

Vibration
by Susan



Imagine Living On The Other Side of Worry and Stress.

Imagine Having the Courage to Express Your Heart's Deepest Truth.

Imagine Living a More Authentic Life With Ease and Grace.

Imagine Cultivating an Inner State of Unconditional Love.

Imagine Having the Cure Within to Heal Your Physical Body.

Imagine Having the Ability to Transform Darkness into Light.

Life is Accelerating. Jobs and relationships are coming undone. We are experiencing a complete metamorphosis. All issues, challenges or “problems” in your life right now are invitations to awaken...asking you to spiral up from living in fear and tune in.

Our Quantum physicists are telling us what mystics have known for a millennium. That the universe is made of energy and everything on this earth vibrates at certain frequencies, including our thoughts. What differentiates one form of energy from another is the speed at which it vibrates. Everything is a vibrational match to our thoughts. For example, happy thoughts vibrate at a very high frequency, and fearful thoughts vibrate at a lower frequency. Every human being vibrates at different frequencies. Your experiences are always a vibrational match to your vibrational thoughts.

If we are to experience the greatness of life then we need to begin with the transforming of Self at a foundation level, at a vibratory level so that higher consciousness can take root.

Let me explain more about what I mean... Both the Frequency of Freedom and the Frequency of Fear consists of electromagnetic fields of energy (perceived negative and positive experiences). The ego lives in fear and your soul (Divinity) lives in the higher vibrational worlds of freedom.

The higher your vibration, the more you are tuned into higher levels of knowledge or Universal Intelligence.

Every moment you emit a vibration which is also known as your energy signature. You tune into vibrations of other energy signatures in the same way you tune into your favourite radio station.

When your energy is vibrating in the freedom frequency you open up to a powerful life force that is very attractive. When our energy is vibrating in the lower dimensions of fear we forget our power and block this life force.

To simplify things, I have created the lists below to show you what you may experience within each of the two main frequencies we experience as human beings. Within each frequency we experience many vibrations.

Living in Fear you may experience:

- Fear of Your Power
- Stress and Worry
- Low Self Esteem
- Addictions
- Depression/Indifference
- A Fragmented Soul
- Greed and Competition
- A Disconnection from Source
- Blame/Confusion/Overwhelm
- Arguments/Drama/Trauma
- Illness and dis ease
- Lower Selves that Hold You Back (Doubting Self, Resentful Self, Angry Self, Betrayal Self)
- Low Energy/Stagnation
- Lack of Passion and Purpose/ Direction

When You Tune into Freedom Frequency you will experience:

- Acknowledged for Who You Are
- Connection to the Divine in Every Moment
- A Knowing of Who You Are
- No need for drugs
- A Calm Mind
- Attract Others Who Support Your Vision

Synchronicity

Vibrate in Your JOY

More Passion and Purpose

The Integration of Soul Fragments to Feel Whole and Complete

The Courage to Take Risks

Facing Your Fear and Do the Right Thing

The Voices of Wisdom (Higher Self, Creative Self, the Masters Within)

Our thoughts and feelings determine the frequency at which we vibrate, and our vibration goes out into the world and attracts to us energy moving at a similar frequency. This is one of the ways in which we create our own reality.

Create a positive shift in your life by raising your vibration to that of the freedom frequency. Moving up and anchoring into the freedom frequency will give you incredible strength and the knowingness to accomplish anything you want. The vibrations within this frequency will integrate your mind, body, and soul. It is here that you connect to your health and wealth consciousness and truly feel the greatest power in the universe ~ love. The core essence of the freedom frequency is love. It is not the love you may immediately think of or have experienced. It is a higher love that is only attainable by those who have disciplined the conscious ego, the forgetful self. It is what I refer to as enlightened love ~ A current of high vibrational energy that has the power to dissolve, transmute and transform fear based energy vibrations that exist in the subconscious mind (your energy field.)

What is the Subconscious Mind?

You actually only have ONE Mind which is divided into three parts.

Conscious Mind – Tip of iceberg. Your conscious mind is only aware of 10% of REALITY.

Subconscious Mind – Submerged section of iceberg (what you don't see)

Divine Mind (Infinite Intelligence) – symbolized by water and air. Different forms of the same thing.

Your Subconscious Mind is like a mega memory bank. It stores every experience.

Your Subconscious Mind has the power to break up relationships or empower your relationships.

Your Subconscious Mind has the power to destroy your physical body or heal your physical body.

Your Subconscious Mind has the power to cause people to be REPELLED by you or ATTRACTED to you.

Your Subconscious Mind has the power to Sabotage your efforts or Manifest Your Heart's Desire.

Training Your Subconscious Mind is CRITICAL!

We can only go from one state of mind to a higher state of mind by transforming our

Subconscious Mind. Within the vastness of the subconscious mind (the darkness) lives the many selves that make up the personality.

We are truly free when we choose to see beyond ourselves and embrace the bigger purpose of life. You have the capacity to anchor the freedom frequency in your own life by exploring your INNER SELVES and the energies trapped within them.

Everything you want, need or desire is determined by how you are relating or

INTERACTING with others, to your experiences and especially with your SELVES!

Every person in your life is first created within your mind. They represent your beliefs.

Your external mother is a reflection of the inner mother /feminine Self who lives within your subconscious mind.

Your external father is a reflection of the inner father/masculine Self who lives within your subconscious mind.

If you are feeling lonely there is a Lonely self within.

If you are feeling disrespected there is a Disrespectful self within.

If you experience angry people there is an Angry self within.

If you feel abandoned there is an Abandoned self Within.

If you feel frustrated maybe it is time you discovered your Frustrated self.

EVERY PERSON CAN ONLY SHOW UP AS PER THE MENTAL IMAGE

YOU HAVE CREATED WITHIN YOUR SUBCONSCIOUS.

Your LIFE is a CREATION OF YOUR MIND.

Everything in your life is first manifested within your Subconscious Mind. Your Subconscious is where your SOUL lives. So it is crucial to know how to INNER ACT with your SOUL so you can INTEGRATE, move into ALIGNMENT and RAISE your VIBRATION.

So... 90% of WHO YOU ARE IS WHERE?
WITHIN!

This is where one can make the clear distinction of which realm they choose to vibrate in
– Fear or Freedom.

We are a soul attached to a spirit (Higher Self) and our body is the vehicle that houses our soul. You have a personality which rules the outer world (the hologram or illusion) while

your soul rules the inner world of truth. Those driven by personality tend to vibrate in fear based thinking. Your soul guides you to the highest expression of who you are ~ your Higher Self.

During our childhood if we have experienced any trauma, abuse, neglect, conflict, emotional unavailability, and feel unseen, the soul slightly separates itself from the physical body in order to protect itself. A shield or protective boundary is created. Over time this can create many fragmented parts of our self weakening the energy field and allowing inner and outer dimensional influences to take over the physical body. This fragmentation (unconscious separation) is what causes the mental and emotional pain and suffering we experience.

Within your subconscious is pure intelligence and by learning how to give it a VOICE you discover why it holds you back, what it needs from you, and ultimately how to bring your conscious, subconscious and Universal Mind into alignment so you can LIVE in the FREEDOM FREQUENCY of Life.

Remember, What you experience in your outer world
is a reflection of your inner world

Change your INNER World and your OUTER World Changes.

You will have the inner access to meet parts of yourself that are holding you back and instantly harness the power of your mind and create miracles in your life.

Soul InnerACTION gives you INSIGHT, or INNER Vision to see how easily it is to transform darkness into light, fear into freedom and connect with your Universal Mind.

Love is a current of energy that moves through you and is experienced as a energizing in the cells, where you feel expansive energy, spaciousness, clarity, ONENESS with Life.