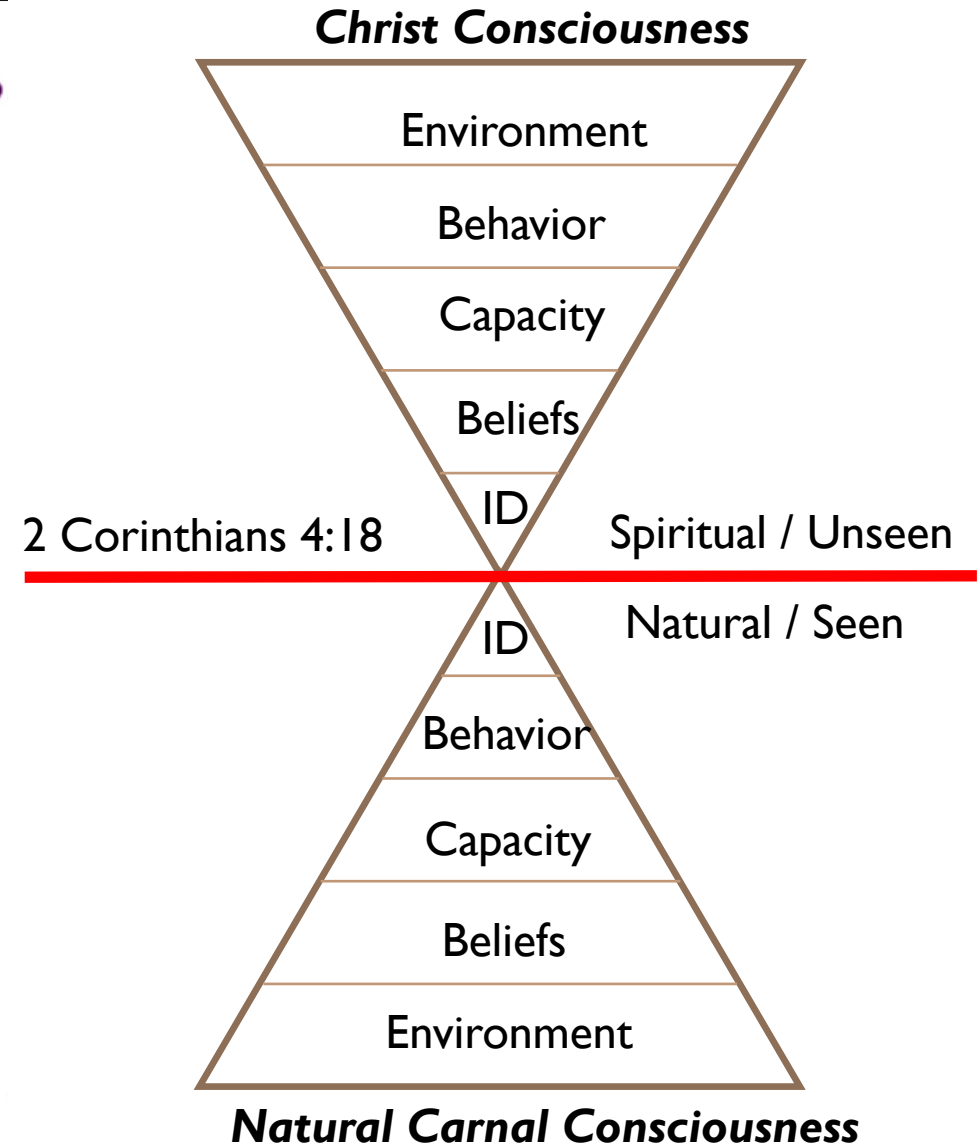
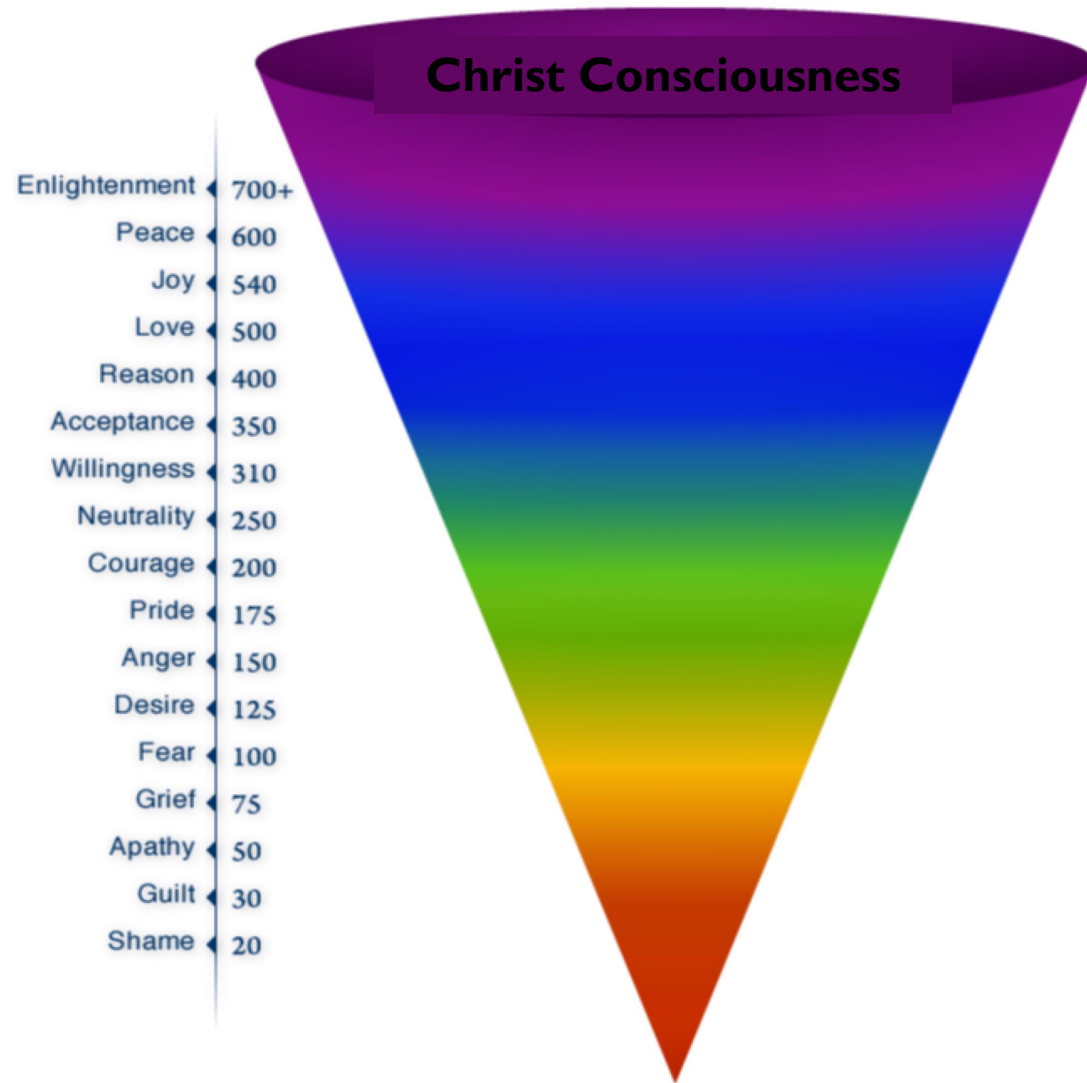
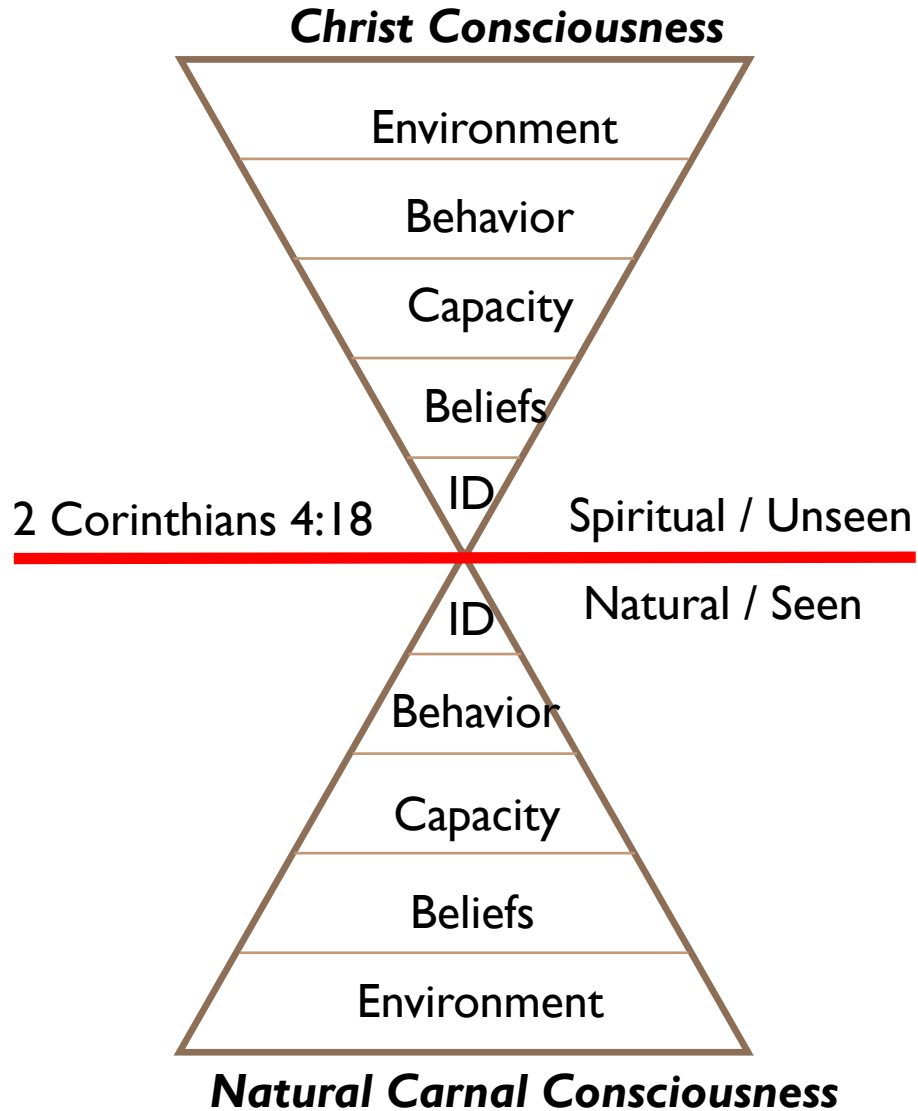


Frequencies and Christ Consciousness



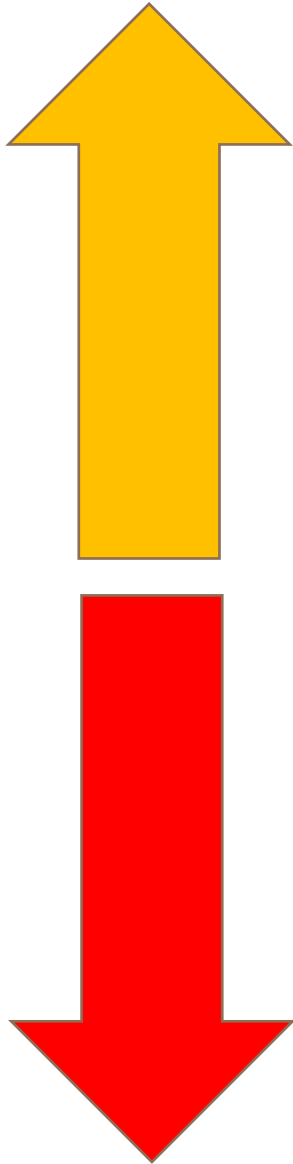
Frequencies and Emotional States

How do you feel when your frequencies are at higher states?



Vibrational Emotional Scale

Love Joy Passion Freedom Highest Excitement
Happiness Gratitude Compassion Courage Spiritual Connection
Inspired Confidence Responsible Open-Hearted Serene
Empowered Worthy Eagerness At Ease Light-Hearted
Hopefulness Acceptance Faith Encouraged Positive Attitude
Neutrality Quiet Center of Stillness
Doubtful Insecurity Lonely Rejection Disappointment
Worry Pessimism Frustration Impatience Irritation
Anger Rage Revenge Hatred Fear
Sadness Abandoned Ashamed Anxiety Unloved
Despair Disempowerment Grief Depression Hopelessness



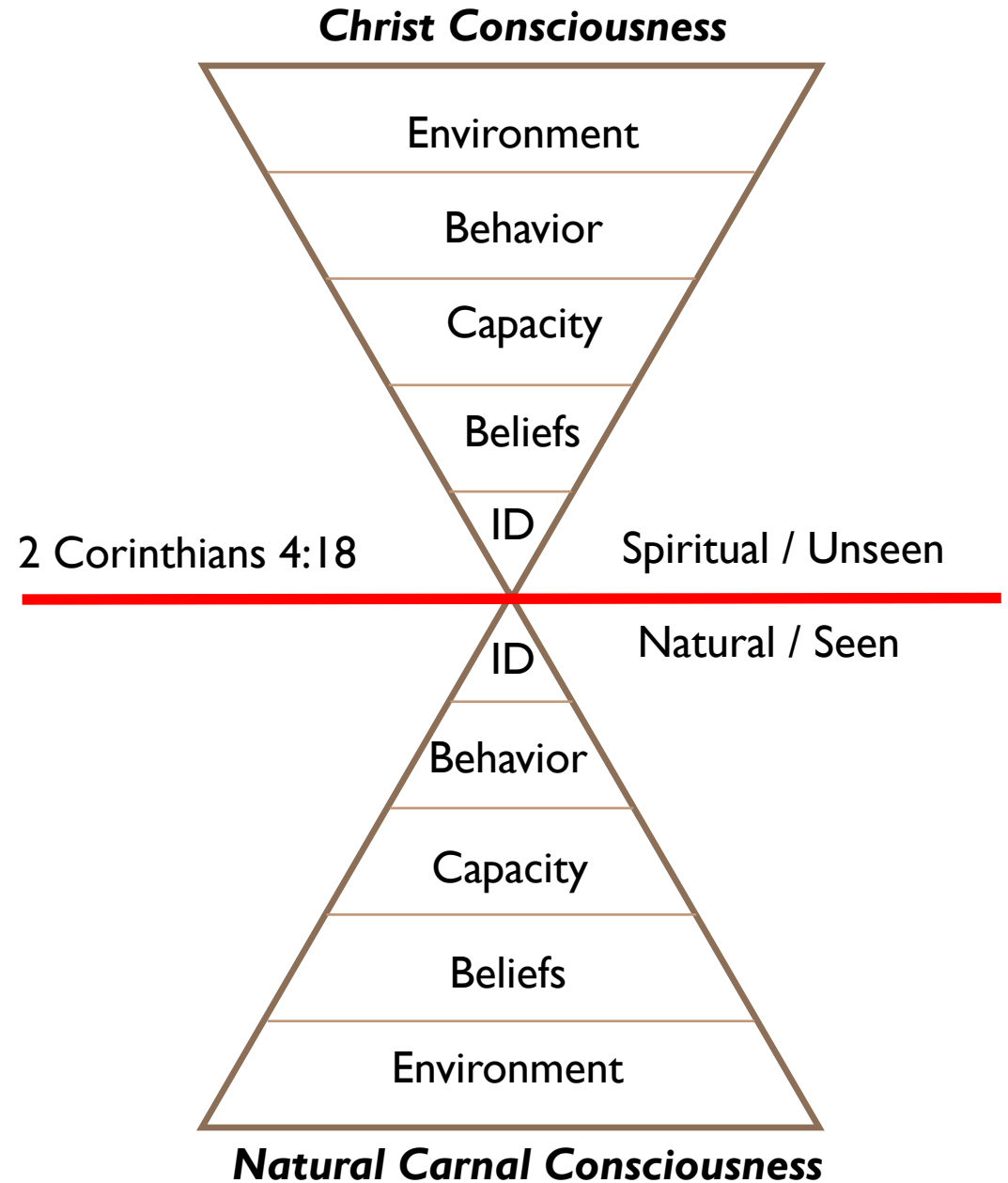
GRACE empowers you to access the Christ Life!

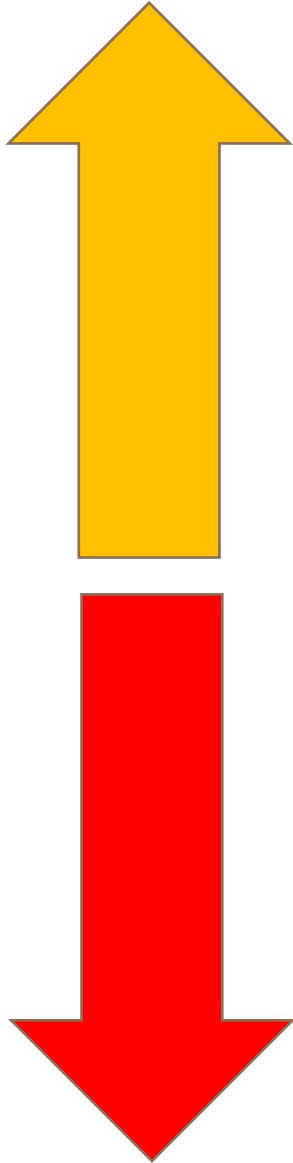
Grace gives you access to the Spiritual realm!

The LAW

You are no longer under the law! You have been redeemed from the curse of the law!

The law binds you to the natural/seen realm and limits your ability to access the Christ Life!



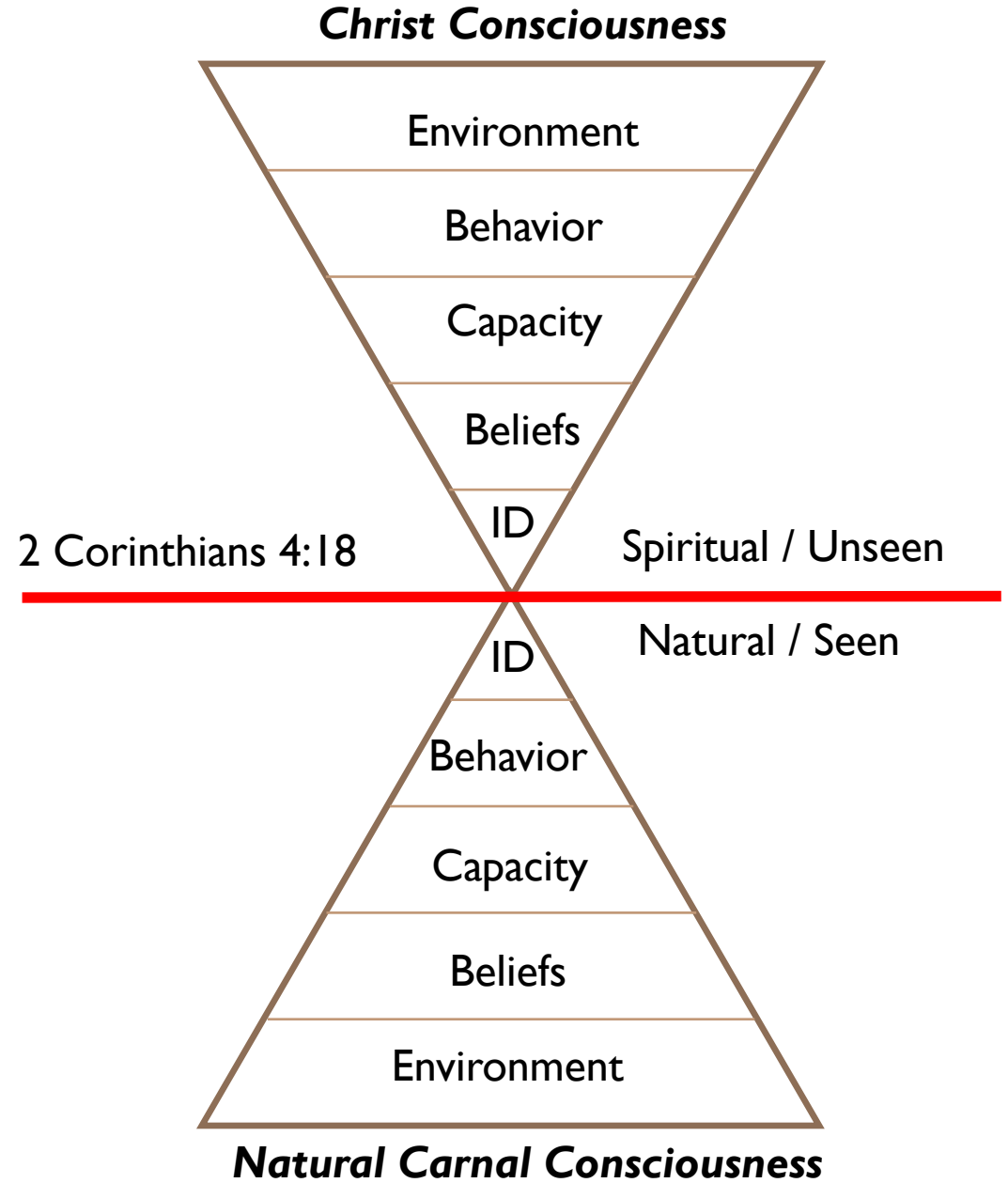


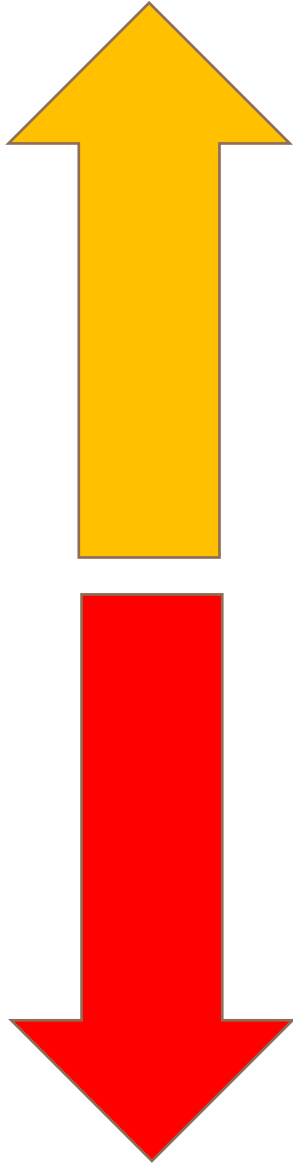
GRACE and Grace Alone!

Grace enables to be perfect and allows you to walk in the Spirit!

The LAW

The law creates a prison of doubts and fear! It binds you to walking in the flesh!





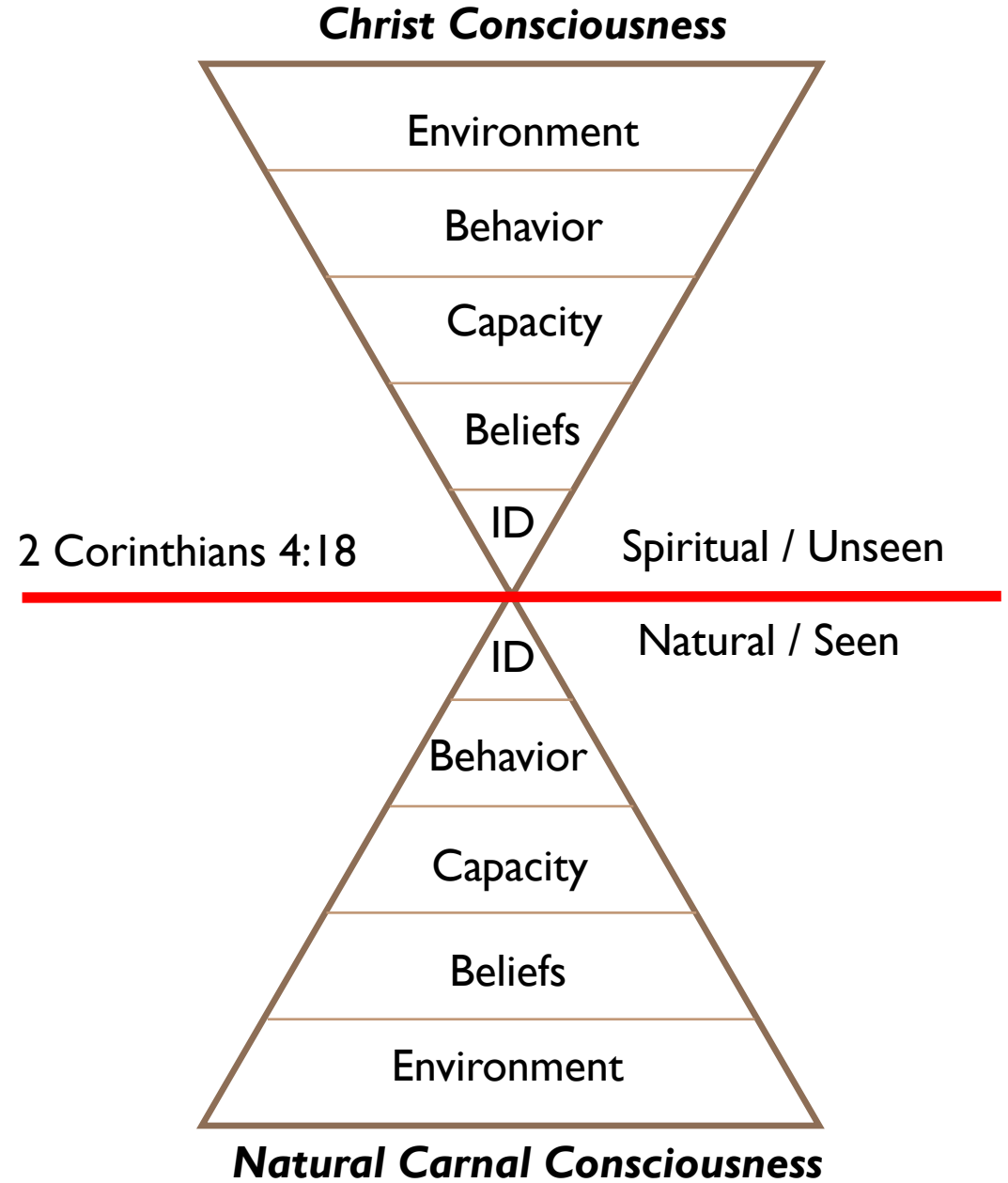
GRACE and Grace Alone!

Grace is the Christ Life and provides unlimited power and abilities in Christ!

Religion

The law creates a prison of doubts and fear! It binds you to walking in the flesh!

It is the basis of control and limitations!

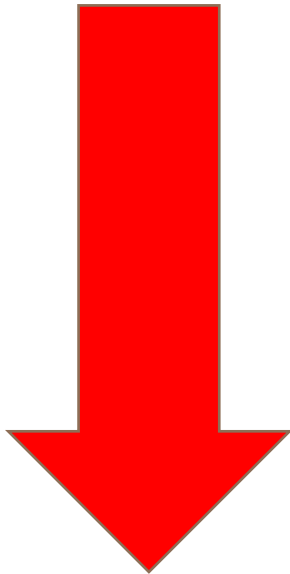


How are you controlled?

Our fight is not against

FLESH and BLOOD!

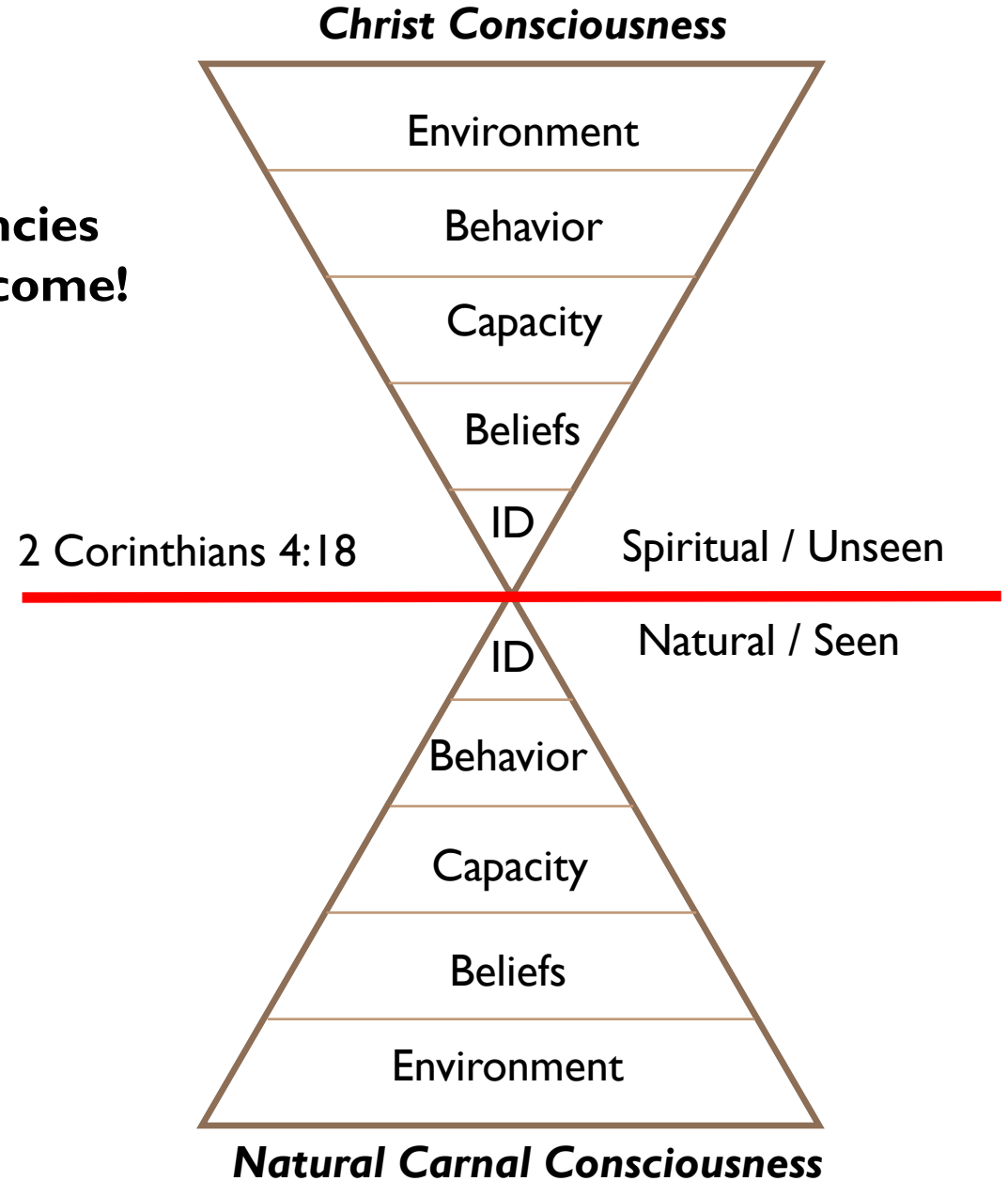
**The more you entertain lower frequencies
the sadder and more depressed you become!**



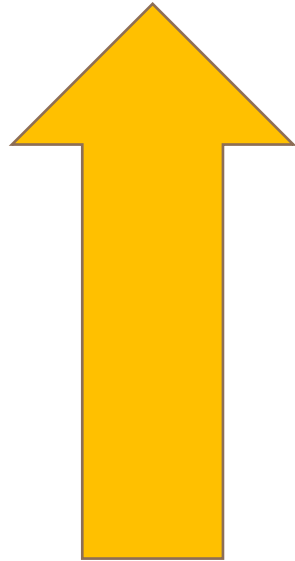
Lower Frequencies

1. Racism
2. Hatred
3. Division
4. Looking at self
5. Tribalism
6. Social Status
7. Living in fear
8. Lies and misinformation

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How are you set FREE?

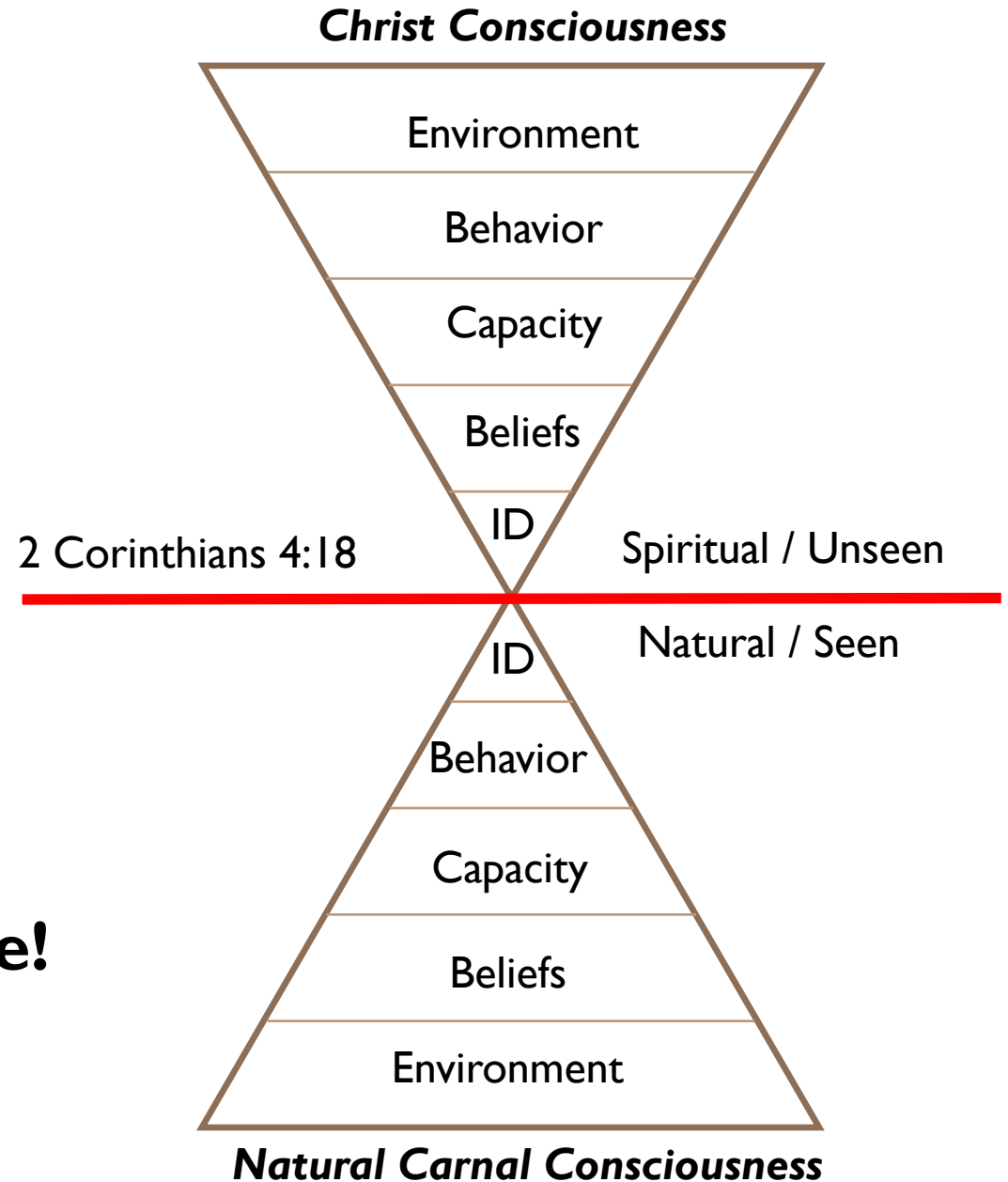


Higher Frequencies

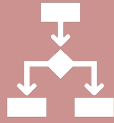
1. Unity
2. Love
3. Seeing Christ's Life in Others
4. Non-judgement
5. Awareness of higher dimensions
6. Seeing yourself as God see you
7. Seeing other as God sees them

HIS life is now YOUR LIFE!
Higher Frequencies produce hope!
It is the accessing of the ZOE!

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REFRAMING



Reframing is not denying that the event or injury occurred!



Reframing is moving the hurt or injury into a new perspective of God using that moment to create a new future.



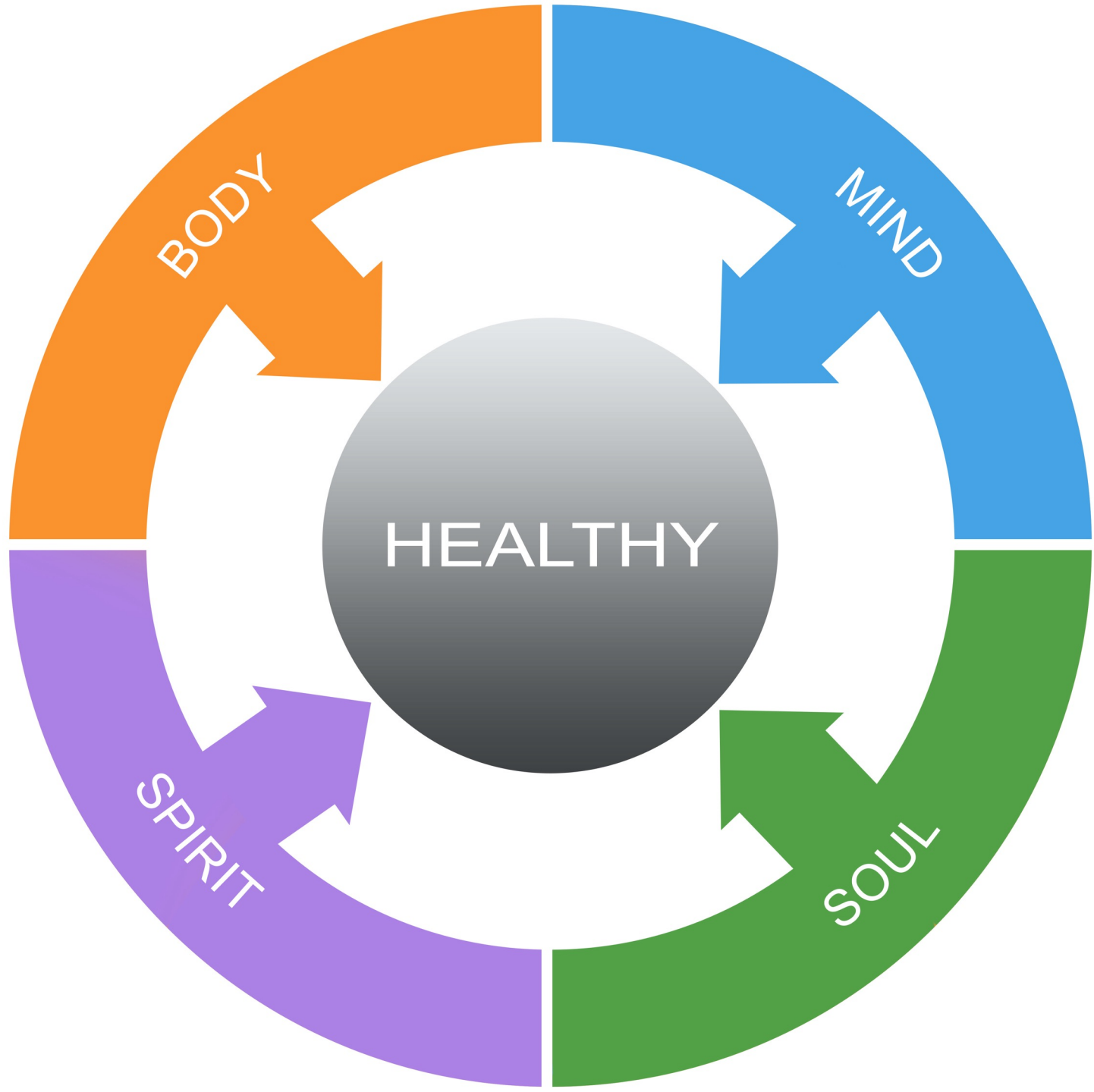
Reframing is seeing that God has your back!



Reframing is not allowing the hurt to create bitterness and defeat.

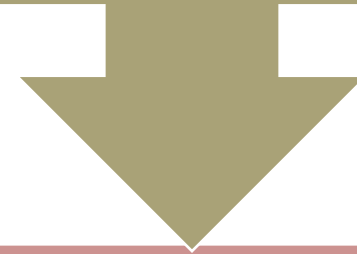
(KJV) MATTHEW 23:34
THEN SAID JESUS, FATHER,
FORGIVE THEM; FOR THEY
KNOW NOT WHAT THEY DO.

Forgiveness is a gift from God!



It's Okay to Let go

Reframe the Situation: Begin by reframing the past event or situation that caused hurt or resentment. Use "Reframing" technique to change the meaning and interpretation of the experience.



Consider alternative perspectives and look for any positive lessons that may have emerged from the situation.



RELEASE FROM EMOTIONAL ANCHORS

- Technique to detach negative emotions associated with the past, freeing oneself from the burden of resentment.
- It is seeing that through forgiving you NEVER lose!



RELEASING RESENTMENT AND BITTERNESS

- Romans 3:23 - "For all have sinned and fall short of the glory of God."

Practicing self-compassion and grace

- Ephesians 2:8-9 - "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast."

SEPARATE PERSON FROM BEHAVIOR

Separate Person from Behavior:

Distinguish between the person who caused the harm and their behavior. Remember that individuals may have acted out of ignorance or pain themselves.

Using "Perceptual Positions" technique, step into the shoes of the person who caused the hurt to gain a deeper understanding of their perspective.

Consider their background, experiences, and possible intentions. This can lead to greater compassion and willingness to forgive.



RELEASING RESENTMENT AND BITTERNESS



**IDENTIFYING AND
ACKNOWLEDGING
NEGATIVE
EMOTIONS**



**"SUBMODALITIES"
TECHNIQUE TO
RECOGNIZE AND
PROCESS EMOTIONS
ASSOCIATED WITH
UNFORGIVENESS.**



**REPLACING
NEGATIVE
EMOTIONS
WITH POSITIVE
ANCHORS**



**UTILIZING
"COLLAPSE
ANCHORS" TO
REPLACE NEGATIVE
EMOTIONAL
RESPONSES WITH
POSITIVE ONES.**



*Don't be afraid
of change.*

**BEAUTIFUL THINGS
CAN GROW WHEN**

*you're willing
to let go.*


THE ART OF LETTING GO

Surrendering the desire for revenge

- Romans 12:19 - "Beloved, never avenge yourselves, but leave it to the wrath of God, for it is written, 'Vengeance is mine, I will repay, says the Lord.'"

Detaching from past hurts through REPLACEMENT techniques

- "Swish Pattern" to replace negative images with positive ones, reducing emotional attachment to past grievances. In prayer and meditation see the event and replace it with a positive picture. PLAY CIRCUS MUSIC in your mind as you see the negative image!

A photograph featuring a red ceramic mug filled with dark coffee on the left. To its right is a white paper napkin with the words "Forgive yourself and others" written in a blue, cursive script. A silver ballpoint pen with a black grip lies on the right side of the napkin. The entire scene is set on a rustic wooden surface with a blue-painted, distressed finish. The background is a solid olive green.

Forgive
yourself
and others

EMBRACING FORGIVENESS AS A JOURNEY

**Acknowledging
the healing
process**

Psalm 147:3 - "He
heals the
brokenhearted
and binds up their
wounds."

**Allowing time
for healing and
growth**

Ecclesiastes 3:1 -
"For everything,
there is a season,
and a time for
every matter
under heaven."

EMPOWERING OTHERS THROUGH FORGIVENESS



Extending forgiveness to others as a gift to you and them!



Ephesians 4:32 - "Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."



Applying proven techniques in interpersonal forgiveness



"Reframing Others" to cultivate empathy and understanding towards those who have caused harm.



**Your brain is a giant filing cabinet storing all your information
and the perception
you create from those events!**



restructure harmony energy. FREE
STUFF mindful intention habits
RELEASE belongings PURPOSE balance
clear simplify feng shui TIDY home.
SPACE detach change down size organise
clutter storage
LET GO
CLARITY
influence attachment give away
reduce useful KEEP emotional memories
recycle DECIDE unload DONATE future



YOUR BRAIN IS A WAREHOUSE!

Remove the JUNK!



CREATE A BOX IN YOUR MIND

- Place the events, people, experiences, negative emotions, hurts and pain into this box!
- Close the lid LOCK IT!
- Move it out of your warehouse (your mind)

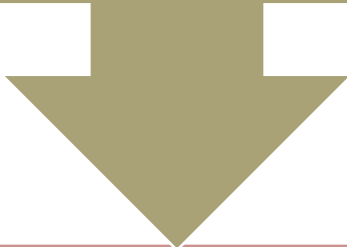


CHOOSE TO LET GO: ULTIMATELY, FORGIVENESS IS A CHOICE!

- Remember that forgiveness is a personal journey, and it may take time to fully let go of resentment. Be patient and kind to yourself throughout the process. Use of these techniques can provide valuable tools to support your forgiveness journey and help you achieve emotional healing and growth.
- Remind yourself of this choice whenever negative emotions resurface. Then place the emotion in the BOX and move it out of the warehouse!

JESUS'
TEACHINGS
ON
FORGIVENESS

KJV: Matthew 6:14-15 - "For if ye forgive men their trespasses, your heavenly Father will also forgive you. But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."



NIV: Luke 6:37 - "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven."

FORGIVENESS IS LEARNING TO RESPECT YOURSELF AND GIVE GOD GLORY!





"FORGIVENESS HAS
TRANSFORMATIVE POWER,
POSITIVELY IMPACTING
PERSONAL WELL-BEING
AND HEALTH."

*"Embracing Jesus' teachings on
forgiveness and utilizing proven
techniques can lead to healing,
reconciliation, and spiritual growth."*