

## **Understanding your energy and your vibrations**

The energy you hold within you and emit carries frequencies.

When you allow yourself to align with your true self, your passion, your creativity, your love, you allow yourself to upgrade, to speed up, to elevate your frequencies - and by increasing your frequencies, you make yourself more sensitive as a receiver. Like an antenna, you become receptive to picking up even higher frequencies of what you vibrate, frequencies that exist both above and below your reality. Your senses expand.

You begin by becoming more aware of the structure of existence. You start to understand that you have a direct connection to the source. You begin to experience and realize that you are constantly being given and allocated everything you can possibly receive. You may not necessarily need to ask for more. You simply need to practice giving more attention and awareness to what you already receive. As you raise your frequencies, you make yourself a more sensitive receiver, noticing more of what you already receive, and this helps you.

You make yourself more sensitive and receptive to receiving higher-energy information by matching that level. By matching the frequency.

You cannot receive what you are not in vibration of. So when you vibrate at a certain frequency, you can only receive more of the same. Just like two tuning forks.

Your task is to match the frequency to receive. To understand, translate, process the vibration and all the information and experiences relevant to the vibration you desire more of.

If you're "down" on a worry vibration, you CANNOT have any experiences from the higher feeling vibrations. (See image) 🙅

## **How to increase vibration**

You follow and act on your highest joy, interest, feeling, and passion.

Because passion is ALWAYS the translation in your body of your true frequency. Your true self.

Do it as best you can all the time - without existence and assumption of how! Let go of control and your focus on how! If you try to control the process, your higher self and source may not necessarily give you what could be much better than what you can think of yourself. Your task is to create the vibration, the energy within you.

It is important that you trust synchronicity and that your higher self is constantly delivering in the correct vibration and delivering all the things you need in this moment.

Your physical mind is only designed to understand and experience what is happening right now, in this moment, and take that experience in. Your physical part of the mind is not designed to know what is going to happen in the future. But your higher self knows. Source knows - and therefore that

part can guide you and say follow your passion. It is the compass to your true direction. It is the compass that allows you to align with your true self and your true direction in life.

**Follow your passion, Follow love, Follow excitement, Follow curiosity, Follow creativity**

That's what YOU are. That's WHO you are.

It's the path of least resistance. The path of joy. You will experience fewer instances where you have to fight for things.

That's how it works. You follow the flow of your existence. You do NOT swim against the current. You do not fight against it, but flow with it and live life.



