

# **WELCOME TO LIVING THE HIGH-FREQUENCY WAY**



As the song goes, let's start at the very beginning and the very beginning is an understanding of energetic frequencies and how they play out in your day-to-day life.

As you probably already know, **everything in the Universe is energy**. And everything in existence, including you, vibrates at its own energetic frequency.

### **So, what are energetic frequencies?**

Energetic frequencies are often described as high or low. In the simplest terms, high-frequency energies make you feel good and upbeat. Low-frequency ones make you feel unpleasant and they make everything seem like an effort. Both low and high frequencies express themselves both outwardly and inwardly.

#### **High frequencies express themselves outwardly as:**

- Having plenty of energy and enthusiasm for life
- Ability to not get worked up
- Ability to make decisions and respond to life's challenges in a measured positive way

#### **The inner expression of high frequency gives you:**

- Emotional peace and quiet joy
- Mental clarity and confidence
- The ability to be that stable content person everyone wants to be

#### **Low frequencies, on the other hand, express themselves outwardly as:**

- Getting easily triggered and struggling to let the issue go
- Feeling resigned to your life, just living in anticipation of the next holiday or down time
- Not necessarily being happy, but not seeing any other alternative or solutions

#### **The inner expression of low frequency makes you feel:**

- Like you have no real control over your life and so you are resigned to your fate
- Worried over things you cannot control
- A sense of displacement, like something doesn't quite fit, but you can't put your finger on what it is

***You can be anywhere on this range of frequencies in different areas of life, however, your energetic baseline is the average of your highs and lows in different areas of life.***

**The quality of your life is directly related to your energetic frequency baseline.** Based on the Law of Vibration like attracts like. So, if you are not attracting the things you want into your life, it could be that your energetic baseline is low.



Continuing from energetic vibrations and their implications in your day-to-day life, let's have a look at:

- Why we often struggle to keep our energetic frequency high and
- The difference between temporary and permanent high-frequency being or state

Most of us who are on this spiritual journey of self-discovery have tried all sorts to deal with issues in our lives and to stay positive. We meditate, try alternative therapies, attempt to see the good in any given situation. So why is it that our energetic frequency generally stays low, even if we can temporarily uplift it? Think of it from this perspective:

- If your day is filled doing a job that does nothing to uplift you – that's an average of 8 hours a day in a low-frequency environment
- Then you're exhausted after work, but now it's household chores. No down time or self-care – again, low frequency
- Finally, you sit down to watch the news to relax – but news is constant doom and gloom – even more low frequency

**All this low frequency gets absorbed into your being. Over time, this becomes your default setting.**

And this is why we don't get as much out of spiritual practices, such as meditation, as we would like to. It's a bit like calories and weight loss. If you don't process the calories you take in, they get stored as fat. You are not going to lose weight if you have one good calorie-consumption day but fifteen bad ones. It's the same for frequencies. One good hour is not going to reverse a full day of being in a sea of low frequency. So, the occasional meditation, yoga class or visualisation is going to make very little difference.

Which leads me to our other topic: temporary and permanent increases in our vibration.

***A vibrational baseline is your default setting.***

This is the vibrational frequency that you are at without any external interference. When you are exposed to an external situation – be it a positive or a negative one, you will temporarily be knocked out of your default baseline, whether that baseline is high or low.

When you are exposed to something positive, like a new relationship, unexpected money coming in or something works out for you, even if you have a low baseline vibration, for a while, you'll be on cloud nine.

Conversely, if you are faced with problems or some traumatic event, even if you have a high-vibration, you will be temporarily pulled down under the weight of the issue. After a while, the effects of either wane and you return to our default baseline.

So the question is, how do you tell the difference? How do you know what's a temporary increase and what's a permanent increase to your vibrational baseline? And how do you make sure you increase your baseline permanently? Let's have a look at that next.



Before we dive deeper into temporary and permanent changes to our vibrational baseline, let's first understand why you need to aim for a high vibrational baseline, and more specifically why now?

The experts in this field tell us the vibration of our planet is increasing daily and rapidly.

***This vibrational increase is affecting us, taking us out of sync with the planet.*** This means we are now being challenged to increase our own vibration to match Earth's energetic frequency and this is the reason everything feels out of kilter.

Look around you. It's playing out in every-day life. It's things like:

- Quiet quitting and mass resignations. We are no longer willing to put up with unreasonable demands whether it be at work or home
- Reduced satisfaction from our escape outlets: we are increasingly bored with TV or anything else that used to give us a small respite
- General dissatisfaction with how countries are governed

*In order to feel comfortable again and happy in your own skin, you need to increase your energetic baseline so you are in sync with Earth's vibration .*

We all desire this increase, whether consciously or subconsciously. That's why you seek out joyful experiences such as fun nights out, entertainment or engaging in your hobbies. Joy and laughter are high-frequency vibrations. Spiritual practices such as gong baths, yoga, meditation, forest bathing or crystal therapy bring you peace. Peace is one of the highest vibrational frequencies available to you. Unfortunately, these increases are only temporary; when you are no longer engaged in the activity, your vibration reverts to its original baseline.

**You need to make these high-frequency energies a permanent part of you.**

Internalise and embody them. That way, you are no longer reliant on an external event to make you feel better. You don't need to count down the days to the next holiday because your day-to-day life is not what you want. Mala, my then mentor, said that when you are truly free on the inside, in the core of your being, you could be put in prison and you would still feel free. The paradox is, of course, once you attain that degree of freedom, you *wouldn't* be put in prison, because your external reality will always reflect your inner world. ***A high-frequency being experiences a joyful, peaceful and abundant high-frequency life.***

So, how do you internalise high frequency and increase your vibration permanently?

By **removing your 'sandbags'**. Sandbags are what keeps your vibrational baseline low, regardless of any number of positive events in your life. So, what are these sand-bags? We will be looking at that next.



So, how are sandbags and our vibrational frequency baseline connected? **We are actually high-frequency beings by nature.** It's our natural state, even though we tend not to believe it, because we can't see or feel it. We're a bit like a hot-air balloon. The balloon itself is already filled with hot air and is ready to soar, but the sandbags in the basket stop it from rising.

**These sandbags are heavy energies, trapped in our being and physical bodies.** We don't need to do anything with the balloon, the hot air is already in place. What we do need to do is remove the sandbags so we can soar and get that beautiful feeling of lightness and joy.

***The bottom line is, the more sandbags you release, the more your energetic baseline will rise and the lighter, higher frequency you will become.***

**So, what exactly are these sandbags?**

They are unprocessed low-frequency energies trapped in your body from things like:

- Following social expectations, because following your heart's desire will create havoc with your friends, family and your own comfort zone
- Putting others before yourself to the detriment of your own wellbeing
- Emotional investment in events outside your control. The news is a huge contributor to sandbags

This is just the tip of the iceberg. Sandbags can be so subtle you don't realise how much they influence your day-to-day life. But they stay with you whether you are aware of them or not. They are like carrying heavy shopping bags, the more you let go of, the better you feel.

**As we release our sandbags, it becomes easier and easier to remain at high frequency.** We start embodying high-frequency ways of being and therefore incrementally increasing our vibrational baseline. It's a bit like that basic principle of manifesting: you can't manifest money, while you want and need it; you will get it once you *become* rich in your head.

***The lower our vibrational baseline the more things we need and want and we feel like things are missing in our lives.***

***The higher your vibrational frequency, the less you need and the more you have, because you have become what it is that you used to need.***

Take stock of your life. What's on your list as still missing? What do you still really want? More money? A more satisfying job? A loving relationship? Here's the golden rule again: the higher your baseline frequency, the less you will need it and the more you will have it. Let go of the sandbags and open up to what you desire. It will work better than it ever did before. Now is the time.

Let's have a look at what sandbags look like in day-to-day real-life scenarios.





Let's have a look a little more closely at what our sandbags look like in daily life. **While some sandbags are easily recognisable, others can be far more subtle.** Do you recognise any of the following?

- You have the flu, feel awful but your boss really needs that report finished today because he needs to present it tomorrow morning. You stay up half the night making sure it's finished (true story, one of my friends functions like this – still) and when you speak to the boss in the morning, he tells you that the report is not needed after all. You tell him it's ok, even though in your mind it's anything but ok. You just accept that it is what it is
- Your aunt still thinks you're an accountant even though you've been a healer for the last five years. You can't begin to imagine what she'd say if she knew you chucked in a respectable career for this woo-woo nonsense; it's best that she doesn't know
- You don't get on with your father (substitute any relative/friend here). So, you have decided that as long as he is out of your life, you have dealt with the problem

There are two things here: one, ***the situations themselves and two, your responses to them.*** And yes, even though you may not be having an emotional meltdown, all of these are low-frequency responses. You won't be able to do anything about low-frequency situations. Your aunt and other family and friends are who they are and your boss *will* push you if his neck on the line. Rather you than him.

What you can do, however, is to change ***your responses to low frequency situations and make them high-frequency ones.*** Becoming aware of what we do in a low-frequency way is the first step of being able to release these behaviours and replacing them with high-frequency ones.

The reality is that you may think you deserve the best in life, yet your life is not the best despite thinking you are entitled to it. You may know that forgiveness liberates us yet you still struggle to forgive. And although you may know the theory of manifesting what you want in life, you struggle to manifest your desires. Why? It's these ***subtle low-frequency behaviours that you don't even recognise as such that are sabotaging you.*** They run counter to what you want to believe.

***Living the high frequency way is all about recognising the less obvious low-frequency behaviours and their causes.***

Some sandbags are big and easy to spot and others are small and insidious. It is good to be aware of as many as we can be.

Next, let's have a look at the high-frequency state of unity consciousness.



You may or may not be familiar with the concepts of duality versus unity consciousness. This is the difference:

- While you are in the state of duality, or polarity, you believe you are separate from everything else and you gain experiences through experiencing contrasts or polarities
- Unity consciousness is a level of vibration that goes beyond the individual self and allows you to connect with the heart and souls of all beings and existence

The former is the attribute of the low-frequency paradigm that is still prevalent on our planet. The latter is our goal.

There is actually ***a very easy way to see whether you are responding in a high-frequency or in a low-frequency way*** and how you engage your awareness.

- If you are able to *observe a situation without engaging with it*, not judging it or looking for a specific outcome, you are responding in a *high-frequency way*
- If you *take sides, fight against something or try to convince others that they are wrong about one thing or another*, you are responding in a *low-frequency way*

Take a contentious issue such as environment or climate change. There are two polarised extreme views on this: one faction believes that unless we act immediately, the environment will be unsalvageable and the opposite extreme is that nothing needs doing because the planet goes through cycles of warming and cooling climate anyway and climate change is just a conspiracy theory.

You can pick a side and disagree with the opposing view all the way to thinking that its protagonists are simply ignoramuses who don't get it and their opinions should be disregarded as foolish. **Picking a side means you are engaging in duality and low frequency.**

Or, you can observe the two factions and understand that it's their own opposing set of beliefs and values and their inability to see the larger picture that leads them to behaving the way that they do. While they're busy squabbling, they are simply being distracted and the issue isn't being resolved. You recognise that they are engaging in low frequency behaviour.

In the meanwhile, you do your part to look after the planet. You don't do it because you want to be an upstanding citizen, or because you want to feel righteous by setting an example to others. You do it, because you love the Earth, you understand that you can only have this human experience because it supports you and taking care of nature feels natural to you. You understand that by harming the Earth you harm yourself. This is unity consciousness and therefore high-frequency behaviour.

**Our attachments to what we consider right or wrong and our subsequent judgement are the most effective tools that keep us in low-frequency being. Which one are you choosing?**



Let's look at how **sandbags** affect the results of your attempt to manifest what you want now.

When I did a manifesting course, our guide told us: Rule number one – no negativity. Don't say anything negative, don't post anything negative on Facebook, focus on being happy. This is, in essence, a good and true piece of advice.

And yet, session after session, I noticed that whilst my 'classmates' followed the instructions and only spoke about positive things, two things happened:

1. The frustration and suppressed complaints were palpable in many of the attendees and
2. Other than one woman, who manifested several instalments of six-figure sums, no one manifested what they wanted – no money, no new homes, no peaceful resolutions to family drama

**And this is because this good and sound advice of 'no negativity', is only one piece of the puzzle.**

The reason why this one woman manifested money was because she was essentially a very happy person. More importantly, her life circumstances supported that happiness. She didn't pretend to be happy; she was. She embodied it.

**Manifesting isn't something we sit down to do. We manifest all the time. Every waking moment.** The other classmates manifested too. Like the person who created money, they also manifested more of what they already were and what they embodied, which unfortunately, was more misery, frustration and despair.

In their defence, they couldn't have done any better. Their sandbags of misery and frustration kept them where they were and the guide made the usual mistake of suggesting that people ignore their low-frequency energies and focus on the positives.

The fewer sandbags you have the greater the chance manifesting will work for you rather than against you. **The only way to start attracting better things in your life is to raise your frequency by releasing your sandbags.**

