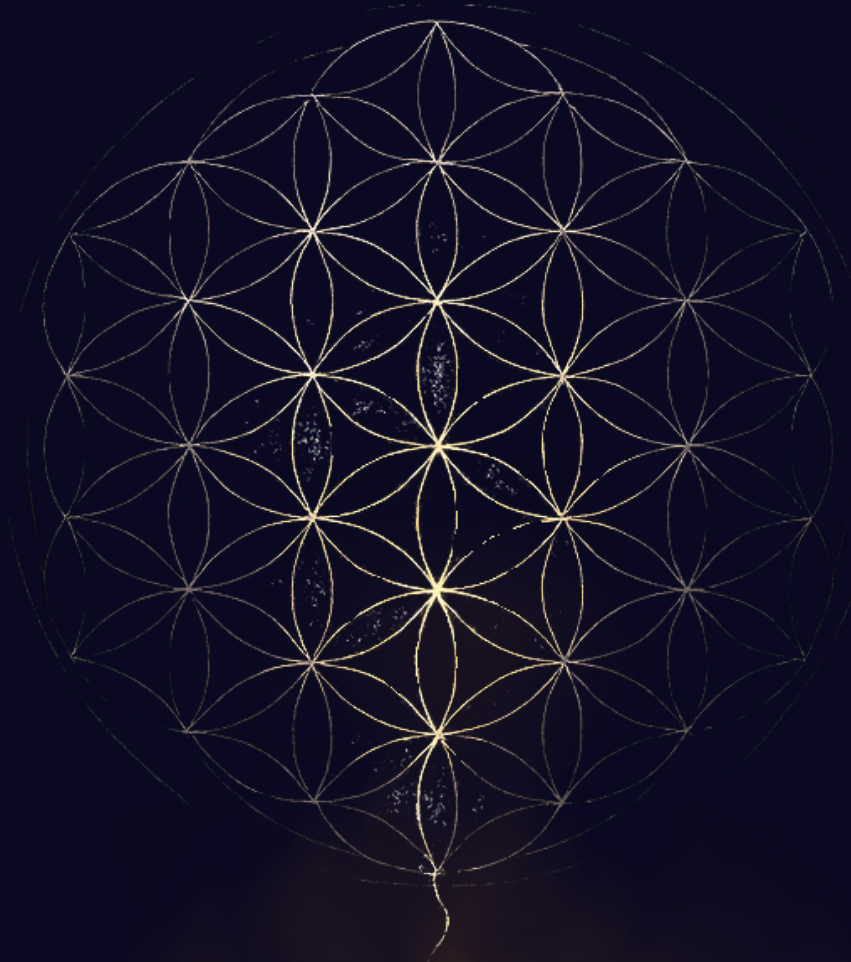


UNLOCK YOUR FREQUENCY

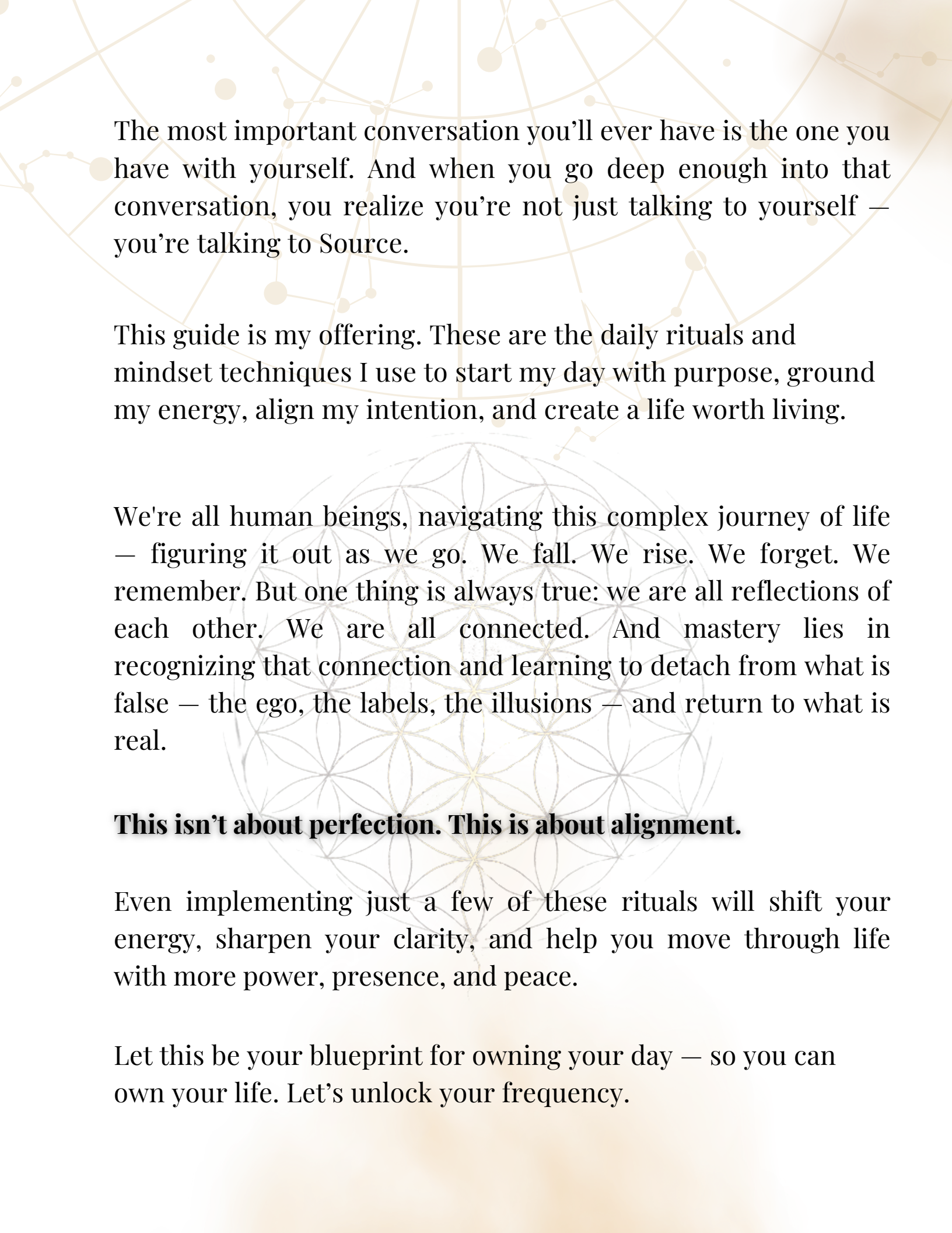
A Daily Ritual Guide for Energy, Clarity,
and Life Worth Living.



WRITTEN BY

JOEY RODRIGUES

Chief Energy Officer, GUUD ENERGY, LLC



The most important conversation you'll ever have is the one you have with yourself. And when you go deep enough into that conversation, you realize you're not just talking to yourself — you're talking to Source.

This guide is my offering. These are the daily rituals and mindset techniques I use to start my day with purpose, ground my energy, align my intention, and create a life worth living.

We're all human beings, navigating this complex journey of life — figuring it out as we go. We fall. We rise. We forget. We remember. But one thing is always true: we are all reflections of each other. We are all connected. And mastery lies in recognizing that connection and learning to detach from what is false — the ego, the labels, the illusions — and return to what is real.

This isn't about perfection. This is about alignment.

Even implementing just a few of these rituals will shift your energy, sharpen your clarity, and help you move through life with more power, presence, and peace.

Let this be your blueprint for owning your day — so you can own your life. Let's unlock your frequency.

WHY THIS MATTERS

You weren't born to drift. You were born to direct.
To move through life with intention. Power. Purpose.

Every great life is built one aligned day at a time.
Win the morning, win the day. Win the day, win your destiny.

GUUD Energy isn't just a beverage. It's your signal.
To tune in. To rise up. To live aligned and do GUUD.

This guide will teach you how to build unshakable energy,
master your mind, and unlock your frequency—starting
today.

MORNING RITUAL: WAKE + ALIGN

"As within, so without. As above, so below."

1. WAKE UP ON TIME NO EXCEPTIONS

Your alarm is a promise to your future self. Keep it.
Wake up at the same time everyday. This trains discipline, regulates
circadian rhythm, and builds trust in yourself.

No snoozing. No reaching for your phone. No downloading
the world's energy before you've aligned with your own.

2. MORNING GRATITUDE PRAYER

Before breath. Before thought. Begin with reverence. Here is the morning prayer I, Joey Rodrigues, use to start each day with alignment and intention.

Speak it aloud or in stillness:

Thank You for this new day and for all the blessings in my life. I am grateful for the love, opportunities, and lessons You provide. Help me to walk through today with a heart full of gratitude, seeing the beauty in every moment.

Guide my thoughts, words, and actions so that I may bring kindness, wisdom, and positivity to those around me. Strengthen me to face challenges with patience and faith, knowing that You are always with me.

Grant me clarity in my decisions, peace in my heart, and the wisdom to follow the path that aligns with Your will. May I be a source of light and encouragement to others, and may my life reflect Your love and grace.
Amen.

3. BREATHE IN ENERGY

Situp slowly. Inhale deeply through the nose. Hold.

Exhale through the mouth. Repeat for 3–6 cycles. This grounds your nervous system and aligns with the sacred 369 rhythm Tesla spoke of.

— Joey Rodrigues, Chief Energy Officer, GUUD Energy®

3. CLARITY QUESTION

“What kind of energy do I want to bring into today?”

Don't just think it. Feel it. Then visualize your highest self living it.

See yourself moving through your day with grace and focus. Imagine the energy you radiate, the confidence you embody, the results you create.

Whatever the mind can conceive and believe, it can achieve.”

— Napoleon Hill

4. VISUALIZATION + MINDSET TECHNIQUES

This is more than a motivational practice. Visualization is how you train your subconscious to expect success before it happens. It creates an internal roadmap that your mind and body naturally follow. Here's how it works:

Neville Goddard:

***Live in the end.* The subconscious mind cannot tell the difference between a vividly imagined experience and a real one. When you visualize a scene that implies your desire has already been fulfilled—and you feel the emotion of that fulfillment as if it were happening now—you impress that belief onto the subconscious.**

Napoleon Hill:

Whatever the mind can conceive and believe, it can achieve.” When you clarify what you want and combine it with deep belief, your subconscious begins filtering everything through that intention. Opportunities begin to appear. Action becomes natural. Doubt loses its power.

Over time, your subconscious accepts it as reality, and your outer world begins to rearrange to match your inner assumption. Goddard taught that "assumption hardens into fact." You don't chase the outcome—you embody it now. You think from the outcome, not of it. This practice rewires your identity, alters your vibration, and brings the unseen into form.

Tony Robbins: Emotion follows motion. Want to feel more energized? Move like someone who is. Want to feel confident? Stand tall. Smile. Breathe deeply. Change your body and you change your emotional state. Use movement to shift momentum.

Jim Rohn: Ask better questions. Questions direct focus. The quality of your life mirrors the quality of questions you ask yourself. Don't ask, "Why me?" Ask, "Who am I becoming by doing this?" That question reveals the long game—and it brings your purpose into the present moment.

When these techniques are practiced daily, they rewire your identity. And when identity changes, everything changes.

5. AFFIRM, DECLARE, EMBODY

Speak these aloud:

"I am clear in mind, strong in body, and rooted in purpose." "I move through this day with intention, energy, and trust in what's unfolding." "I am becoming the person I was designed to be. I live aligned, and I do GUUD."

If doubt or fear creeps in—good. It means you're stretching. It means you're getting close to something meaningful.

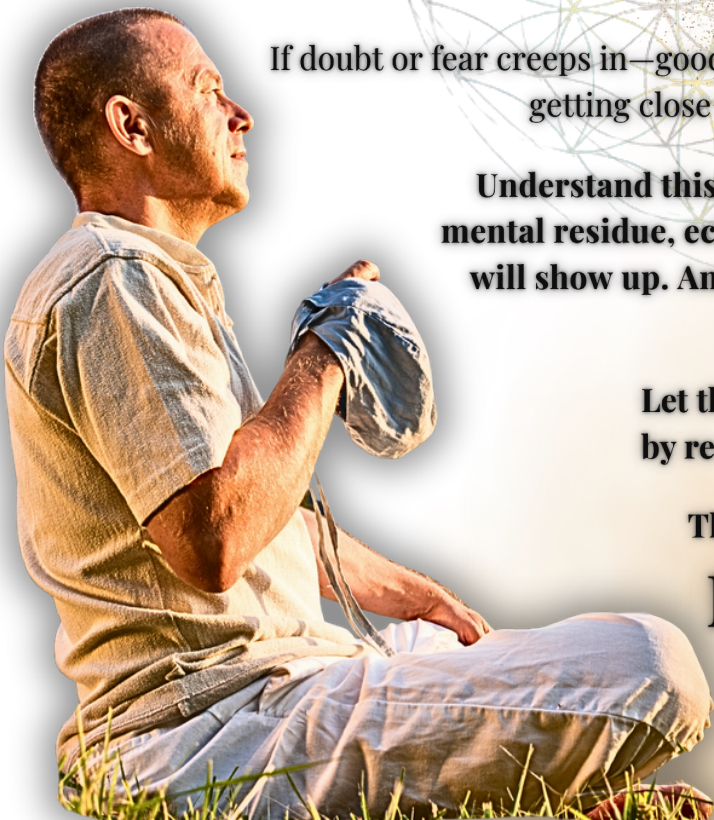
Understand this: self-limiting beliefs are not your truth. They are mental residue, echoes of the past, patterns you've outgrown. But they will show up. And when they do, you don't fight them. You witness them.

Let the thought pass. Breathe into it. Don't give it energy by resisting—just observe.

Then shift the frequency.

Mantra:

"This thought is not mine. I release it. I return to truth."



Now re-align.

Use movement to shift state—stand up, breathe, smile. Use words to reprogram—repeat your affirmations out loud. Use vision to re-center—close your eyes and feel the version of you that already has what you seek.

As Jim Rohn said, “You must stand guard at the door of your mind.”
Guard it with grace. Return to your power. And walk forward anyway.

“I am the architect of my energy. I align my thoughts, emotions, and actions with my highest vision.”

6. HYDRATE + FORTIFY

Before anything else—hydrate. 16–20 oz of spring water with Celtic sea salt.

Why? Because your body is an electrical system. And water, especially with minerals, is the conduit for that current. Overnight, your body dehydrates. Your cells are literally waiting for a signal to reawaken. Water is that signal.

You are 70% water. Your brain, your muscles, your nerves—they all function through conductivity. If you're not hydrated, you're not activated.

Celtic sea salt delivers trace minerals that supercharge this conductivity and replenish what you've lost. It's not about quenching thirst. It's about re-igniting your operating system.

“Dehydrated cells make dehydrated choices. Hydrate your biology to illuminate your destiny.”





7. FIRST SIP OF GUUD ENERGY

Drink with presence. Let the adaptogens, electrolytes, and antioxidants begin their silent work. You're not chasing energy. You're channeling it.

MIDDAY RESET: MAINTAIN YOUR FREQUENCY

“Distraction is the silent killer of destiny. Real power is the ability to return to alignment—again and again.”
Midday isn't just a pause. It's a portal. A moment to recalibrate, to step back into the frequency you started your morning with, and to ensure you're still aligned with where you're headed.

Energy leaks are real. Stress, noise, urgency—they all chip away at clarity. This reset is how you reclaim it.

8. MEDITATION + JOURNALING

Sit still. Breathe. Listen. Even 5 minutes of silence tunes your brain into alpha or theta waves—the states where intuition, clarity, and creativity arise. Journal your thoughts, insights, or a single mantra:

“Today, I choose alignment.”

“Today, I embody peace.”

“Today, I'm guided by grace.”

— Joey Rodrigues

1. MIDDAY BREATHWORK

Breath is life. When your breathing is shallow, your thoughts become shallow. When you deepen your breath, you return to presence.

Inhale for 4 counts. Hold for 4. Exhale for 6.

Repeat for 3–6 rounds.

This activates your parasympathetic nervous system, calms anxiety, improves oxygen flow to the brain, and restores inner stillness. It's not just breathing—it's returning to signal.

2. GET SUNLIGHT + MOVE + TOUCH THE EARTH

Your body was made to move. And the sun was made to heal.

Take a 5–15 minute walk. Get natural light in your eyes and on your skin. Let your feet touch the earth if you can.

Put your bare feet on grass, sand, soil, rock. Sit on a boulder. Lean your back against a tree. Place your hand on its bark.

Hug the tree if you feel it. Yes, really.

Tree hugging isn't fake news. Trees are electromagnetic conduits. Touching them grounds your energy back into Earth's natural frequency, discharging stress and inflammation.

Even 2 minutes of grounding resets your nervous system.

Movement resets your rhythm. It improves circulation, recharges your cells, and clears mental fog. Even basic dynamic stretches—arm circles, squats, lunges, or spinal twists— can shift your state instantly. Sunlight boosts vitamin D, regulates hormones, and reminds your biology it's still alive. A stagnant body leads to stagnant thoughts. Move to move forward.

3. MENTAL CHECK-IN

Now check in.

Ask:

“Am I reacting or responding?”

“Is this moving me closer to who I want to be?”

This is about radical self-honesty. It’s a moment to pause the auto-pilot and choose alignment.

Clarity isn’t found in the chaos—it’s chosen in the quiet. When you check in, you interrupt the drift. You remind yourself what matters. You realign with the life you’re creating.



Because drifting leads nowhere. But clarity? Clarity leads to power.

4. BOOST IF NEEDED

If needed, enjoy a second can of GUUD Energy. Stay focused. Stay fluid. No crash. No compromise.

5. AFFIRM MIDDAY TRUTH

“I am productive. I am present. I finish strong.” “Everything is working out for me.”

Keep the inner dialogue going in the direction of your dreams and desires.

EVENING RITUAL: INTEGRATE + RESET

“You don’t grow when you grind. You grow when you rest and integrate.”

The evening is sacred. It's when the body recovers, the mind defrags, and the spirit exhales. This is not about winding down. It's about closing the loop, restoring the signal, and preparing the body and mind to regenerate at a cellular level.

1. POWER DOWN

Your nervous-system doesn't just shut off because the clock says so.

You have to guide it.

Start dimming the lights one hour before bed. Disconnect from screens. Stop the mental downloads. Give your brain permission to slow down by removing the external stimulation that keeps it locked in beta waves.

Your body cannot heal if it thinks it's still performing. Signal that it's time to release, to soften, to restore.

2. GRATITUDE & REFLECTION

Gratitude is the energetic glue that links your experiences to your evolution. Each time you acknowledge something good, you anchor abundance into your nervous system. It rewires your brain to notice the positive, the progress, the divine in the daily.

Reflection is how we consciously integrate our growth. When you take a moment to ask, "What did I do today that aligned with my higher self?" you begin to train your inner eye to see progress even in the smallest actions.

This evening ritual also helps you detach from the day's mental loops and transmute them into meaning. When you stack small wins, you stack confidence. Confidence becomes momentum. And momentum becomes identity.

Before bed, recall three things you're grateful for from the day. Anchor them deeply. Let them become the vibration you fall asleep with.

Then ask:

"What did I do today that aligned with my higher self?" "Where did I grow?" "Where can I forgive myself?"



FORGIVE

Gratitude isn't a list
—it's a signal. And
the universe
responds in kind.
Gratitude is
altitude!

3. FORGIVENESS PRACTICE

Forgiveness is how you lighten the load for your next level. It is not just spiritual —it's neurological. When you hold onto resentment, your nervous system stays in defense. Your energy remains tethered to old cycles. Your clarity becomes clouded.

Letting go is an act of self-liberation. It opens up bandwidth in the mind and the heart. It allows new possibility to flow in.

Forgiveness doesn't mean what happened was okay. It means you're no longer letting it run your energy.

Forgive others. Forgive yourself. Release expectation. Let go of judgment.

Say aloud:

“I release what no longer serves me. I trust in what's unfolding.”

This isn't weakness—it's alignment. Forgiveness clears the static so you can reconnect with truth.

4. PHYSICAL RESET

You are a physical being. Treat the body with reverence, especially before sleep. Your body stores stress in the fascia, joints, and nervous system. The evening reset signals your body that it's safe to let go.

Do light stretching to open your hips and spine. Take a warm shower to shift your body temperature downward for sleep readiness. Use red light to enhance melatonin. Foam roll or use a massage ball to relieve tension that you didn't even know you were carrying.

Supplement with magnesium glycinate, which helps regulate GABA, calm the nervous system, and reduce cortisol. It's one of the most effective tools for getting into a parasympathetic state.

This isn't about pampering—it's preparation. Your body deserves the same discipline and grace as your goals.

This is how you tell your body, we are no longer in fight mode. We are home.

5. DEEP SLEEP = DEEP LIFE

Sleep is the soil where transformation takes root. It's not just physical recovery—it's where your mind files lessons, your hormones recalibrate, your tissues repair, and your dreams deliver data.

Sleep is the ultimate integration chamber. Your brain consolidates memory and unlocks insight. Your cells regenerate. Your emotional landscape is processed and sorted.

Deep sleep improves decision-making, stabilizes blood sugar, reduces inflammation, and restores the clarity you need to lead your life—not just survive it.

Want to change your life? Start by protecting your rest. No great warrior or creator thrives on burnout.

During sleep, your brain cleans itself. Your body repairs itself. Your soul reconnects with Source/God.

But don't just fall into sleep. Enter it with intention.

“Dreams aren't born from hustle. They're born from rest.” — Joey Rodrigues



Set your focus before sleep—what you dwell on as you fall asleep is deeply absorbed by the subconscious. Neville Goddard taught that the feeling you fall asleep with imprints the subconscious most powerfully. This means bedtime is not just a close of day—it's a doorway to creation.

Visualize the outcome you desire. See it. Feel it. Dwell in the feeling of the wish fulfilled. Feel the gratitude and joy of having already received it. Allow your subconscious to go to work on your behalf during your rest.

Your nighttime thoughts become tomorrow's reality.

Track your sleep. Honor your rest. Build your future from a rested, regulated nervous system. This is your nighttime signal protocol: use red light to guide melatonin, take magnesium glycinate to reduce stress, and slow your breath to shift into parasympathetic safety.

These are not bedtime hacks. They're ancient truths meeting modern application. And together, they form the foundation of true recovery, longevity, and performance.

DAILY MANTRAS TO LIVE GUUD

Mantras are more than phrases. They are frequency carriers. Short codes for consciousness. Use them when you wake. Use them when you drift. Use them to remember who you are.

Live Aligned – Don't just follow your goals. Follow your inner compass. When your actions mirror your values, peace becomes your default.

Stay Rooted – In a world built to pull you out of center, staying rooted is revolutionary. Be anchored in gratitude, in presence, in truth.

Move With Purpose – Every action is either moving you closer or further from your vision. Make each one count.

Think High – Elevation begins in the mind. Your thoughts are either wiring limitation or liberation.

Speak Life – Words create worlds. Speak from love. Speak from truth. Speak what you want to see.

The mission. The ethos.
Do GUUD in your body, your home,
your community, your world..

Harmonic Resonance

The Energy You Can Actually Feel

Most people think of energy drinks
as just caffeine + sugar = buzz.
But GUUD Energy is different.

We use something called **harmonic resonance**
in our production process.

What does that mean?

- Think of when you hear your favorite song and your whole body feels good—that's resonance.
- Or when you strike a tuning fork and another fork nearby starts vibrating too—that's resonance.
- Your body works the same way. It responds to frequencies.



When liquid is exposed to certain natural frequencies (like 432Hz, sometimes called the “frequency of nature”), the molecules become more coherent and organized.

That means your body absorbs
hydration and nutrients more smoothly,
and you feel energy that's balanced
instead of jittery.

Harmonic Resonance

The Energy You Can Actually Feel

Why *it matters* for you..

- No crash, no spike—just smooth energy that lasts.
- Hydration and focus that feel more natural.
- A drink that works with your body, not against it.

Harmonic Resonance is just a fancy way of saying: **GUUD Energy** is tuned to help you feel good, focused, and in flow.



THE FREQUENCY STACK

What makes GUUD Energy different isn't just what we put in—it's what it activates within you.

Every ingredient was chosen not only for its functional benefit, but for its frequency signature—the subtle energetic impact it has on your mind, body, and cellular vibration. Together, these compounds form a synergistic stack designed to elevate mental clarity, build physical resilience, and extend cellular longevity.

This is more than a performance stack.

This is a resonance protocol—engineered for those who live with intention, alignment, and vision.

ErgoGold™

A patented extract of Golden Oyster mushrooms, standardized for ergothioneine—a master antioxidant often called *“the longevity molecule.”*

Ergothioneine is one of the rarest and most intelligent compounds in nature. It's not produced by the human body, yet your body builds specialized transporters (OCTN1) solely to absorb and deliver it to where it matters most: your brain, liver, eyes, and bone marrow.

That's not a coincidence. That's biological intelligence. Nature knows. Your body knows. Now—we know.

Ergothioneine protects your mitochondria—the power plants of your cells—against oxidative stress and inflammation, two of the main drivers of aging and disease. When your mitochondria are protected, your energy is sustained, your brain stays sharp, your immune system remains balanced, and your body ages more gracefully.

In ancient systems, this was known as ojas in Ayurveda or jing in Taoist philosophy—the life essence that determines your long-term strength, clarity, and vitality.



Modern science is now catching up:

Lower ergothioneine levels have been linked to cognitive decline, Cellular breakdown, and accelerated aging. But the average person gets almost none in their diet—and absorbs even less efficiently. That's why we created ErgoGold™—a pure, bioavailable form of ergothioneine sourced from organic Golden Oyster mushrooms, Formulated to fuel not just your day, but your entire biological future. This isn't a hype ingredient. It's a cellular insurance policy. It's the nutrient your body has been waiting for. And it works quietly, powerfully, consistently—from the inside out.

You may not feel it like a caffeine spike...

But what you will feel is more clarity, more endurance, faster recovery, and a kind of deep, rooted energy that doesn't fade when the buzz wears off.

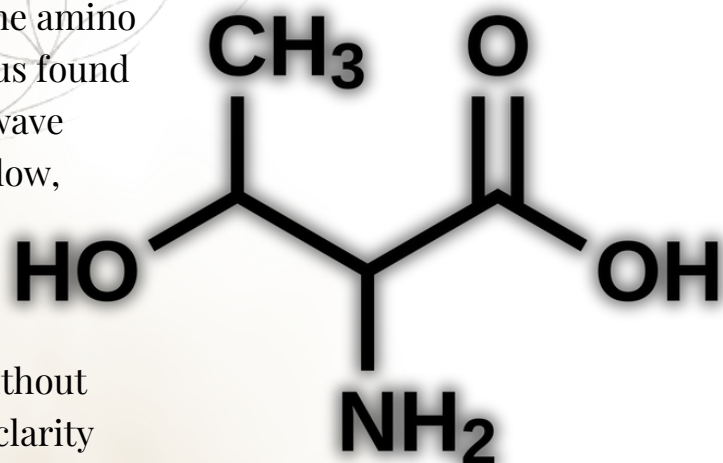
If energy is currency, ErgoGold™ is generational wealth for your cells.

It's the inner shield your future self will thank you for.

**And it's the reason why GUUD Energy doesn't just wake you up—
it keeps you going, for life.**

• Organic L-Theanine

Known as the monk's molecule, L-theanine is the amino acid responsible for the smooth, meditative focus found in ceremonial green tea. It induces alpha brainwave states—the same frequencies observed during flow, creativity, and deep learning.



In modern terms: calm without crash. Focus without force. In spiritual terms: This nootropic brings clarity without chaos—the internal stillness that sharpens performance.

• Organic Yerba Maté + Organic Green Tea

These dual plant-based caffeine sources deliver a **clean, elevated lift** without the crash. **Yerba maté**, long revered by South American tribes, supports mental clarity, physical stamina, and metabolic activation.

Green tea brings its own powerful allies:

→ *L-theanine, for calm, centered energy* → *EGCGs (epigallocatechin gallate), potent antioxidants that help reduce inflammation, protect your cells from oxidative damage, and promote long-term vitality*

Together, they create a synergistic wave of energy that feels smooth, clean, and sustainable. This is sacred stimulation—designed by nature, delivered by GUUD Energy.

• Organic Ashwagandha + Organic Rhodiola

These are two of nature's most revered adaptogens—ancient allies for modern stress.

Ashwagandha calms the nervous system, lowers cortisol, supports hormone balance, and rebuilds deep energy from within.

Rhodiola boosts mental stamina, enhances mood, and increases stress resilience, especially during high-demand moments.

Together, they form your **inner foundation**—so energy flows from a place of balance, not burnout. This is nervous system sovereignty. The ability to stay centered, even when life isn't.



• Celtic Sea Salt

Sourced from ancient coastal beds, this isn't just sodium—it's a mineral-rich conductor of life force. It replenishes electrolytes, supports adrenal health, and fuels cellular hydration.

Because real energy isn't just chemical. It's **electrical**. And when your mineral balance is off, your voltage drops.

Celtic sea salt keeps your body **tuned and charged**.

• Organic Stevia

A zero-sugar, plant-based sweetener used in its purest form. No fillers. No artificial additives. No glycemic spike.

Just clean, natural sweetness that doesn't break your fast, spike your blood sugar, or distract your body from performing at its highest frequency.

Because the only thing sweeter than this flavor... is the clarity that comes with it.

This is the GUUD Frequency Stack.

Built for performance. Designed for alignment. Backed by science. Rooted in nature. Infused with intention.

This is **energy that elevates**.
This is **vitality that lasts**. This
is **frequency—on purpose**.

This is GUUD Energy.



EXPANDED SELF- MASTERY PRINCIPLES

This guide draws from timeless thinkers and modern science.

Jim Rohn: Discipline weighs ounces. Regret weighs tons. Choose well.

Tony Robbins: Raise your standards. Shift your state. Change your life.

Napoleon Hill: Purpose is your fuel. Burn it daily.

Neville Goddard: Imagination is the preview of your destiny. Use it consciously.

Your energy is your responsibility. Your habits are your tools. Your vision is your compass. Small actions. Repeated daily. That's how you unlock your frequency.

FINAL NOTE: LIVE ALIGNED. DO GUUD.

“He who conquers himself is the mightiest warrior.”

— Confucius

True power isn't found in conquering the world. It's found in mastering your mind, your habits, your impulses—your self. And that's what this guide has been about from the start.

These rituals aren't just checkboxes for self-care. They are tools for spiritual warriorship—designed to help you peel away false identities, silence the noise of ego, and step fully into the clarity and alignment of your highest self. Because when you're aligned, you don't chase energy—you generate it.

You were never meant to drift through life half-lit, half-awake.
You were built to radiate.

To illuminate your path with clarity, intention, and courage. To wake up each day and move with conviction—not confusion. To remember who you are, before the world told you who to be.

This guide isn't a routine.
It's a resurrection.

A resurrection of the version of you that already knows—the one who’s shown up in moments of strength, stillness, and deep truth. The version of you that doesn’t need perfect conditions to begin, because they create momentum through action. Through alignment. Through belief.

And belief takes energy. Not just physical energy, but spiritual voltage. That’s why we created **GUUD Energy**—to amplify your vitality, sharpen your focus, and fuel your alignment. Every compound in our formula is a gift from nature, carefully selected to support the cellular processes that govern clarity, mood, endurance, and brain function. Ergothioneine. Yerba maté, Green Tea, L-theanine. Ashwagandha, Rhodiola... Stevia from the leaf, not the lab. Nothing synthetic. No crash. Just signal.

Because your life doesn’t need more static. It needs truth.

Living GUUD means showing up with integrity. With gratitude for the now. With hunger for what’s possible. With peace in your past. With partnership in your future.

You are a walking frequency. Your energy precedes you. It enters rooms, speaks before you do, and either awakens or weakens everything it touches.

The world doesn’t need more noise. It needs signal. It needs you. Fully aligned. Fully alive. Fully GUUD.

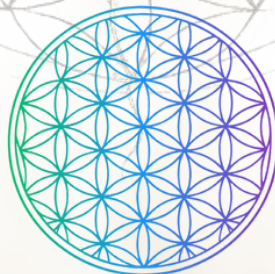
Now go live it.

— Joey Rodrigues

Founder & Chief Energy
Officer GUUD Energy™



Joey Rodrigues



GUUD
ENERGY
LIVE ALIGNED



SCAN HERE