



365 Ways To Raise Your Frequency: Simple Tools To Increase Your Spiritual Energy For Balance, Purpose, And Joy

Melissa Alvarez

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Connect with your core spiritual self and increase your vibrational rate with 365 easy ideas quick enough to enjoy every day. When you use this guide to raise your frequency, you empower yourself to turn positive energy into happiness and abundance.

Elevated spiritual energy attracts purpose and joy into your life. Use these inspiring daily entries to create positive intention as you discover:

How to identify your present frequency and build a foundation for growth
Simple exercises for letting go of the negative energy that lowers your frequency
Techniques for interpreting messages from your spirit guides
Creative ways to use crystals, stones, and colors to attract positive energy

365 Ways To Raise Your Frequency: Simple Tools To Increase Your Spiritual Energy For Balance, Purpose, And Joy Details

Date : Published January 8th 2012 by Llewellyn Publications (first published January 1st 2012)

ISBN : 9780738727400

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Format : Paperback 423 pages

Genre : Spirituality, New Age

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From Reader Review 365 Ways To Raise Your Frequency: Simple Tools To Increase Your Spiritual Energy For Balance, Purpose, And Joy for online ebook

Kit says

This is an ongoing read where I randomly flip to a page on days I require guidance or reminders.

Starseed Indigo says

Healthy Frequency+vibration+Energy= Recipe for Success & Spiritual Growth

I think that of all the books I've read on raising your frequency, this one would be the best; in my opinion that is and I mean that kindly so as much as to not discredit any other amazing authors and experts like Pennie Pierce, Doreen Virtue, and Kyle Gray. This book is about 434 pages long and is divided into 10 parts: 1) Awareness, 2) Your Spiritual Path, 3) Releasing Negativity, 4) Self Transformation, 5) Your Higher Self, Soul Responsibility, 6) Colors and Crystals, 7) Manifestation, 8) Intention, 9) Conscious Living, 10) Peaceful and Stress Free. The author gives wonderful exercises along with wisdom to bring into focus to raise your frequency, vibration, and energies. Yes, Einstein and Nikola Tesla got it right..."If you want the answers to the future and the Universe as well as success, focus on Frequency, Vibration, and Energy." And lets not forget Quantum Mechanics while we are at it. In raising all three, you achieve a higher state of awareness and understanding. You achieve higher psychic awareness and heightened senses, you attract a better future, better outcomes, and access to an infinite pool of opportunities. For me as an empath, clairsentient, clairaudient, clairvoyant, and with claircognizance, grounding has proven to be very tricky and i enjoy the way we seem to share same perspectives about never abusing your gifts to hurt another and the book's good perspective to really understand alternatives to really find many ways on recharging yourself when you feel so depleted especially when picking up on negative people, negative energies and environments. I love her perspective that can absolutely be relatable even to perhaps the non intuitive and non believers. Here's just a few excerpts from the book:

"Each of us has our own unique frequency, which exists in direct relation to the culmination of all our life's experiences (past and present), outside influences, internal joy, and overall happiness. Where we choose to focus our attention and thoughts is what determines what level our energy is residing on at any given time."

"The term frequency is relatively new in the metaphysical community. Previously this internal energy was called personal vibration, vibrational level, or vibrational rate, and many people still use these terms interchangeably, including me. It's only been in the last few years that we've taken the word frequency from the scientific community—where it is generally used in physics to mean “the number of regularly occurring events of any given kind in a unit of time, usually one second or the number of cycles or completed alternations per unit of time in a wave or oscillation”—and applied it to how we perceive changes in our personal vibrational rate. If you consider our internal energy in this way, as frequency, then the more regularly occurring positive events, the faster our energy will oscillate. The faster our energy moves, the higher its rate of frequency. So if we're trying to bring more positive factors into our lives, then we're increasing the number of regularly occurring positive events, thereby raising the energy within our body. If you harbor negative feelings like fear, doubt, jealousy, envy, impatience, insecurity, imbalance, hatred, or

judgment, you will live on the low end of the energy spectrum."

"When you are able to look inside your own soul and see yourself for who and what you truly are—a spiritual being with lessons to learn in life—or when you look at the spiritual laws of the Universe and see the bigger picture, you are elevating your spiritual energy."

"What you do, the way you react in situations, and the behaviors of the people you associate with (the company you keep) all come back to you, magnified and more intense than the energy you originally sent out. Did you know your personal thoughts are a unique form of energy with specific frequencies? When you have a thought, you send it out into the Universe. It goes on its merry little way, collecting people and situations that equal its vibration, and then that thought comes home, bringing your original thought back to you along with all the friends it's picked up out in the world. Surprised? Consider this: If you're putting negative stuff out there, it's going to come back to you much worse than what you originally sent out."

I can relate the latter statement to what my dad once taught me about energy: "What you put out there, will come back to you. So never wish for even the most vile of your enemies the worst unless you want a piece of that cake too dear. If your rivals want to spread malice about you, the best way to not give anyone your power is through patience and chivalry and amnesty. The rest is science mi vida." (Mi vida means my love in English) In terms of that last sentence, he meant that based on the same points of view on the given from the latter excerpt above from Melissa Alvarez. She also does cover the four core frequencies: Mental, Emotional, Physical, and Spiritual.

Valerie says

Not nearly as good as I wanted it to be and it definitely took me more than 365 days to read.

Mikki Ibarra says

I almost didn't buy this since reviews said that it was just a waste and repeat of many self-help books and advice. I am so happy that I ended up getting it. Similar to writing prompts, or exercise suggestions, this book offers suggestions for each day on how to get your spirit going. Sure they are suggestions that are common knowledge to those of us who work in any field that encourages spiritual growth, but they are laid out in a way that is simple to use by anyone, and also helpful for those who are already highly spiritual yet still have those days when they need some inspiration. I recommend it to most of my friends and clients as a good book to have on their shelves even if they only pull it out when they are feeling not themselves.

Shannon Hames says

Everyone should own a copy of this book. I now buy it as gifts to give to my friends. Wonderful, short, simple ideas. Easy to incorporate and impactful.

AnandaTashie says

365 tips for raising your personal frequency, making it more positive. The author says to read the tips in order, but most really can be stand-alone.

Okay, here's one of the biggest issues with the book for me: A book about raising personal frequency should, in theory, be positive. Instead, many of the tips start off with a bombardment of negative focus. For example: "Poor, poor, pitiful me! Is that something you think about yourself? Do you believe that everything is always going wrong for you no matter what you do? Do you think that everyone is personally against you or that you can never do anything right? Are you often comparing..." I understand trying to connect with people's real issues, but this approach in this book didn't work well for me. It actually kind of ruined the book. Even the tip that says to write down one positive thing about yourself every day (which IS a great tip) starts by saying, "Today you may have encountered someone who was mad at the world, a kid driving in an unsafe manner, or a rude clerk at the grocery store, which may have left you exhausted, irritated, and on edge."

Because of this, I didn't read every page of the book. For the first 88 tips (116 pages), I read the first few lines and read it all if it was of interest. I glanced through the rest quickly.

Some of the tips are useful. Each takes up about one page and tends to have excess fluff, but the basics of some can be quite positive. Others are kind of a stretch. For example, tarot, scrying, runes, etc, do not intrinsically raise vibration in my opinion. They may for some people, but I don't believe that to be the case for all. Other tips, on the other hand, are likely going to make life better for anyone who tries them.

My favorite tips (though maybe not elaborations :D):

Find Your Mantra

Dance, Dance, Dance

Floating Down Stream

Count Blessings, Not Troubles

Try One New Thing

Stand In The Rain

Walk Barefoot In The Grass

Mud Pies

+ The section on crystals

Exercise I liked:

From "Find Your Point of Balance" - "First, find your center by sitting quietly and focusing on your inner self, your energy, and the exact moment when you feel calm peacefulness settle over you. When you feel that, you've found your center point of balance. Now you're going to set your trigger. (...) Imagine that your trigger surrounds you in multitudes, whether it be a sight, sound, or movement. Give the trigger a purpose. Now release the trigger sound or image, telling it that whenever you call on it, it will instantly bring you back to this place."

Taymara Jagmohan says

A day to day analysis is fun.

