

- Light a candle. Look closely and notice how bright the flame is. Notice how it moves as it burns. Notice the brilliance in the colours in the flame.

Frequency is vibration and energy. Vibration and energy is what we are when you look at us from the atomic or quantum level. We are also consciousness. When we get lost in the human experience, sometimes the consciousness part of ourselves is forgotten. It is a good thing that no matter how deeply we get lost, the light of our consciousness never dims.

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Overwhelmed? Here's some good news.



Overwhelmed? Things piling up on you? Here's some good news. It is only a frequency. Human beings are masters of shifting frequencies. You do it naturally and continually. Read on and explore how to do it consciously.

You change frequencies when you walk into a restaurant, when you talk to a friend, when you take a deep breath, when you get angry, when you hear your favorite song. Every thought you have has a specific electro-magnetic frequency. Emotions have frequencies. We live in a sea of frequencies. Many of these frequencies have an effect on our energy, emotions, thoughts, auric field and physical health. It's like we are a remote control flipping from one frequency to another all day long. No wonder we sometimes get tired by the end of the day.

Changing your frequency consciously means that you are not at the mercy of this sea of frequency around you. You choose your frequency. How do you know if a frequency has shifted? By how you feel. Does it feel better? Does it feel worse? Does it take time to shift my frequency? Well, maybe about 1 to 10 seconds for some situations. For example, everyone knows how quickly our hormones slip us physically into anger. To make it worse, our thoughts can maintain that response for a long time.

Here are a few ways to intentionally shift your frequency to where you feel better:

- Smile. Just the physical act of smiling releases feel good hormones in the brain. Even if you pretend with one of those phony smiles. Besides, you will be laughing at your funny face and that's even better.
- Hum your favorite song. If you can't think of a song, hum Happy Birthday or just hum anything.
- Hug a family member, a friend, yourself or even a pillow.
- Instead of getting angry with the person who cut you off in traffic, bless them. They are having a tougher day and are more stressed than you. They can use your blessing and you just shifted your frequency.
- Think of a happy moment in your life.
- Enjoy something in nature, a tree, a sunset or sunrise, how the snow sparkles in the light, birds singing.
- If you have a water fountain in the room, turn off the radio or TV and listen intently to the sounds of the water.