

## **Role of the Heart in Healing and Importance of Higher Frequencies**

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The heart is the doorway to the love we are all being asked to remember that we are the gateway to divine remembering and connection with the highest aspects of the Divine. The power of the heart and the toroidal field that emanates from our heart expands, and fortifies with greater force to strengthen us as humans living within a physical body.

The heart is the bridge between the physical and spiritual realms, inviting us to be the love of the Divine here in physical manifestation. It is through embracing the love of the Universe that we may be a clear vessel of light for ourselves, one another, and truly all of humanity.

Spiritually, we are designed to constantly strive for closer connections to the Divine and experience deeper love. This requires a higher frequency. Raising our frequency allows for greater happiness and more cohesive interpersonal relationships.

Many illnesses have a psychosomatic component that has been linked to stress and long-term existence in states of lower frequency. This has been particularly noticeable in the realms of autoimmune disorders. Raising our frequency helps move us into a place of less disease and more efficient bodily function. The benefits of holding a higher frequency show up in a multitude of forms throughout our lives such as: improved health, deeper alignment with goals, more positive relationships, more stable and uplifted mental health, and a richer spiritual life.

Focusing the breath within the body, connecting to our heart, mind, Source above, our Core Essence (our Divine spark) and the heart of the earth, allows us to be present and be that conduit for the Divine light.

As we focus on strengthening and broadening the deepest cores of our human and spiritual existence, shifting our frequency to a higher octave is imperative. This involves high frequency practices for transmuting and elevating our abilities to be fully present in this realm, all the while anchored into the core of the Pure Timeless Earth Template. By consciously engaging in the practice of connecting our Core Essence with the highest frequency of our Soul at the Oversoul level, we are able to raise our frequency and to stand as conduits for Divine energies of unconditional love. Fully embodying our Divine light as Human and Spirit we have the ability to step into a space of healing at a quantum level.

From this place we can help raise the frequency of others around us to support the healing and enlightenment of all. Strive to hold the template for each person you meet to fully remember that they are here to support themselves and the collective of humanity.

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