



Raising Your Frequency

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By Dr. Margaret Paul

Learn how to raise your frequency high enough to receive spiritual guidance.

Your frequency is the rate at which you vibrate. For example, a hummingbird's wings vibrate, or move, at such a rapid rate that we can't see them. We vibrate at a slower rate so that we can see each other. Our spiritual Guidance vibrates at a high frequency, which is why most of us can't see spiritual beings. In order to communicate with them and receive their guidance, we need to raise our frequency.

There are two major ways of raising your frequency:

- Move into an intent to learn about what is loving to yourself
- Open to your imagination, and trust what is coming to you

As you practice opening to learning about loving yourself and trusting your imagination, you will find yourself accessing information, such as answers to your questions about what is in your highest good in a particular situation. Your Guidance is there to support you in your highest good, so it will always find a way to communicate with you, when your intent is to be loving to yourself. Spirit might communicate through your thoughts, your feelings, pictures in your mind, and through dreams, as well as through other people and books. The challenge is learning to trust what is coming through you.

Our imagination is a great gift from Spirit - a kind of direct line. Most creative people, people who write, paint, dance and so on, know that their ideas come through them rather than from them. They are opening to their imaginations and allowing Spirit to come through them.

Raising your frequency and accessing Spirit does take some practice, but the payoff is incredible! This is what will eventually give you a direct experience of Guidance, so that you no longer need to believe it - you know it.

Other things can affect your frequency, such as the food you put into your body. Cluttering your physical body with sugar, nicotine, caffeine, drugs, alcohol, pesticides, preservatives, heavy foods, greasy foods,

and so on, lowers your frequency. Indulging in feelings such as anger, fear, anxiety, hurt and depression also lowers your frequency.

Certain experiences help to raise your frequency, such as prayer, being in nature, and certain forms of meditation. For some people, playing with a pet or hearing inspiring music, or reading spiritual literature can help to raise the frequency. But none of this will work without being in the intent to learn about loving yourself, and trusting your imagination.

Spiritual Connection and Your Vibrational Frequency

By Dr. Margaret Paul

Having problems connecting with your spiritual Guidance? Your ability to connect is related to your vibrational frequency. Discover what raises or lowers your frequency and your ability to connect.

Making sure your frequency is high is essential to connecting with your spiritual Guidance. Having a low frequency is like having the electricity go out at night with no candles available - you are in the dark with no way of accessing the light.

Frequency is a delicate thing. Many situations, both physical and emotional, affect your frequency. Following are some situations and choices that may affect your frequency.

Negative Thinking, Negative Talking

You cannot keep your frequency high when you think and talk about things that create anger, fear, anxiety or depression. Negative thinking and complaining about what you don't have, or about what you can't do, will always lower your frequency. Self-judgment and judgment of others also lowers your frequency. Any thoughts and actions that make you feel badly are lowering your frequency, and your bad feelings are letting you know that you are off track in your thinking and behavior.

Tiredness

It is very challenging to keep your frequency high when you do not get enough sleep, or when you are working yourself too hard. Part of the job of the loving Adult is to make sure that you get to sleep early enough to get a good night's sleep, and to deal with any issues that may be keeping you from sleeping. Lack of sleep may be the result of negative thinking - thinking that is creating too much anxiety to sleep, or from a lack of exercise.

Illness

When your body is busy dealing with illness, it may be very difficult for you to raise your frequency high enough to connect with your Guidance. When you are very ill, you need to make sure that someone else is acting as your loving Adult, as you are probably not able to connect with your Guidance enough to access the loving actions for yourself.

Hormones

Our hormones have a huge affect on our frequency. If your hormones are out of balance, your whole body is out of balance, making it very challenging to raise your frequency. Many things affect hormones - food, water, exercise, illness, thinking, feelings, menstrual cycle, pregnancy, childbirth, menopause, aging, the environment and genetics. Because we are mind, body and spirit, we cannot separate our hormones from everything else that affects us in our lives. As with illness, sometimes we need to rely on another to be our loving Adult and help to guide us toward our highest good.

Food

Food has a major effect on frequency. Eating the wrong foods for your body can contribute to insomnia, illness, anxiety, depression and hormone imbalance. If you want to consistently have a high enough frequency to stay connected with your Guidance, then you need to learn as much as you can about what foods support your health and wellbeing and what foods do not.

There is no right way of eating that works for everyone. Some people, known as protein types (see "The Metabolic Typing Diet" by Wolcott, and Dr. Mercola's Total Health Cookbook & Program), need to be eating high-quality animal proteins, while others, known as carb types, can do well on a vegetarian diet. Then there are the mixed types, who fall somewhere in between. I have found that learning about your

metabolic type and about what supports health for your type is essential to understanding how you need to eat for health and high frequency.

If you want to keep your frequency high and experience the incredible joy of being connected with your spiritual Guidance, then you need to do all you can to be thinking, eating, and behaving in ways that support your overall wellbeing.

The Secret to Keeping Your Frequency High

By Dr. Margaret Paul

A high frequency is necessary to feel love and joy, and to manifest your dreams. Learn the secret to keeping your frequency high.

I have discovered that there are two choices I can make that, together, invariably put me into a high frequency. While either of these choices create a high frequency, together they are incredibly powerful!

Gratitude

We all know how important gratitude is, but the problem is that often we express our gratitude in a fairly rote manner. The kind of gratitude I'm referring to is moment-by-moment gratitude for every big and little thing, and the overriding gratitude that we are never alone - that Spirit is always here for us.

The most powerful feelings of gratitude are feelings that arise in the present moment: for your own soul, for your body, for the people in your life whom you love and who love you, for the animals you love and who love you, for the Guidance of Spirit, and for the very fact of your life. Also powerful are feelings of gratitude for big and small acts of kindness, for understanding, caring, gentleness and tenderness of both loved ones and strangers, and for new insights that open your heart. Remember to express gratitude for the things that nurture you - good food, a hot bath, a wonderful book, the beauty of nature, a belly laugh, moving music, a great movie, a cuddling pet, a child's laughter, a tender hug, time with friends and loved ones and so on.

How often do you remember to express gratitude - or is your mind often preoccupied with what you need to get done, or how to avoid rejection, or endless self-judgments? It is a powerful practice to consciously express gratitude throughout the day.

Compassion

Equally powerful is compassion for your own feelings and situations, and the feelings and situations of others. Compassion is a balm to the soul. Often, when we are intent on trying to control another, what we are trying to get is compassion, caring and connection from them.

Before Inner Bonding, I spent years and years trying to get compassion from others - my parents, friends, children and other relatives. I used many kinds of controlling behavior - crying, complaining, attacking, people-pleasing, blaming, withdrawing and withholding love, judging myself and others - to get someone to give me the compassion and caring that I was not giving to myself. It was such a shock to me to discover that what I really needed was compassion for myself. I was great at giving it to others, but I never knew that I also needed to give it to myself. I thought if I gave it to others, they would naturally give it to me. But all too often, they didn't. And giving compassion to others, with the hope of them giving it to me, became just another form of control.

It is amazing what happens when I bring in compassion from Spirit to my own feelings. This is what makes me feel seen and heard. This is what calms me and opens me to Guidance. Compassion is such a powerful energy that when I bring it inside to my own feelings, and then extend it out to others, it becomes an invisible shield against taking in the negativity of others, and a powerful way to feel connected with others. When I extend compassion to others when they are controlling, recognizing that they are protecting against the pain of disconnection, I am able to maintain my connection with Self, Spirit and them.

Now, I know that the way to keep my frequency high is to express gratitude for everything, and compassion and caring for myself and others, no matter what! Especially expressing gratitude that, even in heartbreak, I am never alone - that Guidance is always here for me. This is what allows me to feel love, peace and joy, and to manifest my dreams.

Food and Frequency

By Dr. Margaret Paul

The foods you put into your body have a dramatic effect on your frequency and your ability to connect with your spiritual Guidance.

Over 40 years ago, due to having been a sickly child and adolescent, I became interested in nutrition. After reading the current literature, I changed my entire way of eating. I cut out sugar, refined foods and frozen and packaged foods, as well as anything with pesticides or preservatives. At that time, there were few health food stores that carried organic produce, so it was somewhat of a challenge to eat well, but I was determined.

Not long after that, I began my spiritual search, and at some point discovered that what I put into my body had an enormous effect on my ability to feel a spiritual connection. I noticed that whenever I went off my food plan and ate things like chocolate or sugar or too many refined carbohydrates, I would feel anxious, depressed and disconnected. Over the years, I've discovered that the higher my frequency goes, the less my body tolerates those foods that are not in harmony with my particular system.

Since each of us is different, to maintain a high frequency we each need to become conscious of how foods affect our body. Since I love the peace and wellbeing that I feel when I'm in a high frequency, I like to pay particular attention to how foods are affecting me.

If raising your frequency in order to maintain a more consistent connection with Spirit is important to you, you might want to start to notice how foods are affecting you:

- Notice when your head feels foggy or fuzzy. Lack of mental clarity is often a symptom of a food reaction. If you have any Candida in your system - which many people have, due to too many antibiotics and/or a poor diet, eating sugar or carbohydrates such as bread and pasta - it can create the fogginess. The Candida fungus thrives on sugar, so anything that turns into sugar in the system, such as pasta and bread, feeds the Candida.

- Notice when you suddenly feel a loss of energy. Certain foods are not in alignment with your body and cause your body to work very hard to digest, which causes a loss of energy. There are other foods that you might be allergic to, which can also cause a loss of energy.
- Notice feeling agitated, anxious or panicked. Sometimes certain foods can trigger intense anxiety, but often not right at the time of eating the food. For example, if I eat or drink chocolate, caffeine or alcohol, I will wake up around 4:00 in the morning with intense agitation and fear. The fear is not based on anything, although it's always easy to attach it to something that may be concerning me. The same thing occurs for me if I take a mild drug such as Tylenol PM. What relaxes many other people has the opposite reaction on me. It took me a while to put this one together!
- Notice feeling depressed. Foods that you are allergic to, or that are not in harmony with your body, can cause you to feel depressed. I've had clients who spent years trying to figure out their depression and when they changed their diet, the depression went away.
- Notice other symptoms such as congestion, itching, rashes or dryness. Sometimes these symptoms may be due to the foods you are eating, or they may indicate a lack of something. For example, dryness may be due to a lack of Omega-3 in the body, while congestion may be due to too many pasteurized dairy products.
- Notice your level of immunity. Do you catch colds or the flu often? Low immunity may indicate that your body is not getting what it needs to maintain optimal health.
- Notice when it feels difficult to feel Spirit within you. Certain foods may be lowering your frequency so much that you can't feel spiritual energy within you and around you. Food is, of course, just one aspect of frequency. Your frequency is also affected by your intent, emotions and behavior.

Many people don't realize the huge effect food can have on the body. I suggest that you educate yourself regarding what your particular body needs to maintain optimal health and a high frequency.