



life full of *intention*

HARNESSING THE POWER WITHIN.

by Alison Canavan

Our Energy Shapes Our Lives

Every day, we are surrounded by energies and vibrations that shape how we feel, think, and act. Frequency is the underlying force that connects everything in our world, from the hum of a city to the peaceful flow of a river. Just like a tuning fork, each of us is constantly “tuning” ourselves through our thoughts, actions, and the energy we embody. Understanding frequency isn’t just a concept; it’s a way of tuning into a higher consciousness that opens us to a more fulfilling, authentic life. As Nikola Tesla once said:

“If you want to know the secrets of the universe, think in terms of energy, frequency, and vibration.”

When we talk about frequency, we are really talking about the level of energy we radiate and absorb. Everything, from our emotions to our thoughts, carries a frequency, and the vibration we hold affects what we attract. It’s one of the reasons why you might feel “off” around certain people or “lit up” around others. The frequency you carry will either resonate with or repel the people, experiences, and environments around you. This is why awareness of frequency is such a powerful tool for transformation. When we make a conscious choice to raise our frequency, we shift into a state of greater possibility, compassion, and ease.

Raising your frequency starts with self-awareness. Begin by observing your inner dialogue: Is it one of criticism or compassion? Do you hold space for love and gratitude? The more you focus on high-frequency emotions like gratitude, love, and peace, the more you raise your own vibration. It’s essential to understand that low-frequency states like anger, guilt, and shame, while natural at times, keep us locked in loops that don’t serve our highest purpose. By recognizing these states without judgment and choosing to work through and release them, you make space for higher, more empowering frequencies to enter your life.

Practical steps can help you tune into a higher frequency each day. Meditation is one of the simplest ways to connect with your inner energy, realigning your mind, body, and spirit to a place of peace. I always remind people that the breath itself is a powerful frequency tool. Taking deep, conscious breaths resets your system, calms your nervous system, and anchors you in the present. Gratitude practices are also immensely powerful; they help you step into a vibration of abundance and appreciation, naturally elevating your frequency.

Surrounding yourself with positive environments and people who uplift you is another critical element. Just as you would be selective about what you eat to nourish your body, it’s equally important to be

intentional about the energies you allow into your life.

People can be either radiators or drains, and I suggest staying away from the drains. Spend time in nature, create spaces that feel inspiring, and connect with people who help you grow and challenge you in meaningful ways.

Remember, frequency is not just a fleeting state; it’s a continuous practice. Every moment is an opportunity to tune in, recalibrate, and choose a frequency that aligns with your highest good. As you raise your frequency, you not only transform your own life but also contribute to a higher collective energy, creating a ripple effect of positivity that can inspire others.

So, as you go about your day, check in with yourself. Notice your energy, become aware of your thoughts, and consciously raise your frequency through love, kindness, and gratitude. This practice doesn’t just make life more joyful; it connects you to a field of infinite possibilities. Embrace the power of frequency, and watch how it shapes a life filled with purpose, peace, and profound connection.

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