mimic field persistence, and the presence of ongoing solar disturbances. Continued void stream exposure or back-to-back coronal hole activity could prolong instability.

Watch for potential next-stage developments:

- Additional coronal holes rotating into geoeffective position over the next 3–5 days
- Solar wind shifts or polarity reversals that could affect intake pathways
- Localised Earth field resonance disruptions due to prolonged exposure

Field workers and sensitives should remain alert for ongoing symptoms and subtle energetic shifts, even if conventional indicators begin to normalise.

Observing the Schumann Resonance and Relevant Data

During periods of solar void breach, it is beneficial to monitor the Schumann Resonance data regularly. Though not directly linked to solar wind speed or Kp indices, Schumann frequency spikes or anomalies may reflect stress in Earth's energy field caused by prolonged solar impact.

Randi Green references Earth-field shifts as part of the multidimensional exposure pattern, and resonance data can offer indirect signs of energetic pressure, instability, or structural readjustment within the planetary grid.

Observing this data can assist in timing your energy clearing and stabilisation work more precisely, especially when energetic symptoms are not explained by visible solar metrics alone.

Useful public sources for monitoring include:

- HeartMath Global Coherence Initiative (GCI)
- Tomsk State University – Russian Space Observatories
- Disclosure News – Schumann Resonance Updates

To track solar wind conditions, coronal holes, and breach activity relevant to void stream exposure, consider these useful tools:

- SpaceWeatherLive – Solar Activity & Coronal Hole Maps
- NOAA Space Weather Prediction Center (SWPC)
- SolarHam – Aggregated Space Weather Reports

As ever, please select your information sources with discernment, in particular the various agencies that are involved in the monitoring and sharing of solar system data.

These sources provide data that, when interpreted through the lens of Randi Green's multidimensional model, can support informed energetic awareness and field management.

Shift to Harmony will provide regular risk assessments reports. To receive the PDF reports via email simply email hello@shifttoharmony.com with subject 'Subscribe to ERR'. Please follow on Facebook for notifications, and share to keep as many people as possible informed. <https://www.facebook.com/ShifttoHarmony>

Randi Green's HOPE Future Project work can be found here: <https://randigreen.one/>

Her energy clearing work is available for free here: <https://toveje.dk/free-courses/>

Closing Message

Be kind with yourself and others. Have compassion for what may be arising internally or externally. These are intensified energetic conditions, and your system may be doing deep background work.

Be mindful of signs and symptoms. Take practical measures to limit exposure to solar radiation, particularly during high-intensity windows.

Continue your energy clearing work diligently to support coherence and balance. Focus on remaining centred, grounded, and aware of your internal state. Maintain presence through quiet, consistent alignment. This supports stability in times of energetic intensity.

Take care,

Louise, *Shift to Harmony*

