

The Frequency of Love

OPENING TO THE HEART OF HEALING



Not long ago I was driving and became aware of the vibration of angst in my mind-body-spirit. A message came: Tune to the Frequency of Love. With this mere thought, everything melted.

We have all felt it. That feeling of bliss, elation, expansion, Divine union. Love: The language of our souls, our birthright.

Healing is not just about fixing the physical body. We are being called to a higher level of consciousness. Our bodies are speaking to us. It is imperative to find stillness. To learn to listen. Our bodies are made up of 70 trillion cells. All vibrating. What are your cells vibrating? Fear? Anxiety? Anger? Resentment? The feeling of not being enough?

These patterns create frequencies which invite in disease. Acknowledge them without judgment, let go of resistance. Open your heart to gratitude, the gateway to acceptance, grace, and unconditional love. My favorite tools to aid this process are meditation, journaling, breath work, and sound healing. Practice daily the medicine of love, immerse yourself in its healing vibrations and find yourself connecting to your source of perfect health and infinite potential.

Blessings!

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