

Raise The Frequency of Your Home!

Everything is a frequency. From the emotions we feel, the music we listen to, and even the cells in our bodies! Sometimes our frequency can get unbalanced- that is when we experience things like anger, stress, frustration, anxiety, the list goes on...

We have the power to 'tune in' to the frequencies we want to be at and change the frequencies we are currently experiencing.

How to raise your frequency:

- **Listening to high frequency music.**
 - 528Hz helps the body relax and can be amazing for sleep.
 - 432Hz helps calm anxiety and stress, this is also a very grounding frequency.
 - 963Hz is a great positive energy boosting frequency.
- **Reflecting on the frequencies you are absorbing and sending out.**
 - How many positive(or negative) frequencies are you bringing into your life through music, tv, experiences, food, environments? Remember, even people bring frequencies into our lives.
 - Not only are our words are frequencies, our tone, actions, and energy around us are all frequencies we are sending out! *And frequencies we can pick up from other people!*

How to transform your frequency:

- **Grounding**
 - Releasing the emotions, energy, and 'stuff' we pick up throughout the day is so important to bring us back to balance.
 - Putting our feet on the earth
 - Planting our feet and visualizing all of the 'yucky' energy flowing down and out of your body. I love combining this with movement and breath! (Breathe out while pushing your hands down and visualizing the energy moving down)
 - Epsom salt baths are not only great for inflammation. They are also great for releasing unbalanced frequencies.
- **Releasing**
 - Sometimes it feels like we have more energy than our bodies can handle. This can be good...it can also lead to meltdowns, tantrums, and outbursts. We can get that energy out in a productive way!
 - Stomping your feet on the ground making contact with the heels of your feet
 - Hitting something like a drum, or even a pan!
 - Chest growling (vocalizing) to activate the vagus nerve.

Sound and Vibrational Therapies

SVT is a noninvasive holistic modality that is effective for all ages. Using powerful frequencies and a variety of techniques we can bring balance and harmony to all dis-ease, mental, and physical. We work directly with the nervous system, the physical body, and the bodies energy centers. Restoring the resonance of all systems.

When we go through life we pick up 'stuff': trauma, anxiety, grief, stress, pain, even beliefs about ourselves, and the world around us. This brings our resonance, our frequency, into a state of dissonance or disease (dis-ease). We ALWAYS have the power to change our frequency.

Bowls on the Body - A deep vibrational massage like none other. Using Himalayan bowls we send deep healing vibrations directly into all areas of the body. Effectively releasing tension, stress, inflammation, pain, trauma, and energy blockages.

Tuning Forks - Using unweighting tuning forks to tune your nervous system and energy field into the exact frequency you want to be at. Along with weighted tuning forks (sonic acupuncture) to pinpoint tension and blockages within the body. Aligning you with your desired outcomes.

Lydia Dawn is a Certified Advanced Practitioner of Sound and Vibrational Therapies, a Certified Crystal and Chakra Healer, an intern teacher at Meditate: School of Mindfulness and Sound and is currently perusing her SVMT coaching certification. She is passionate about empowering and holding space for her clients and community to transform their lives mentally and physically. She has personally had a long journey both mentally and physically and has found true transformation and healing from SVT, mindfulness, and intention. Lydia is now on a mission to share not only her story but her message of healing to the world. One frequency at a time.

For more information and to see how SVT can support you visit BloomingEnergy2222.com or check out [Blooming.Energy2222](#) on Facebook and Instagram!

