

Why Raise Your Frequency?

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We are often asked what difference it makes if we raise our frequency or vibration. Let us start with clearing up a little language about vibration. There is a common notion in “New Age” thinking about raising our vibration. Vibration is movement and frequency is the rate of that movement. We are always vibrating, so we do not really raise the vibration — we raise the frequency of the vibration. Think of it like sound. Raising the frequency of sound moves it to a higher note.

If we think about frequency within the context of our emotions and thoughts, lower frequencies are associated with more difficult and less joyful states such as anger, frustration, fear and negativity. Higher frequency emotions are associated with more positive expressions such as love, joy, hope and awe. Spiritually we are designed to constantly strive for closer connections to the divine and experience deeper love. This too requires a higher frequency. Therefore, raising your frequency allows for greater happiness and more cohesive interpersonal relationships.

Additionally, 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 space 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, more positive relationships, more stable and uplifted mental health and a richer spiritual life.

We think it is important to have a daily practice of intentionally raising our frequency and then being mindful of frequency as we interact with others and the world throughout our day. Most of us cannot hold these higher frequencies without much conscious effort to nudge it back up as it drifts down.

Higher frequency work is continuing to change those of us who teach Awakening Healing Axis in subtle ways. We are better able to sustain higher frequency and it changes the way we work with clients, teach Healing Touch classes and interact with people in our lives. We have noticed that although we teach the exact same curriculum in our classes, the students seem to be getting more out of it and the work runs deeper. Spiritually, we sense that we are able to connect at a deeper level and receive greater guidance as our world has become much richer and multi-di-



mensional. We are still quite capable of finding lower frequency, but find we spend less time there and can pull ourselves up more easily.

The capacity to shift frequency although easy to learn, requires continued practice. It has the potential to change each of us in amazing ways and its ripples can change the entire planet. We believe it is one of the keys to human and planetary evolution. 



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