

In This Issue

- Everything Has Frequency
- SoulNote: Connecting To Your Higher Self



Frequency Awareness

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Frequency Awareness offers Seal Removal, Auric Clearings and Karmic Removal sessions using energy directed techniques to remove obstacles allowing for a quantum shift in your life if you desire it to be so. Each session is profound in that each increases your frequency resulting in the attraction of new people and new opportunities into your life.

Frequency Awareness also offers SoulNote which is a process by which the voice is analyzed and the unique SoulNote is identified and recorded on a CD.

Frequency Awareness also offer products such as Sound Wave Energy which uses waveforms and various frequencies to bring the body back into balance. The frequencies reprogram the bodies cells to their original imprint. The frequency series can be used as a daily support of your increased frequency throughout your evolution process.

Contact Us

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Everything Has Frequency

Everything has frequency. The only difference in frequencies is their difference in vibration or hertz. Like an X-Ray, invisible to all senses, can penetrate the body and leave an image on film, sound also penetrates the body. Some sounds bring harmony to the body, while others bring chaos. Frequencies promote healing of ones physical body, release stress, open your heart, remove resistance, give the courage necessary to experience prosperity, clear addictions, release fears, doubt, guilt and resentments.

Quantum physics teaches us that everything in the Universe is a whirling mass of molecules, vibrating at certain frequencies. Trees, plants, animals, rocks, voices, **everything** has a frequency. Each cell of our body is vibrating at a certain frequency, or rate. Everything is vibration, and when every tiny cell is doing its job and vibrating in harmony, we have optimum health.

Now imagine that a belief, a fear, an accident, improper nutrition, or any other form of stress, lowers our vibratory rate. Since everything is vibration and energy, this decrease in the vibratory rate causes a part of our body to alter its vibration, and it stops functioning properly. The best way to correct this situation is to remind the affected body part of its ideal resonance, or frequency. This is done by sending a specific vibration to the body part that has forgotten its role. This ideal frequency “awakens” the faulty part, and reminds it to resume its work.

Each cell takes part in the symphony of your body. Your role as a conductor is to orchestrate harmony. When musicians (organs or bodily systems) produce sour notes, they are brought back into harmony by tuning their instruments, or by refocusing their attention. Their discord is not covered up, nor are they permanently removed from the orchestra! Each musician (or part of your body), is important in its Divine Expression for the creation of the symphony.

Matter is organized by waveforms and frequencies. If we have two violins that are tuned exactly the same, and we pluck the string on one of them, it will produce a field of sound energy that will trigger the same string of the second violin to vibrate and produce the same sound. This natural phenomenon is called RESONANCE. Resonance is a basic principle that affects everyone, and everything, all of the time. This same principle applies for a person in need of spiritual, mental, emotional and or physical transformation. Listening to the correct frequency reminds the body’s energy field of its original blueprint and brings it back into harmony. It is important to keep this Law of Resonance in mind. It is the operating principle in our lives. No matter which body we are dealing with, spiritual, mental, emotional or physical. The more we become aware of this, the more we assume responsibility for our own lives. We can consciously choose to resonate at higher levels. We do this by thinking and acting in a positive, uplifting way. We can also choose to positively influence those around us. Each of us can choose to positively resonate with an event, thought, or feeling. It is possible to respond to anger with love and this is a good practice for each of us to do, as often as possible. Each of our cells and organs has its ideal frequency. Our innate state is that of perfection. When our ideal frequency is compromised, disease and negative events can easily become part of our life experience. We can only experience those things with which we vibrate, or resonate with. If we can keep our vibratory rate – so to speak- at a high frequency, we will not be on the same wavelength as an accident, violence, disease or any other lower vibratory energy. Frequency Awareness offers the Sound Wave Energy Series which is one way of getting your body back to its divine imprint of perfection.

SOULNOTE: Connect To Your Higher Self



The Soul is a part of ALL THAT IS, the essence of our being. Each soul can be compared to the drops of water that create an ocean. The exception to the analogy is that when each drop is separated from the Source it is unique, and has a specific frequency. That unique, special frequency (SoulNote) remains the same until the drop, or the soul, returns to the Source, and becomes ONE again. The SoulNote is found in a special place in the heart.

SoulNote is useful for times when we feel upset. It's always important to express our emotions as they arise rather than repressing them. So if you are angry express it, but be sure you express it in a way that doesn't harm yourself or others. Then know that you are not that feeling. At those times it is easy to forget who we really are, and identify with our problems. When we do this, joy is no longer present because we are in our brain, and express lower emotions of anger, jealousy, and judgment. Humming our SoulNote helps us to remember Our True Selves and...just be it!

Rather than allowing yourself to get off balance with the stresses of everyday life, or identifying with your ego and its problems, you can repeat your own Soul's note and vibrate at the frequency of your Soul's essence. Since the Soul knows only bliss, joy and euphoria, you can tap into this true reality simply by humming your note! Contact Nicole today to schedule your appointment soulnote@frequencyawareness.com.