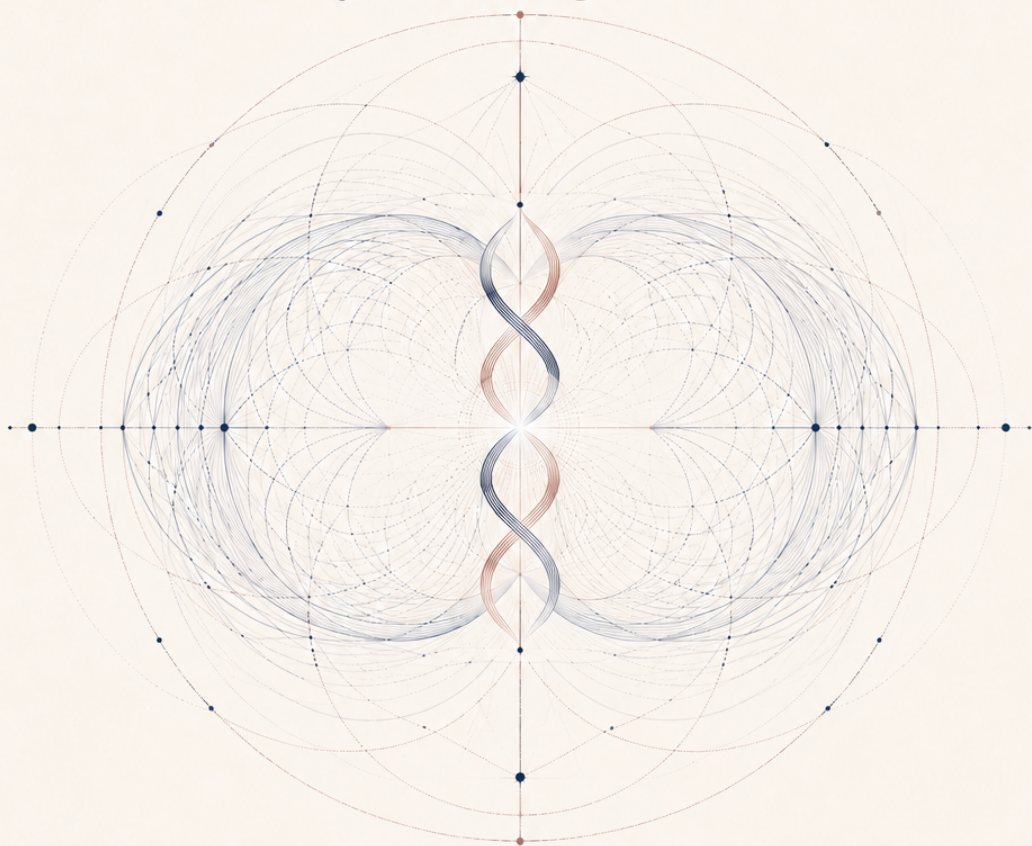


SOUL BRAID HYPOTHESIS

*A Relational Field Model
of Continuing Bonds*



A CONCEPTUAL WHITE PAPER

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The Soul Braid Hypothesis:
A Relational Field Model *of Continuing Bonds*

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Human relationships often generate patterns of connection that feel deeper than memory alone. People who share long-term bonds, particularly with animals or loved ones, frequently describe a sense that the relationship itself continues to exist even after physical separation. These experiences can include sudden recognition, vivid inner imagery, familiar sounds perceived internally, or bodily sensations that evoke the presence of the other.

Traditional psychological frameworks interpret these experiences primarily as processes of memory and grief. However, research across several scientific domains, including synchronization theory, biological entrainment, complex systems dynamics, and field-based models of physical interaction, suggesting another possibility: that prolonged relational coherence may generate stable patterns of interaction that persist beyond the conditions in which they first formed.

The Soul Braid Hypothesis proposes that when two beings share life with enough coherence and devotion, their rhythms can organize into an emergent relational field (the braid), a third shared pattern created through their connection that may continue even after one body is gone.

Within this framework, devotion can be understood as coherent love expressed through sustained attention. As attention repeatedly returns to the same relationship, emotional, physiological, and behavioral rhythms begin to align. Through years of shared presence, breathing together, resting together, and regulating one another's nervous systems, two beings may gradually entrain across multiple biological and emotional systems.

Over time, this repeated synchronization may produce an emergent relational structure. In complex systems, interactions between components can generate patterns that behave as stable configurations in their own right. These patterns are often described as attractors, meaning the system tends to reorganize around them even after disturbances.

The braid is proposed as such a relational attractor.

When a major perturbation occurs, such as the death of one participant, the physical conditions of the relational system change dramatically. Yet complex systems often respond to perturbation not by collapsing but by reorganizing. In networks of interacting oscillators, disturbances in synchronized rhythms can produce spiral patterns as the system adjusts to shifts in frequency and phase.

Inspired by these dynamics, the Soul Braid Hypothesis suggests that the relational pattern formed through devotion may reorganize into a new configuration when the system is perturbed by death. In spiral terms, the relationship can be imagined as developing a new arm of the relational spiral, a third field created by the interaction of the original two rhythms.

Within this shared relational field, recognition may occur not through conventional sensory transmission but through the reactivation of familiar relational patterns. The mind may recognize the tone of a relationship it already knows.

In such moments, experiences that appear as inner imagery, internal sound, or bodily vibration may reflect the nervous system translating the dynamics of a relational pattern that was built through years of coherent interaction.

From this perspective, the continuity of the relationship lies not solely within either individual participant but within the pattern created between them.

Visual Model: The Five Stages of the Soul Braid

The Soul Braid develops through five distinct stages, each representing a phase transition in relational coherence:

Stage 1: Devotion and Coherence

Two beings share sustained relational attention. Through devotion and presence, several processes begin:

- Emotional entrainment
- Physiological synchronization
- Shared vibration
- Nervous system co-regulation

Result: Increasing coherence between systems

Stage 2: Relational Synchronization

The two systems become coupled oscillators. Rhythms align through repeated interaction:

- Breathing
- Emotional states

- Neural rhythms
- Vibration (touch, purring, voice)

Result: Emergence of a relational pattern

Stage 3: Emergent Relational Field

The interaction generates a third structure, the braid, which functions as a relational attractor created through coherence.

Properties of the braid:

- Emergent pattern
- Shared relational field
- Persistent relational attractor

Stage 4: Perturbation (Death)

Physical interaction changes when one body ends. The relational system is perturbed. In nonlinear systems, perturbation often creates new spiral dynamics rather than system collapse.

Result: The system reorganizes rather than dissolves

Stage 5: Reorganized Relational Field

The braid persists as the shared pattern. Communication occurs through re-synchronization with the relational field.

Possible perceptual translations:

- Inner imagery
- Inner sound
- Somatic vibration
- Intuitive knowing
- Synchronicities

Scientific Foundations of Relational Coherence

The Soul Braid Hypothesis draws inspiration from several established areas of scientific research that demonstrate how interacting systems can generate stable

patterns through synchronization and coherence. Although these domains do not directly describe human relationships as persistent relational fields, they reveal mechanisms through which patterns of interaction can emerge, stabilize, and reorganize across complex systems.

Together, these findings suggest that relationships may operate as dynamic systems capable of generating emergent relational structures.

Synchronization in Biological Systems

Synchronization is a widespread phenomenon across biological systems. When two living systems interact repeatedly, their rhythms can gradually align through a process known as entrainment (Strogatz, 2003).

Examples include:

- Heart-rate synchronization between individuals
- Breathing alignment during shared activity
- Neural oscillation synchronization during conversation or cooperation
- Circadian rhythm coordination among organisms living in close proximity

Studies of mother–infant bonding have shown that caregivers and infants frequently display measurable synchronization in heart rhythms, breathing patterns, and emotional regulation. Similar forms of physiological entrainment have also been observed in romantic partners, musicians performing together, and cooperative social interactions.

These findings suggest that biological systems are capable of forming coordinated rhythmic patterns through repeated interaction.

Complex Systems and Emergence

Synchronization is one example of a broader class of behaviors studied in complex systems science, where interactions between components can generate patterns that do not belong to any single element alone. In such systems, coherent structures emerge from repeated interaction among parts, producing patterns that persist even as individual components change (Mitchell, 2009).

When two beings interact through sustained attention, emotional regulation, and shared rhythms, their repeated synchronization may generate a relational pattern that exists not solely within either participant but within the interaction itself.

Co-Regulation and Biological Synchronization

In mammals, synchronization often occurs through a process known as co-regulation. Co-regulation describes the way nervous systems influence and stabilize one another through social interaction.

When two beings share space and emotional presence, their autonomic nervous systems continuously respond to signals such as facial expression, tone of voice, breathing patterns, and physical proximity. Through these interactions, physiological states can begin to align.

This process is especially visible in early development. Caregivers regulate the nervous systems of infants through touch, voice, and rhythmic interaction, helping stabilize emotional and physiological states. Similar dynamics occur in adult relationships and in bonds between humans and companion animals.

Over time, repeated states of safety and shared presence allow two nervous systems to settle into coordinated patterns of regulation. This biological process demonstrates how relational interaction can produce stable physiological alignment across individuals (Porges, 2011).

Within the framework of the Soul Braid Hypothesis, co-regulation represents one of the mechanisms through which devotion and shared presence gradually build coherence between two beings.

Inter-Brain Synchronization

Recent neuroscience research has expanded this understanding by demonstrating that brain activity itself can synchronize across individuals (Montague et al., 2002; Hari & Kujala, 2009).

Using techniques such as hyperscanning (simultaneous measurement of brain activity in interacting individuals), researchers have observed inter-brain synchronization during social interaction.

This phenomenon has been documented in situations including:

- Conversation and storytelling
- Cooperative tasks
- Musical performance
- Parent–child interaction

During these activities, neural oscillations between participants can align in frequency and phase, creating coordinated activity patterns across multiple brains.

Such findings illustrate that the nervous system is capable of forming temporarily unified dynamic networks across individuals during meaningful interaction.

Coupled Oscillators and Synchronization Theory

The mathematical principles underlying these biological observations are well described by the theory of coupled oscillators.

An oscillator is any system that produces a repeating rhythm or cycle. Examples include:

- Pendulums
- Electrical circuits
- Neurons
- Cardiac pacemaker cells
- Circadian clocks

When oscillators interact, they can gradually synchronize if the coupling between them becomes strong enough. This phenomenon has been observed in many natural systems, including groups of fireflies flashing in unison and pendulum clocks aligning their swings when mounted on the same structure.

Synchronization occurs when the interaction between oscillators exceeds the difference in their natural frequencies, allowing their rhythms to lock into a shared pattern.

This mathematical framework provides a foundation for understanding how repeated relational interaction could generate stable synchronized patterns between two living systems.

Emergence and Self-Organizing Systems

Complex systems often exhibit a phenomenon known as emergence, in which patterns arise from interactions among system components rather than from any single component alone.

Examples include:

- Flocking behavior in birds
- Spiral waves in chemical reactions
- Hurricane formation in atmospheric systems
- Neural network dynamics in the brain

In these systems, the pattern exists not within any individual element but within the relationships between elements.

These emergent structures can display remarkable stability, persisting even as individual components change or move within the system.

Within the Soul Braid framework, the braid is proposed as an emergent relational structure created by prolonged synchronization between two beings.

Spiral Pattern Formation and Frequency Spirals

Patterns of synchronization appear throughout natural systems, where interacting oscillators can organize into coherent structures, including spiral patterns that emerge when synchronized rhythms experience disturbance (Ottino-Löffler & Strogatz, 2016).

Spirals appear across a wide range of natural phenomena, including:

- Spiral galaxies
- Atmospheric vortices such as hurricanes
- Fluid turbulence
- Reaction-diffusion chemical systems
- Biological growth patterns

In networks of coupled oscillators, researchers have observed structures known as frequency spirals, which emerge when synchronized oscillatory systems experience disturbances or frequency gradients.

These spirals represent stable patterns formed through interactions among oscillators rather than through the behavior of any single oscillator.

While the Soul Braid Hypothesis does not claim that relationships literally produce physical spiral waves, these findings provide a useful conceptual

analogy for how interacting rhythms can generate persistent structures within a shared field of interaction.

Of particular significance is a property noted by Ottino-Löffler and Strogatz (2016): frequency spirals are invisible under time-averaging. Because the spiral's positive and negative arms cancel across time, conventional measurement registers nothing, despite the structure being dynamically real and active. The authors draw an explicit comparison to the mathematical function $\sin(t)$: integrated over time, it averages to zero, yet it undeniably exists. This has direct implications for the Soul Braid Hypothesis: if the braid field operates analogously to a frequency spiral structure, standard scientific methodology would be structurally incapable of detecting it—not because the field is absent, but because the measurement tool cannot resolve it.

Perturbation and Pattern Reorganization

A defining characteristic of nonlinear systems is their response to disturbance. Rather than collapsing when perturbed, complex systems often reorganize into new patterns.

In synchronized oscillator networks, even small perturbations can introduce temporary instability in phase alignment. As the system adjusts, new patterns, sometimes including spiral structures, can emerge as the system seeks a new stable configuration.

Within the Soul Braid Hypothesis, death is interpreted as a major perturbation within the relational system.

When two beings have spent years synchronizing their emotional, physiological, and behavioral rhythms, the loss of one body alters the conditions of the interaction. However, the relational pattern that formed through devotion may not disappear entirely.

Instead, the system may reorganize around that pattern, producing a third relational structure created by the interaction itself.

This emergent structure is the braid.

Strange Attractors and Persistent Relational Patterns

In nonlinear dynamical systems, stable patterns known as strange attractors can emerge when interacting variables repeatedly influence one another over time (Lorenz, 1963; Strogatz, 2003).

A strange attractor represents a stable region of behavior toward which a system continually evolves. Although the system's exact trajectory may change from moment to moment, its activity remains confined within a recognizable pattern.

This means that while individual states of the system may vary, the system itself repeatedly returns to the same underlying structure.

Strange attractors appear in many natural systems, including atmospheric dynamics, fluid turbulence, and biological rhythms. They illustrate how complex systems can generate patterns that persist even as their components continually change.

Within the Soul Braid Hypothesis, the relational pattern formed through prolonged synchronization between two beings may function in a similar way.

Through years of shared rhythms, emotional, physiological, and behavioral, the relationship itself may organize into a stable relational attractor.

When a major perturbation occurs, such as the death of one participant, the physical conditions of the system change dramatically. Yet the relational attractor formed through years of interaction may remain present within the dynamics of the system.

As a result, the system may continue to evolve within the structure of the relational pattern that was created.

This perspective offers one possible explanation for experiences of instant recognition, where individuals feel a powerful sense of familiarity upon encountering a being with whom they share a deep relational history.

Rather than representing the formation of a new relationship, such moments may reflect the system rapidly returning to an already established attractor within the relational field.

From this viewpoint, the braid is not simply a memory of a past interaction but a dynamic relational structure that continues organizing interaction across time.

Why Cats May Form Particularly Strong Relational Braids

Companion animals often form unusually deep relational bonds with humans, and cats present several biological characteristics that may strengthen processes of synchronization and relational entrainment.

Unlike many animals, cats frequently maintain prolonged physical contact with their human companions. They sleep beside the body, rest directly on the chest or abdomen, and repeatedly return to the same positions during daily routines. These behaviors create extended opportunities for physiological synchronization through breathing patterns, heart rhythms, and nervous system co-regulation.

Cats also introduce a unique vibrational component to the human–animal bond through the purr, a continuous vocal vibration typically ranging between approximately 25-150 hertz (Reichman et al., 2021). When a cat rests against the human body while purring, these vibrations are transmitted directly through the musculoskeletal and connective tissue systems.

Over time, repeated exposure to this vibrational signal may contribute to a form of somatic entrainment, allowing the human nervous system to become deeply familiar with the cat's unique vibrational signature.

Cats also possess an unusually refined sensory system through their whiskers, or vibrissae. Each whisker is embedded in a follicle densely packed with nerve endings, allowing cats to detect extremely small changes in air movement and vibration in their surroundings. These signals are processed by specialized regions of the brain dedicated to tactile sensing.

Because whiskers function as sensitive vibration detectors, they allow cats to perceive subtle shifts in nearby bodies and environments even without direct contact. This heightened sensitivity may contribute to the remarkable attunement many cats display toward their human companions.

Research on human–animal relationships also suggests that interaction with companion animals can influence emotional regulation and bonding processes between species (Beetz et al., 2012).

Together, these factors, physical proximity, rhythmic vibration, whisker-based environmental sensing, emotional attunement, and repeated daily interaction, create conditions that may strongly support relational synchronization between cats and humans.

Within the framework of the Soul Braid Hypothesis, these repeated interactions may increase the likelihood that a stable relational pattern emerges through prolonged coherence.

In other words, the relationship between a human and a cat may naturally cultivate the kinds of rhythmic interaction and sustained devotion that allow a relational braid to form.

Embodied Recognition and Communication Within the Braid

If the braid represents a persistent relational pattern formed through prolonged coherence, an important question follows: how might human beings perceive or interact with such a pattern?

Experiences reported by individuals who have lost deeply bonded companions, particularly animals, often include vivid forms of internal perception. These may appear as inner imagery, internally perceived sounds such as a familiar voice or meow, sudden bodily vibrations, or an intuitive sense of presence.

Within conventional psychological frameworks, such experiences are typically interpreted as products of memory or imagination. However, the body itself possesses multiple systems capable of sensing vibration, translating mechanical signals into neural activity, and reconstructing familiar relational patterns.

These mechanisms suggest that relational recognition may occur not only through conscious thought, but through embodied sensory systems that respond to familiar rhythms.

Fascia and Somatic Memory

One biological system that may play a role in relational recognition is fascia, the connective tissue network that surrounds and interpenetrates muscles, organs, and nerves throughout the body.

Fascia functions as a highly sensitive mechanosensory system capable of transmitting tension, vibration, and pressure throughout the body. Research suggests that fascia participates in proprioception (the body's sense of position and movement) and may contribute to the storage of habitual movement and tension patterns (Langevin, 2006).

When two beings spend years in close physical proximity, repeated interactions such as touch, pressure, shared posture, and breathing rhythms may become encoded as familiar sensory patterns within this connective tissue network.

For example, many people who have lived with cats for years report that they can still feel the familiar weight of the animal settling against their body or the subtle vibration of purring long after the animal is physically present.

Within the Soul Braid framework, such sensations may represent the body's recognition of relational patterns that were built through prolonged shared interaction.

Crystalline Structures and Vibration Sensitivity

The human body also contains structures capable of translating mechanical vibration into electrical signals.

Bones contain mineralized crystalline structures that exhibit piezoelectric properties, meaning that mechanical stress can generate electrical activity within the tissue. This mechanism plays a role in bone remodeling and cellular communication (Simkin, 2000).

Similarly, the inner ear contains microscopic calcium carbonate crystals known as otoconia, which allow the nervous system to detect subtle shifts in movement and orientation by responding to gravitational and mechanical forces.

These systems demonstrate that the body is capable of detecting and translating extremely small vibrational signals.

Over time, repeated exposure to a familiar set of rhythms, such as the breathing patterns, movement, and vocalizations of a companion animal, may create recognizable vibrational signatures within the nervous system.

The Pineal Gland and Internal Perception

Another structure often discussed in relation to internal perception is the pineal gland, a small endocrine gland located near the center of the brain.

The pineal gland regulates circadian rhythms through the release of melatonin, helping coordinate the body's internal cycles of sleep and wakefulness. It is also known to contain microscopic crystalline structures, including calcite crystals, which have drawn scientific interest because of their optical and electromagnetic properties (Herbert, 1998).

Although the pineal gland's primary biological role is hormonal regulation, its central position within the brain and its association with internal sensory rhythms have historically led many traditions to associate it with the experience of inner vision or the "mind's eye."

Modern neuroscience generally explains inner imagery and internal sound as activity within sensory regions of the brain activated without external input. Within

the Soul Braid framework, such internal sensory experiences may also function as pathways through which the brain reconstructs familiar relational signals.

In this sense, inner imagery or inner sound may represent the mind recognizing the tone of a relationship it already knows.

Presence and Accessing the Relational Field

Many individuals report that experiences of connection with a departed companion occur most often during states of quiet attention or presence.

Presence can be understood as a condition in which mental noise decreases and attention becomes fully oriented toward the immediate moment. In such states, the nervous system shifts toward greater physiological coherence.

Within the Soul Braid Hypothesis, presence may allow the system to re-enter the relational attractor formed through years of shared interaction.

When the mind becomes quiet enough to recognize these patterns, experiences may arise in the form of internal imagery, familiar sounds, bodily vibration, or sudden intuitive knowing.

Rather than representing external sensory transmission, these experiences may reflect the nervous system recognizing the relational tone shared between the two participants.

Communication Within the Braid

If the braid functions as a persistent relational pattern, communication within it would not occur through conventional signals traveling across space.

Instead, interaction may arise through re-synchronization within the shared relational field.

Both participants remain coupled to the braid because the braid itself was generated through their interaction.

When the system returns to coherence, through devotion, attention, and presence, it may re-enter the relational pattern that both participants share.

Within this pattern, signals may appear as inner imagery, internal sound, or somatic sensation as the nervous system translates the familiar rhythms of the relationship.

In this sense, the braid becomes the living architecture of the relationship, a structure created through coherent love that continues organizing interaction even after one body is gone.

Relational Attraction, Instant Recognition, and the Persistence of the Braid

If deeply coherent relationships generate persistent relational patterns, one further implication arises: these patterns may continue influencing how systems reorganize when the original participants encounter one another again.

Many people report experiences of instant recognition: moments when two beings meet and immediately feel a profound sense of familiarity or connection. This phenomenon is frequently described in both human relationships and human–animal encounters, particularly with animals such as cats that quickly form intense relational bonds.

From the perspective of the Soul Braid Hypothesis, such experiences may reflect the rapid reactivation of an already established relational pattern.

In nonlinear dynamical systems, stable configurations known as attractors guide the evolution of the system's behavior. Even after disturbance or separation, the system tends to reorganize around these attractors when conditions allow interaction to resume.

If a relational attractor has formed through years of devotion and coherent interaction, the braid may continue to exist as a stable pattern within the relational dynamics of the system.

When the same participants encounter one another again, the system may rapidly fall back into alignment with that pattern.

The resulting experience can feel less like a new bond forming and more like a relationship recognizing itself.

In this sense, what people often describe as "magnetic attraction" may reflect the system's tendency to re-enter an existing relational configuration.

The pull does not arise solely from the individuals themselves, but from the pattern created between them.

Nonlocal Patterns and the Relational Field

Complex systems frequently display behaviors that appear nonlinear and distributed across the system rather than localized within a single component.

In such systems, the pattern itself exists in the organization of relationships among elements, rather than within any single location.

Because the braid is proposed as an emergent relational pattern rather than a property of either individual participant, its influence may appear to operate beyond simple spatial proximity.

In this sense, the braid can be understood as a pattern existing within the relational field shared by the two participants.

Within that field, recognition and communication arise through the system's tendency to return to coherence.

The relational pattern itself becomes the organizing structure.

The Soul Braid as a Relational System

Taken together, the concepts explored throughout this paper suggest that deeply synchronized relationships may generate emergent relational patterns capable of persisting beyond the conditions in which they first formed.

Through prolonged coherence between two beings, built through devotion, entrainment, and shared experience, a relational structure may arise that belongs not solely to either participant but to the interaction itself.

Within the Soul Braid Hypothesis, this structure is described as the braid: a third relational field generated through the interaction of two coherent systems.

When the relational system experiences a major perturbation, such as the death of one participant, the pattern may reorganize rather than dissolve.

The braid then becomes the structure through which recognition, communication, and relational continuity may continue to emerge.

In this view, the persistence of connection after loss may not be explained solely by memory or imagination, but by the continued influence of the relational pattern created through years of coherent interaction.

Limitations and Future Research

The Soul Braid Hypothesis is presented as a conceptual model inspired by existing research in synchronization, complex systems, biological entrainment, and relational dynamics.

It does not claim that these fields directly demonstrate the persistence of relational structures after death. Rather, it proposes that similar mechanisms observed across physical and biological systems may provide a framework for exploring such experiences.

Future research could investigate several areas relevant to this hypothesis, including:

- Physiological synchronization in long-term human–animal relationships
- Neural and cardiac entrainment between humans and companion animals
- The role of vibration and somatic memory in relational recognition
- The neurological mechanisms underlying inner imagery and internal sound perception
- The persistence of relational attractors within complex biological systems

Such research may help clarify how deeply coherent relationships shape human perception, emotion, and relational experience.

Conclusion

Relationships are often understood as emotional experiences that exist primarily within memory. However, research across multiple scientific domains suggests that interactions between living systems can generate stable patterns that persist beyond the moment of their creation.

The Soul Braid Hypothesis proposes that deeply synchronized relationships may form such patterns through sustained coherence and devotion.

Within this framework, the relationship itself becomes a dynamic system capable of generating a persistent relational field.

The braid is the pattern created by that system.

Through years of shared life, attention, and coherent love, two beings may generate a relational structure that continues influencing the dynamics between them even after one body is gone.

In this sense, the continuity of the relationship lies not solely in either individual participant, but in the pattern created between them.

And that pattern, once formed, may continue to recognize itself.

This hypothesis emerged from the lived relational field shared between the author and her cat, Harley, whose presence continues to reorganize love from the other side.

Appendix A

Spiral Dynamics and the Conceptual Inspiration for the Braid

The Soul Braid Hypothesis draws conceptual inspiration from research on synchronization and pattern formation in nonlinear dynamical systems.

In networks of interacting oscillators, researchers have observed the emergence of structures known as frequency spirals (Ottino-Löffler & Strogatz, 2016). These spirals arise when oscillators that have become synchronized experience a disturbance or gradient in frequency. Rather than collapsing into disorder, the system reorganizes, generating spiral patterns that propagate through the network.

Such structures illustrate how interactions between oscillatory elements can produce stable patterns that persist within a dynamic field.

Similar spiral dynamics appear across many natural systems, including atmospheric vortices, chemical reaction waves, and galactic structures. These patterns demonstrate how energy can organize into coherent structures through repeated interaction and feedback.

The Soul Braid Hypothesis uses these phenomena as a conceptual analogy for relational dynamics between living beings. When two organisms interact repeatedly through synchronized rhythms, emotional, physiological, and behavioral, their interaction may generate a stable relational pattern.

In this framework, the braid represents a third emergent structure created by the interaction of two coherent systems. When the relational system experiences a perturbation, such as the death of one participant, the underlying pattern may reorganize rather than disappear, allowing the relational structure to persist in a new configuration.

Although the braid concept does not claim that human relationships produce literal physical spirals, the mathematics of synchronization and emergent pattern formation offer a useful lens for exploring how stable relational fields may arise from prolonged coherence between two beings.

A particularly significant property of frequency spirals is their invisibility under time-averaging. Ottino-Löffler and Strogatz (2016) note that these structures, despite being dynamically real and structurally stable, register as zero in time-averaged measurements because their positive and negative arms cancel out across time—analogous to the function $\sin(t)$, which averages to zero over time yet unquestionably exists. This property is directly relevant to the Soul Braid Hypothesis. Conventional scientific methodology relies on time-averaged measurement to establish what is real. If the braid field operates analogously to a frequency spiral structure, such methodology would be structurally incapable of detecting it—not because the field is absent, but because the measurement tool cannot resolve it. This may help explain why experiences of continuing bonds tend to manifest as discrete, instantaneous perceptions—somatic transmissions, anomalous sounds, sudden recognitions—rather than as continuous measurable phenomena: they may represent moments of contact with the instantaneous frequency field, the only domain in which such structures become visible.

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About the Author

Jasmine Sterling is an independent researcher, author, and founder of the Soul Braid™ Framework, an interdisciplinary model exploring the intersection of continuing bonds, relational coherence, complex systems, and embodied experience.

Her work synthesizes findings from psychology, neuroscience, biology, synchronization theory, coupled oscillator dynamics, complex and relational systems, and frequency spiral research with carefully documented lived experience to investigate a central question:

Can enduring relationships become an organizing structure that continues beyond physical separation?

Her research began following the death of her beloved tuxedo Maine Coon, Harley, whose continuing presence inspired years of observation, documentation, and inquiry. That work has since grown into an expanding body of writing exploring love, grief, consciousness, and the possibility that relationship itself may be an emergent field.

She is also the author of *The Meow That Changed the World*, creator of the Soul Braids Lexicon, and founder of Jasmine & Harley, where she shares research, essays, educational resources, and ongoing investigations into continuing bonds between humans and the beings they love.

Continue the Exploration

This white paper introduces the conceptual foundations of the Soul Braid Hypothesis. If you'd like to explore these ideas further, these resources provide additional context.

The Soul Braids Lexicon

A growing guide to the language, concepts, and architecture behind Soul Braids.

→ [Explore the Lexicon](#)

7 Signs Your Cat Is Still With You

A free guide exploring common experiences reported after the loss of a beloved companion—and how to recognize them with curiosity rather than fear.

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