


You are made up of frequency.

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Izabella ✨..

Posts: 2767



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You are made up of frequency or energy and each of you is a master in working with frequencies or you would not be here now. Only masters such as yourself could be allowed to do this kind of intricate work, so release any self-condemnation and judgment you might be feeling and come into a new appreciation for your presence here and now.

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Self-love is the foundation of all of what you are doing here. Learn to love each and every part of your being, every thought made, every decision and deed that you have committed, every act of omission and commission you have ever done. Know that everything that you see in your world is a result of your creative power. Whether or not you are conscious of the process what you focus your attention on is what you will continue to see played out around you. Open your heart, feel the warmth of your heart's love expand and break down the barriers that surround you. You must first come to love what is within you and as that love ignites the flame of the sacred altar within, your love will expand to include the Whole. There will be a wondrous moment when you feel love for everything. And in that sacred moment, you will experience the reality of the unified field of consciousness. Never again will you

suffer from the pain of separation for you will know and experience your wholeness and connection with all.

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When one views the world through compassion, through the act of being with love and in love, all is forgiven, all is loved, and all is accepted. Whatever you have been or done, when viewed through the eyes of compassion, there is no judgment, there is no right or wrong. The Creator does not judge you or seek to limit you in your doing. You are a part of Creator here, anchored in a human body, and undergoing a grand experiment of creation, bringing an entire universe into being, a universe of Compassion.

You can start where you are now. Be thankful for the little things in your life. Beauty always surrounds you if you but take a moment to look. And you can learn to quiet your mind and still your anxiety. Learn to find that quiet center that exists within, your place of calm where you can return to when you need to rest and heal.