

Raise Your Vibration Frequency.

For 16 years I am working as a beauty therapist. I work a lot with essential oils to fix my and clients beauty and energy. Two years I am playing Tibetan singing bowls for my clients. I really appreciate I have meet you, David to get to know more other ways to raise me and my clients vibration frequencies. Thank you!

Our bodies have a profound electrical nature. Electrical messages are constantly sent throughout body to keep informed of what is going on. Without this energy flow we are not able to see, hear, feel, taste or smell. Electrical activity of the brain, Electrical activity of the heart. Our electrical systems are vital to our physical and mental health. When the energy stops flowing...we die.

Our vibration level Determines our Experience of life. The higher your frequency, the more joy fills your life. Frequency is the measurable rate of electrical energy flow that is constant between any two points.

The cause of all negative emotions is a disruption in the body's energy system. This disruption lowers vibration frequency. Therefore less creative ideas and empowerment you experience and can utilize because your ego is choking off the flow and allowing less of the essence of Creator to flow through your mind and body.

Once the energy meridians are balanced the emotional intensity goes away. That is of raised vibrations. Higher vibration frequency not only makes you wiser and more powerful, it moves you out of struggle, turmoil and pain, stock emotions and places you in the realm of joy, ease, peace and harmony.

So the key to claiming wisdom, creativity and empowerment and every possible blessing – is raising your vibration frequency, which is done by allowing more Love to flow.

In 1992, Bruce Taino of Taino Technology built the first frequency monitor in the world. Taino has determined a healthy body frequency is 62 – 72 Hz .When the frequency drops, the immune system is compromised and negative emotions show up.

- If the frequency drops to 58 Hz, cold and flu symptoms appear
- If the frequency drops to 55 Hz disease like Candida take hold
- If the frequency drops to 52 Hz, Epstein Bar becomes present
- If the frequency drops to 42 Hz the body is at risk for Cancer

According to Dr.Royal Rife, every disease has a frequency. He found that certain frequencies can prevent development of disease and that others would destroy disease. Substances with higher frequency will destroy disease of lower frequency. The study of frequencies raises important questions concerning the frequencies of substances we eat breath and absorb. Many pollutants lower healthy frequencies:

- Processed canned food have 0 frequency;

- Fresh produce has up to 15 Hz;
- Dry herbs from 12-22 Hz;
- Fresh herbs from 20-27 Hz.

There are different ways and techniques to fix our electrical energy flow and raise our vibration frequency:

- Eating fresh organic fruit and vegetable;
- Meditation and prayer;
- Emotional Freedom Technique;
- Expressing gratitude;
- Carrying and wearing crystals that have been tuned
- Moving your body;
- Smudging yourself with cleansing herb;
- Ringing a bell over your chakras;
- Blessing your food and water with gratitude;
- Receiving an energy healing (aromatherapy, sound therapy, acupuncture etc.);
- Listening to uplifting music;
- Using essential oils

Essential oils create an environment in which disease, bacteria, virus, fungus etc. cannot live. Essential oils start at 52 Hz and go as high as 320 Hz, which is the frequency of Rose oil. Clinic research shows that essential oils have the highest frequency of any natural substance known to man.

Sound healing is one of the best personal improvements. Sound therapy provides electrical energy flow and freedom from negative emotions. Many types of healing with sound may be called sound therapy. Some use voice, music, tuning forks, crystal bowls or others instruments. Sound therapy as professional Express that they provide new ways of being for their clients and show them an easier way to live while opening donors for them to listen and learn.

One of the sound healing is VibroAcoustic Therapy.

Daily stress makes our cells acidic and we cannot fill the cells up to optimal oxygen level. These traces of stress will be stored as waste products in cells and blood vessels which may, in time, lead to health problems. Frequency sound vibrations through VibroAcoustic Therapy help to clean the cells, increase oxidation and reduce acidation. VibroAcoustic Therapy is an enjoyable experience. It relaxes our body and makes us feel good about ourselves. It relieves anxiety and pain. It decreases spasticity, it increases blood circulation, and it relaxes muscles and reduces respiratory distress. And it does all these without any side effect found in drugs.

The VibroAcoustic Therapy is energy –based non-invasive treatment is similar to acupuncture. The sound waves vibrate and travel deeply into the body along energy pathways. VibroAcoustic Therapy stimulates and balances the body's physical and

subtle energy field to promote healing and inner harmony. All molecules inside the body have been put in motion. The body has received „internal massage”. Thus organs in the body which we cannot reach by traditional methods – nerves, glands, lungs, heart, deep-lying blood vessels, and brain tissue- will react when being exposed to sound vibrations.

There are Five Path ways to Perceive Sound:

1. Hearing Via Air Transmission:

The Standard way we perceive acoustic energy is through our ears. The mechanism is simple. Vibrating air molecules enter the ear canal and push against the eardrum. This energy is transmitted to the Cochlea through the inner ear bones. The Cochlea is a fluid-filled sense organ in which small hairs, Cilia, convert mechanical vibration. Sound waves push on the eardrum, which mechanically stimulates the three ear bones. These push on the oval window of the Cochlea and create the sensation of sound.

2. Feeling Via Deep Tissue Movement:

The ground vibrating almost imperceptibly beneath our observers is stimulating nerve endings in deep tissues and muscle mass. This sense is called „kinesthetic”. It comes from the Greek word *kinein*, which, means, „to move”. These kinesthetic sensations are the gut feelings that occur when powerful objects excite the ground near us.

3. Feeling Via Skeletal Joint Movement:

The ground vibrating beneath our observers is also stimulating nerve endings in skeletal joints and deep tissues. This sense is called „haptic”. It comes from the Greek word *haptain*, which means, „to touch”.

4. The ground moving beneath our friends is also stimulating nerve endings just under the outer layer of skin. This sense should be familiar to you; it is sense of touch. Ordinarily, the sense of touch does not come into effect with acoustic events except in situations where excessively loud noises are produced. It also comes into effect for musicians who hold their instruments close to their bodies when playing.

5. Feeling Via Bone Conduction:

The Cochlea, the sense organ that takes the mechanical movements of acoustic energy and translates them into nerve impulses, is firmly encased in the skull bone. This bony protection allows a secondary pathway for sound waves to reach the Cochlea; directly through the bone mass itself. The phenomena of bone conduction are well known and have been exploited by many people. For example, in cases of structural hearing loss where the eardrum or inner ear bones are damaged beyond repair, various companies manufacture bone conducting „hearing aids.” These devices clamp onto the back of the ear, or are actually implanted into the skull, to directly stimulate the Cochlea via local bone conduction.

