

# **Raise Your Frequency Transform Your Life**

## How to Respond with Love to Life's Difficulties

### **Introduction**

Welcome to the First Day of the Rest of Your Life!

You are reading these words as you are at an important juncture in your life, a spot that even you may not have recognized.

You are ready to utilize all your experiences of stress, pain, and even life tragedies as transformational tools that enable you to create an extraordinary life, one where you live in high vibration and experience peace and abundance regardless of what is transpiring in your physical world.

That's why this book is in your hands.

Before you wonder if you have read correctly or if I am crazy, be advised this is no ordinary spiritual or self-help book, and yes, responding to difficulty of any stripe from the frequency of love is an action that raises your personal vibration and takes you to peace.

As my Grandma Lilly would say, "Who knew?"

The material you are about to read has been channeled from the master consciousness known as Oneness. While no other book has approached in this way the opportunity to use life's difficulties as tools for raising one's awareness and

building an abundant life, my students and I have practiced and lived this guidance for years. We are walking proof that what you are about to read truly works. Our results of responding to life's challenges from the highest frequency of love has continually delivered daily experiences that are both subtle and extraordinary.

It is my promise to you that as you sit in the energy of the teachings within this book and continually utilize the practices in your daily life as a response to the chaos and pain you experience, you, too, will raise your frequency and transform your life.

This is a spiritually directed practical book filled with truths and experiential action steps as well as stories from my students who have been using this information repeatedly. Within these pages you will find a road map to follow, but the journey is yours to take as you learn how to use daily chaos as the vehicle that will move you from pain to peace.

As you take on the work of using the difficulty that lands in your world as a tool to transform into grace, you will be creating a new lifestyle that is based on pivotal spiritual concepts, including:

- You are not a one-dimensional being—a “me” or an “I.” You are indeed a multidimensional being: a physical form that contains a brain, a developed personality, an emotional body, a low field of energy (ego) that contains your history of pain, and your intuitive body, a high-frequency field that is your true north.

- Your intuitive body is your soul level, the field of Oneness, the energy of love that came into your body to have a physical experience. This is the aspect of your being that is meant to be your daily response to life's challenges, yet now is most likely lying dormant within you, waiting to be activated.
- Your conditioned belief that your physical brain and emotional body are the only tools you have to use when making choices in your life is what has led to much of the pain you may now experience. It is also what has kept you from the opportunity to raise your frequency and transform your life.
- Your choice of response to daily stress, difficulty, and even tragedy is paradoxically the most important and available tool you have to experience gratitude, peace, and understanding.
- Every bit of physical world difficulty has a higher-octave purpose - a purpose that focuses on the soul of you rather than the egoic nature of you - and when you choose to activate your intuitive body, responding to chaos from love, you are using difficulty exactly as it was meant to be utilized.
- Using all of your daily life experiences as your practice pad and responding from love when challenges arise increases your consciousness and, over time, enables you to walk in the energy of equanimity, which raises your personal vibration and prepares the foundation for you to become the abundant being you were always meant to be.

In this book you will learn how to recognize your current state and then begin to respond to any chaos or fear (low energy) from your intuitive body (high frequency) that shows up as patience, kindness, understanding, tolerance, and gratitude.

By shifting in the moment of response out of the low energy and into the new higher field, you are raising your frequency!

Done consistently, every difficult moment you experience will be transformed into a moment of abundance, and your personal vibration will continue to rise. As your personal frequency increases you will begin to attract the people, situations, and events that will represent your individual wishes and desires.

Can you see now that when you choose to respond to difficulty from love, you are shifting the energetic dynamic around you and enabling new positive possibilities to arise?

In this book you will find teachings that I'm sure will make you stop and question your previous definition of what an extraordinary life truly looks like for you.

You will have an opportunity to see where you are now and be able to take a deep dive into where and when you are able to live inside the energy of positive response to life—and when you are not.

I'll share with you the most common blocks to leading an extraordinary life that most people hold, and I'll provide you with action steps for each one that you can take, now, in order to move through any barriers that may currently be in place.

Throughout, I share stories from my own and my students' lives that will inspire you and remind you that we all can create equanimity and peace no matter where we are on our path or how challenging our life circumstances are!

Most importantly, as you use the actions I provide, you will be shifting into high frequency and you will see your life resonate at an entirely different level. How can it not? For you are an energetic being, and as you choose to respond to any irritation, difficulty, or tragedy from a state of grace and peace, you are creating your next moment from a higher vibration.

The book you are holding is meant to be a workbook. Yes, you can read through the entire text, highlighting words and phrases that hold meaning for you as you go along, but then do go back and do the work that is offered.

In between the completion of this book and its publication, I created small groups where I took students through a ten-month work-study program. Each month I would introduce a different chapter of this book. I shared a channeled teaching and reviewed the exercises that were created for the information in that chapter. Group members then went back into their lives and read the material and noticed during the month where their life presented them opportunities to use the practices in the current chapter. They did the work needed and noticed their energy shifting, which brought about entirely different results than they had ever experienced before.

We'd come back after four weeks and everyone would share what happened in their life - where the work showed up, what they did with it, how their frequency

had been raised, and finally, how through using the practices offered they were able to rise above each challenging experience and feel true peace.

It became evident to me then, as it still is now, that Spirit has given me this book to give to you so you can use the information in your daily life as you move forward. That's why I'm inviting you to take your time with each chapter: read the material, look at the practices offered, and then keep the information and exercises in your awareness so you can use them as called for as you move through the days ahead. When you feel ready to move forward to the next chapter, do so and approach the rest of the book in a similar way.

This is a book that will become your daily guide. You'll be able to pick it up at any time and have different sections speak to where your life is in that very moment. Whether you are experiencing procrastination or you've just received a dire health diagnosis, this book is the vehicle that will empower and teach you how to use your difficulty as a transformational tool to bring you to peace.

Using the information and practices supplied, over time your life will become an expression of your conscious efforts, and you will feel a deep sense of gratitude and calm regardless of whatever chaos lands in your world. In this energetic space you will be able to manifest the wishes and hopes you truly desire into the physical world with more ease. This, my friend, is when you will recognize that you are using your challenging daily experiences as tools to raise your frequency and transform your life!

In case you're wondering, I've written this book for a general audience, not only for readers already attuned to spiritual work. Everyone experiences difficulty, yet

few people have the knowledge that chaotic times are meant to be used as a tool to take you to higher consciousness, and fewer know how to actually shift their frequency in the moment of emotional stress.

If you're new to spiritual thinking, the practical intentions, teachings, tools, and exercises I share will be highly accessible, profoundly revelatory, and totally transformational. If you are already comfortable as a spiritual seeker, the book will offer you the empirical tools that will empower you to finally integrate your spiritual beliefs into your daily life. As you embody your holy values you will become the spiritually directed being that you have always aspired to be.

In my role as spiritual mentor, I have become a teacher of teachers sharing these concepts and practices throughout the world with business leaders, wellness professionals, and holistic guides. I have been continually excited to see how my students' lives have quickly changed in the most remarkable ways, as they have used the teachings and practices that I am honored to share here and now with you.

Let's begin!