
HEALING TOUCH NEWS

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Good Vibrations

Why raise your frequency?

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.

“To affect the quality of the day is the highest of arts.”

~Henry David Thoreau



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. 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.

Authors: Tim McConville, Jeannette Nienaber
and Franny Harcey Jul/Aug 2019 | Energy Magazine

October Healing Touch Sessions include instruction on Self-Care Techniques~an opportunity to shift frequency.

