

# VIBRATIONAL HEALING

The concept of vibrational frequency holds profound significance in understanding the nature of our existence and the interconnectedness of all things. It encompasses various names and understandings such as akashic, ether, vibration, or frequency. The underlying principle is that everything in the universe, including ourselves, is composed of energy vibrating at different frequencies.

Our personal frequency is influenced by how we feel, think, and perceive the world around us. When we align ourselves with positive thoughts, emotions, and actions, we raise our vibrational frequency. Conversely, negative thoughts and emotions lower our frequency. Our frequency can also be affected by the people we interact with and the environments we inhabit.

The earth itself has its own vibrational frequency often referred to as the *Schumann resonance*, which resonates at approximately 7.83 Hz. Becoming aware of this frequency and aligning in ourselves with it can enhance our overall well-being and connection to the greater universal consciousness.

Many people have lost touch with their universal alignment, due to external influences, miseducation, and the influence of oppressive forces. The materialistic focus of our society, driven by monetary gain and control, has led to a disconnection from our higher selves and the greater frequencies of the universe.

Raising our vibrational frequency is essential for achieving optimal health and well-being. By aligning ourselves with higher frequencies, we open ourselves to greater possibilities, clarity, and intuition. The brilliant minds throughout history who have made significant contributions to humanity often had a deep understanding of universal consciousness and access to higher frequencies of information.

Our frequency is not solely dependent on external factors but can be consciously influenced and elevated through practices such as meditation, mindfulness, and embracing positive thoughts and emotions. By raising our frequency, we align ourselves with the universe and tap into the limitless potential and wisdom it offers.

The suppression of frequency healing technology is a topic of concern. These advancements in technology have the potential to revolutionize healthcare by offering solutions that go beyond mere treatments for illnesses and aging.

Understanding and harnessing vibrational frequency can profoundly impact our lives and enable us to align with our higher selves and the universal consciousness. By consciously raising our frequency and embracing the power of vibrational healing, we can unlock our true potential and create a healthier, more harmonious existence.