

Raising Your Frequency And Discovering Who You Are

Did you know the universe is coded in the cells of your body?

There are many things stored in the cells of your body, the historical value of every event and experience you've lived through, resides in your body, as well as universal codes of frequency, which hold higher knowledge. This higher knowledge is released within you as you let go of old holding patterns and perceptions stored within the body.

Releasing unconscious patterning takes us into an interesting area of discussion. Deciding to turn around and face "yourself" takes courage, it means you are ready to take responsibility for yourself and your life. This may seem a bit scary in the beginning, however it most definitely leads you to peace and freedom if you follow it through.

As you address past incidents, trauma and density, your body shifts within the energy fields around you. As you collapse the charge on past events, there are definite shifts that take place at the cellular level of the body. Just as the past announces itself through the body, by physical sensations, emotional uprisings and mental memories and images, it will also then release its hold and integrate all components of that previously trapped energy back into the natural flow of the body. This newly freed, purified and enlivened energy can then be used for other life enhancing purposes. This process restores the connection and balance of body, mind and spirit, into a more unified whole. The feeling is one of deep peace and wellness, it can feel very blissful. Breathwork is a fast and profound way of accessing, releasing and integrating the past and accessing more of who you are.

As a person heals, they broadcast a new frequency into the ethers or atmosphere around them. This new broadcast effects the whole of humanity; all beings and nature feel the frequency shifts, even if they are not aware of it. The affects are ubiquitous and alter life's vibration. The more a person focuses on wholeness, health, happiness and love, and radiates this frequency into the ethers, the easier it is for others to do the same. Even the slightest change makes a difference to the whole. The same goes for separateness, ill health and fear, its frequency affects the whole and people unconsciously become drawn into that lower frequency of fear - thinking, emoting and actioning these behaviours in their lives. Once this understanding becomes apparent, people make more conscious and life enhancing choices.

As we become more aware of the connection between all parts of life, we start to understand the immense responsibility and effect we have on our world relating to the quality of our thoughts, feelings, and the behaviours and actions we perform. What we focus on does matter. We change our vibratory field by where we place our attention.

We have to learn to accept and respect the lessons we are creating. Ask yourself, what is life showing you? The solutions are usually right in front of us, and often relate to resistance, judgement, holding onto things, and the need to be "right".

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We must learn to forgive ourselves and others to move beyond the confines of our lives. It's so easy in one way, however forgiveness is one of the hardest things for human beings to do. A momentous task - and yet it leads the forgiver into a new level of peace and freedom, and a completely new level of frequency is broadcast into the ethers, which creates a new level of attraction. Do you admit when you are wrong or have made a mistake, or does your pride take over and keep you in harsh, resistant behaviours? Even answering this question honestly can take courage. Becoming more humble does not mean being weak, in fact, becoming more humble and authentic takes great strength and awareness.

When you begin to rebuild and fortify your energy field, especially if it's been traumatized and shattered, it is essential to use a good technique to connect, protect and create the desired new frequency. Here are some simple tips.

1. Invoke your Higher Self.
2. Imagine a tube or a circle around you and breathe energy or light in, through and around yourself.
3. Fill the circle with your intent/desire; what you want to experience, and who you are choosing to be in the world.
4. Fill your vision/intent with as much love as you can muster.

**** If you really want to move to a new level faster, and release what's holding you in the old frequency, then find yourself an experienced breathworker and life/spiritual mentor. Look on the Australian Breathwork Association website for your local breathworker.*

You will change your frequency and start to attract people and situations that match your new field radiation. You must do the work on your energy field first though.

Lessons always start in the emotional field and then land in the physical body. These lessons are of a spiritual nature, but have a very real impact on your life.

Listen carefully to the deeper part of yourself - it will guide you. You might not like what it is "telling" you to do and chose to over-ride and resist it, but that just keeps you stuck in separation and unhappiness. It will take courage to step into the more forgiving and humble way of life, but the rewards are very great. A deeper sense of peace and wellbeing will blossom in your life.

Life may present opportunities by demanding you address a situation through adversity or loss. At other times it will bring opportunities for you to step into situations by consciously making new and different choices. Do it! It will register in your cells and energy field straight away.

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Your Higher Self can help you to integrate the past that is stored in the cellular level of the body. The past literally lives in the tissues of the body. If the past is unresolved and charged with old emotional content, it is causing havoc in your body and your life.

Breathing draws in the higher frequencies of your “Higher Self”, which flood the body with energy of a high vibrational value. This vital energy then delivers its life giving gift by transforming that which is of a lower frequency, into a higher vibrational frequency. This is life changing. A healing and a raising takes place. You are becoming whole, calm, still, settled, harmonized, peaceful, connected, integrated, happier, allowing, playful, energized, more open to life; and a feeling of freedom prevails. You become more present, expanded and aware. Your energy is lifted to a higher vibrational value and as a result there is an expansion of consciousness.

This gives you a different and higher understanding of yourself and life and a new point of attraction in your world. It is also taking you towards a future ability to consciously modulate your own frequency.

By integrating both the dark and light parts of yourself you incrementally move towards “wholeness frequency”. Comprehending dark and light frequencies through integration brings a deep understanding and a feeling a extreme peace within your being.

As you lift higher in frequency there are new doors that open to you. New information will be available to you on the higher bands of frequency attained. These experiences are often beyond our limited language, and may present themselves as symbols. Symbols help us to understand abstract concepts based on direct experience. These symbols are filled with new information, and whole lessons, like volumes of encyclopedia based on frequency. New levels of insight, knowledge and information become accessible.

Focus on who you want to be, and what you want to see in the world. Strive to be the best version of yourself at all times. Choose wisely and seek to learn from those around you. Be grateful for everyone you know, and the relationships you have with the people in your life. Expansion is happening on all levels and you must clean up and balance all levels of your life, including the practical day to day living. This includes thoughts, emotions, behaviours and actions. Be responsible to this glorious life you’ve been given, and you will be shown new options and probabilities as your raise yourself.

We are a multidimensional beings and we must purify, lift and be open to all dimensions of ourselves. Switch on and take charge of your life; be alive and buzzing and embrace life. Become the creator. Explore your relationship to the world you live in. Keep a high level of frequency. Love your self and those around you; love nature. Lead by example to the best of your ability. Remember to breathe slowly and deeply. Be relaxed, playful and honourable. Enjoy your life.

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