



Everything is
energy

"If you want to find the **secrets** of the universe,
think in terms of **energy, frequency** and
vibration."

-Nikola Tesla

"Everything is **energy** and that's all there is to it. Match the
frequency of the **reality** you want and **you** cannot help
but get that reality. **It can be no other way.** This is not
philosophy. This is **physics.**"

-Albert Einstein

"Frequency is a **measurable rate** of electrical
energy that is constant between any two points.

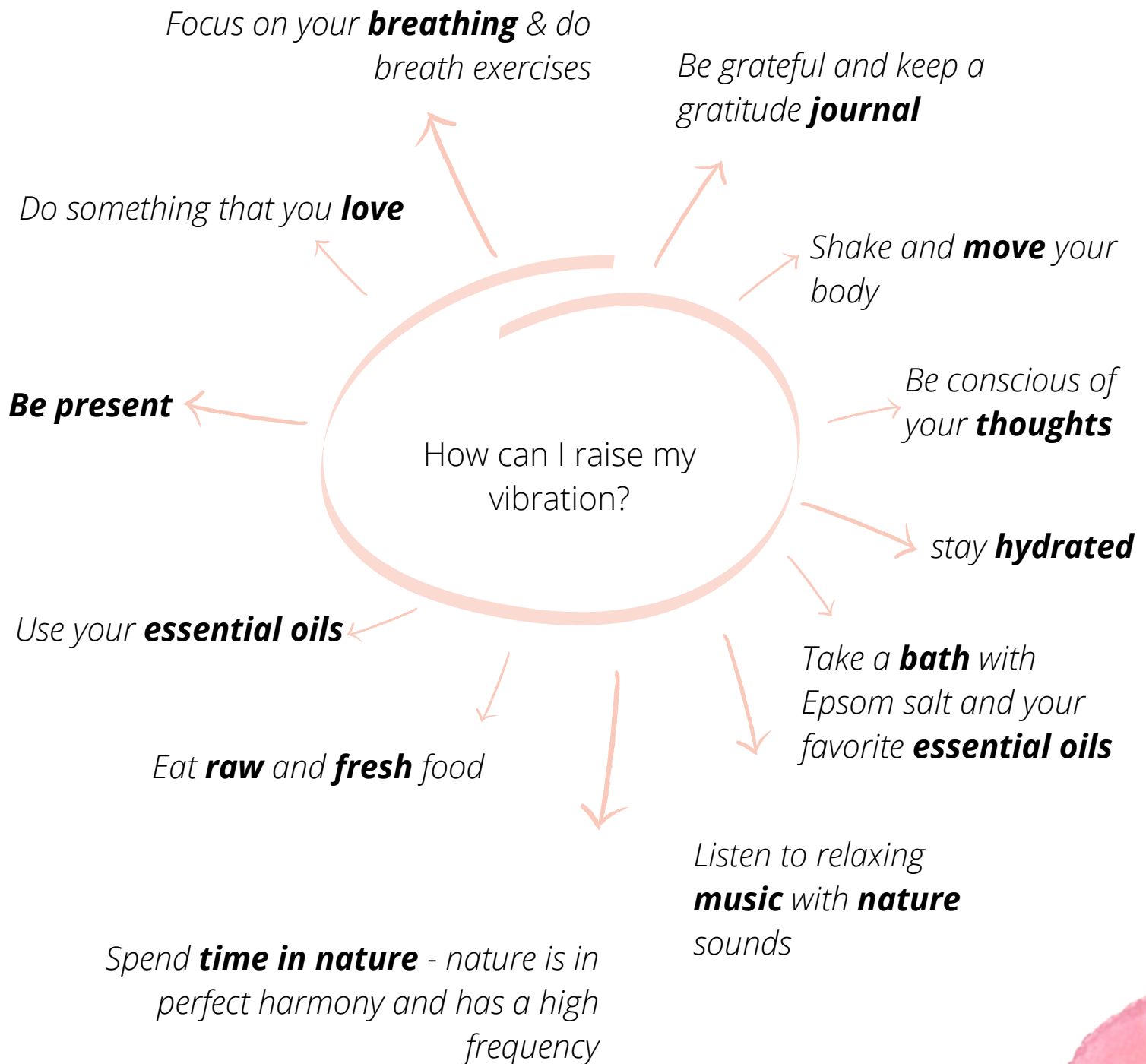
Everything has an electrical frequency

measured in hertz ."

-The Divine Gift Of Fragrance by Avraham Sand



Raise your vibration





Use dōTERRA®

essential oils



Rose - 320MHz



Helichrysum - 181MHz



Frankincense - 147MHz



Lavender - 118MHz



Roman Chamomile - 105MHz



Melissa - 102MHz



Sandalwood - 96MHz



Peppermint - 78MHz

Diffuse your favorite oils and apply them to your pulse points or above your heart. Take recommended oils internally.



Affirmations &

gratitude

Morning and evening:
Write down 5 **future dreams**.
Write it in the **present tense**.

Pretend it's already
accomplished. **See it. Feel it.**

Morning and evening:
Write down 5 things you are
grateful for **in your life**.

Ask for **guidance**
daily.

How to approach a daily
gratitude and affirmation
practice?

Use your
favorite oils
while practicing
daily gratitude.

"I am so **happy and grateful**
now that..."

"Day By Day in Every Way I Am
Getting Better and Better" -Emile
Coué

"I am a **powerful creator**. I
create the life I want and enjoy it."

"I am **happy** and **free** because
I am me."

Research "Daily
Affirmations".

Pick the ones that
resonate with you.
Repeat them daily for
at least **21 days**.

Think of something you **love**.
Keep that feeling.

Think of someone that's causing
problems in your life.

Send them love.

Send them this feeling.
Repeat this for 3 people in total.



Daily question:

How am I feeling?

Your feelings and emotions are a reflection of the vibrational frequency you are in.

Track your feelings and emotions for a while.

Use your favorite oils frequently.

