

Bianca Ocean Maria Desmore Introduces The Chain Creation Theory™ to Explore the Roots of Survival Mode

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Manhattan, Kansas Sep 30, 2026 (Issuewire.com) - Bianca (Ocean) Maria Desmore Introduces The Chain Creation Theory™ to Explore the Roots of Survival Mode

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Bianca (Ocean) Maria Desmore, professionally known as Ocean~Spirithealer, is introducing The Chain

Creation Theory™ (TCCT), a framework she developed to explore how prenatal stress, childhood experiences, learned survival responses, and later-life patterns may be connected.

At the center of TCCT is a simple idea: People may not be dealing with a collection of completely separate problems. They may be experiencing different links in a pattern that developed over time.

“You don’t have seven different problems. You have one pattern repeating itself,” says Desmore.

Desmore’s theory proposes that the chain may begin as early as development in the womb. When a mother experiences prolonged or significant stress during pregnancy, the developing child is also exposed to changes in the prenatal environment. Desmore theorizes that prenatal experiences, followed by childhood experiences and later reinforcement, may contribute to patterns in which the nervous system repeatedly operates as though it needs to remain prepared for survival. In this framework, constant survival mode may contribute to ongoing nervous system responses that can appear as patterns associated with ADHD, OCD, anxiety, depression, chronic overwhelm, persistent fear, perfectionism, low self-worth, and difficulty finding purpose.

Desmore further proposes that a nervous system affected by prolonged survival mode may be capable of restoration through carefully structured sound and frequency practices. Her Desmore Frequency™ concept combines Solfeggio frequencies ranging from 174 Hz to 963 Hz with corresponding or closely matched musical keys. Desmore is exploring whether pairing frequency with musical key may support nervous system regulation and help the body move out of chronic survival responses. The Desmore Frequency™ remains an experimental concept and is not presented as an established medical treatment.

Does this mean that TCCT suggests that every person with ADHD, OCD, depression, anxiety, or another diagnosed condition has the same history or cause? No. These conditions have complex and individually varying biological, developmental, environmental, and psychological factors. Instead, Desmore’s theory asks an additional question: What if some of the behaviors and experiences people struggle with today are also connected to survival responses their brains and bodies learned much earlier?

Desmore calls the earliest identifiable point in an individual pattern the “First Link.” TCCT encourages people to stop looking only at the latest link and begin examining the experiences that came before it.

The theory grew from Desmore’s years of work as a life coach, combined with personal observation, research, and recurring patterns she identified across people’s experiences.

The Chain Creation Theory™ has since become the foundation of Desmore’s continuing work through Ocean~Spirithealer and OceansHaven.org.

“My work is about finding the first link,” says Desmore. “When you understand where the chain began, you can start understanding why it keeps repeating.”

About Bianca (Ocean) Maria Desmore

Bianca (Ocean) Maria Desmore, professionally known as Ocean~Spirithealer, is an author, transformational speaker, life coach, music artist, entrepreneur, and creator of The Chain Creation Theory™. Her work explores survival patterns, human behavior, personal development, frequency-based meditation, and the relationship between earlier experiences and present-day patterns.

Media Contact

Bianca (Ocean) Maria Desmore
Ocean~Spirithealer
OceansHaven.org
oceanspirithealer@oceanshaven.org

Media Contact

Ocean's Haven
*****@oceanshaven.org

7853410113

<https://oceanshaven.org/>

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