

THE MISSING ELEMENT IN SPIRITUALITY

***Why your daily responses,
not your practices, determine
your experience of life***



Your experience of life, good, bad or indifferent, is directly tied to your vibrational baseline.

And where this baseline sits, is not determined by how many spiritual practices you do or how well you do them, but by how you respond every day to what life is throwing at you.

1. Welcome

If you have been on a spiritual journey for a while now and you're not getting the results that you're after, by the end of this introduction, you will understand exactly why this is and how you can resolve it.

We will explain what your vibrational baseline is later on, but first, let's start with some of the issues we encountered on our own spiritual journey. Perhaps you can relate.

2. The shortfalls of conventional spirituality

- No matter what we tried: meditation, manifestation, shadow work, healing, crystals - the list goes on; the results were temporary at best.
- Spiritual talks, courses or retreats created a temporary high. You feel so inspired, but that feeling crashes the moment that you're facing real life again.
- Instructions often included the words 'you just need to'. You just need to: stay positive, focus your mind, believe that you can. And they're not wrong. But knowing what to do and how to do it are two very different things.

3. Why did we get into spirituality in the first place?

We simply want a better life and conventional methods failed us. We want to improve our relationships, our finances, find a better job. We want to heal whatever is ailing us. And these are just the basics.

- Emotionally, we want to be a bit more resilient and regulated. Not constantly anxious, stressed or triggered by people or events. Just a nice, emotionally calm life.
- Mentally, we want to make sound decisions, be clear about who we are and where we are headed. Not to be constantly paralyzed by self-doubt, second-guessing or regret.
- And from the spiritual perspective, we are looking for some semblance of meaning in our lives. We want to be better people, genuinely kind, loving and compassionate, both to ourselves and others, and contribute in some small way to the betterment of humanity.

I know, we're not asking for much, are we?

But the way it's been presented to us, is that if we keep meditating, learn how to manifest, develop our clairvoyant or healing gifts, we will get access to that better life. But even those with natural clairvoyant gifts are still struggling. You have to reach the level of a monk in meditation to gain a modicum of calm in your life. These practices and gifts are powerful in their own right but something is clearly missing, or we wouldn't be struggling the way that we do now.



4. An alternative path

So how do you get to that beautiful experience of life in this very challenging world? We are proposing an alternative path; one that actually worked for us.

- One that follows a logical and systematic approach, while still honouring the core teachings of spirituality.
- One that allows you to embody spirituality, rather than keeping it as a separate practice or a coping mechanism.
- One that is implemented in your day-to-day life, in real time so that it doesn't add to your busy schedule.
- One which allows all your spiritual practices to be far more effective.
- And one where you can actually see and feel the results for yourself, in both your responses to life and the way your life plays out. You can finally exhale and relax.

All this can be achieved by learning how to consistently and permanently raise your vibrational baseline. At the end of this introduction, if you feel ready, we will show you how you can get things underway.

5. Our journey

Before we get into the details, a bit about our journey. When I say we, I'm referring to myself, Ivana, and my fellow traveller, Michele. 2 non-practicing left-brained accountants.

- I was looking for physical healing. Michele was searching for her purpose. Spirituality completely resonated with both of us.
- But, despite a combined 23 years of meticulously applying everything we learned, we saw very little progress. We kept asking: 'Why isn't this working? I'm doing everything right—what am I missing?'
- In 2022, we finally identified the way forward. It all came down to your vibrational baseline. Fix this, and everything else will fix itself.
- As we began to focus on raising our vibrational baseline, our lives uplevelled in a way we never thought possible. Fear and stress levels dramatically decreased. Healing occurred, across the board.
- We are calmer, healthier, happier and fulfilled human beings, regardless of what external circumstances we find ourselves in.

Using our combined experiences and expertise, we are here to show you how you can achieve the same results, in a shorter time span.

6. Why we struggle to get tangible results from conventional spiritual practices

We've identified 4 key factors:

1) A disconnection in frequencies

Everything we desire, operates at a high frequency. The calmness of meditation, love, gratitude, forgiveness, abundance; all high-frequency. But, for the most part, we operate in our day-to-day lives in low frequency. Anxiety, stress, overwhelm. And you can't simply shortcut or hack your way to high-frequency.

2) Theory vs practice

Although we intellectually understand what needs to be done, applying what we've learnt when we're stressed or in survival mode, is a struggle. Even if you manage to apply it, the results are usually temporary or negligible. Your day-to-day life will undermine them.



3) Spirituality and real life are kept separate

Spiritual practices and tools are usually relegated to after work, weekends or booked sessions. The calm and safety of your spiritual practices and environments, function more like an escape, a break, or breathing space from your chaotic real life; they don't really improve it.

4) An imbalance of yin and yang

Spirituality requires a balance of yin and yang. In this context, yin is inner reflection. We do an incredible amount of yin inner, reflective work; we meditate, clear and heal. It's important, valid and useful, yes. But only one half of the equation. The yang half, the outward, visible action, is missing. Yang aligned action is how you respond and show up in the world, in real time. Not hidden within the safety of spiritual practices. I think we often think that inner work itself is aligned action. It's understandable; you're doing something. But true aligned action is about responding in a high-frequency way, to life's low-frequency challenges.

This is why, despite our dedication to spirituality, we struggle. So how do we resolve this? The answer is evident, in particular, in the last point.

Spirituality needs to be lived.

What you have been doing so far is the equivalent of learning to swim from a book. What we do, is metaphorically teach you how to swim in the water. We show you how to elevate your vibrational baseline in everyday life and everyday situations, because that's where your experience of life is shaped.

7. What does this look like in your everyday life?

- Rather than getting all anxious and stressed and then having to meditate to calm down, we teach you how to not get stressed in the first place.
- Rather than getting triggered when someone pushes your buttons, we show you how you can gently and gradually reduce the charge behind your reaction, so those situations no longer trigger you.
- Rather than telling you, 'You just need to forgive or stay positive', these qualities naturally emerge as your vibrational baseline continues to rise.

Let's now introduce you to your vibrational baseline.

8. Your vibrational baseline

- Simply put, your vibrational baseline is the determining factor that influences your experience of life. Let's break it down.
- Your vibrational baseline is the average frequency band from which you feel, think and respond in everyday life.
- A high-vibrational baseline, means you are operating from a high-vibrational frequency and this is where all the ideal states live: trust, compassion, unconditional love. Here, your life flows with a high level of calm and inner peace.
- A low-vibrational baseline simply means you are operating from a low-vibrational frequency as default: think constant anxiety, anger or dissatisfaction. And this usually means your life is not quite the way you would like it to be. To put it mildly.



- Your frequency rises when you're happy and drops when you're feeling down, but it always returns to its average. This is why, if the average is too low, the peace and calm from spiritual practices rarely lasts.

If you want to reap the benefits that go with being high frequency and improve your life across the board, the work is on permanently and sustainably raising your baseline.

How do you permanently and sustainably raise your vibrational baseline?

You do it by learning to handle whatever life throws at you, good, bad or indifferent, in real time and in a new, high-frequency way. And how do you do that?

It begins by learning to process your emotions in a healthy way.

9. Working with your emotions: Step 1 of 2

Your emotions are simply a feedback system. Whatever is happening to you in that moment is the Universe's way of pointing out that there's something you haven't dealt with, otherwise, you wouldn't be feeling this way. By healthily processing your emotions, you are demonstrating your willingness to deal with the problem.

- Step one is learning how to feel, process and release your emotions, as they happen. In real time. Note: we are not suppressing, we are not dumping them on other people and we're not waiting till the end of the day to go home and meditate. It needs to happen in real time. Here's why.
- The value and power is in the moment it's happening. The energy at that point is intense and the impact the greatest. And this is one of the reasons why spiritual practices tend to be less effective. The time delay between the event and the practice causes you to lose the intensity and power of the moment.
- In addition to that, if you are not processing your emotions in real time, you are actually retaining the low-frequency energetic signature of these emotions. And when a future event triggers this energy, your reaction is the same, essentially keeping you in a loop of low frequency. And this is why it's often a real struggle to lift yourself out of a low-frequency state.

10. Working with your emotions: Step 2 of 2

- Whereas step 1 is learning how to feel, process and release your emotions, as they happen, step two is to understand what the experience is trying to tell you. The reason you work through your emotions first, is because when you are highly emotional, you can't think straight and it becomes impossible to do the second step.
- You need to understand what an experience is telling you for one simple reason. It will keep repeating until you do. Once you understand the message and alter your behaviour, the work is done and the experience stops repeating.
- The magic behind this process is that the next time you encounter a similar experience, your emotional response decreases. This is simply because understanding lessens emotional reactions.
- When we see the "why" behind something, the "what" feels much less like a personal attack.



11. Working with your emotions: Conclusion

By doing this 2-step process of working with your emotions in real-time followed by an understanding of what the situation is trying to tell you, you slowly but gradually break down those reactive low-frequency responses. When you stop responding in a low-frequency way, your vibrational baseline automatically rises. And because you are correcting the issue at source and not using spiritual practices as 'band-aid', this rise is permanent.

There are follow-up courses that take you further on this journey, but this is your starting point. Even if you do nothing more than that those two steps that we just outlined, your life will visibly change for the better. Across the board. And here's why.

12. Benefits of working with your emotions in this way

What you are effectively doing here is spiritualising and elevating the vibrational frequency of your day-to-day life. And you'll see the following changes as you develop and hone in on this skill:

- From an emotional perspective,
 - You gradually move from reacting to calm responses. Your emotions no longer control you as you learn how to process them in real time.
 - Your nervous system finally begins to relax. That means less anxiety. Less stress.
 - The more your nervous system relaxes, the more your body can dedicate resources to healing and rebalancing.
- From a mental perspective,
 - You realise that things don't happen to you, they happen for you and you can use this. You stop taking things personally.
 - You spend less time worrying or overanalysing what people say or think of you. Mental freedom!

From a spiritual perspective,

- You manifest better things for yourself, as you gradually become a vibrational match to the things you desire.
- Your confidence and personal power build up as you learn about yourself. In particular, your boundaries and needs.
- This is also a prerequisite if you want to find and live your purpose, as your purpose at its core is based 100% on who you are.

These 2 steps are the backbone of our first and key foundational course **Working with Your Emotions**. The course itself details the step-by-step instructions of the 'how to'. And of course, the more you do the process, the easier it becomes.

We are drawn to spirituality. We've read the books, attended the seminars, listened to the podcasts. We know what we need to do. Just forgive, love and accept yourself, don't judge. But as I said earlier, knowing what to do and how to do it, are two very different things.

Our courses address that gap.

If what you have read here resonates with you, let me share the practical aspects of the course, **Working with Your Emotions**.



WORKING WITH YOUR EMOTIONS

Digital Course

Course content

In terms of content, there are 3 key areas:

- 1) Context: This part explains why and how your emotions and triggers develop and how they inform your behaviour and choices. We also look at how your vibration is impacted by emotions that are not healthily processed. You'll understand the reason why your life is playing out the way it currently does. You can simply listen to this on the go.
- 2) Process: Practical step-by-step instructions on how to process your emotions in a healthy way. This is the only practical assignment required. Implement one simple action in your daily life and build up that muscle. No hours of introspective work. You keep applying that one process until it becomes second nature. We've also included a quick guide to help and provide tips and time saving techniques for when you are out and about, dealing with family or at work.
- 3) Real-life examples: This area details the process in action in different scenarios, using varying intensities of emotions, breaking down the nuances of each step and tying it back to the process. This gives you an idea of how this plays out in real-time.

Course format

- 1) In terms of the format, this digital course comes in handy, bite-sized modules, so you can work in your own time and at your own pace.
- 2) Even though it's self-study, we have provided a platform where you can ask questions. You will get an email with instructions on how to do that.
- 3) Finally, because it's delivered digitally, we're able to keep the price accessible at £97. Rather than a one-off experience, like an evening out, this is an investment in something designed to support your long-term wellbeing, offering value that lasts well beyond a single evening. Imagine where you could be if you said yes to yourself.

Now, we wish to re-iterate.

This course is NOT a paper exercise but an experiential one.

Your life is your training ground and you use it to apply the process.

It will also give you real-time feedback on your progress.

Our personal transformation

One of the decisions we made at the very start of our collaboration was that we wouldn't teach anything that wasn't a lived or embodied experience. That way we could speak and teach from a deeply personal place. Everything you have heard here, is based on our lived experience.

Working with our emotions made us calmer and less stressed. Subtle changes like improvements in our health and relationships was the welcome byproduct. We can now easily handle whatever comes our way. Our intuition has heightened and our purpose continues to reveal itself.

We are finally achieving what we turned to spirituality for in the first place.

We know it can do the same for you.

But don't just take our word for it.....



Testimonials

Here's what Gill had to say:

'I went to the hospital for an op. I would have normally been very stressed, but I practiced all I've learnt from you and stayed very calm and relaxed. I was so pleased with myself. Thank you!' **Gill R.**

And Kinga:

'This course has taught me how to work with my emotions so they are finally working for me and not against me. And it's so practical! I'm continuously improving and no longer consumed or trapped by repressed or unresolved emotions! Thank you so much!' **Kinga A.**

Working with your emotions in a healthy way is the first step to permanently raising your vibrational baseline so you stay naturally calm and steady. Values like trust and gratitude shift from being just verbal declarations, to genuinely felt and moving experiences. Your spiritual practices deepen and become more effective.

And all of this adds up to the most incredible, joyous experience of life!

And it begins when you click on the following link

<https://thehighfrequencyway.com/product/working-with-your-emotions/>



The High-Frequency Way

<https://thehighfrequencyway.com>

<https://thehighfrequencyway.com/contact>

