

# 7 Tips to Maintain a Balanced Frequency for Health

Energy is constantly moving in every object, expanding and contracting at various speeds. Frequency is the rate at which this energy moves and is measured in hertz. Vibration is energy contracting and oscillation is energy expanding.

Everything in the universe has a particular frequency signature which allows our consciousness to determine one object from another.

In order to remain healthy, your body must vibrate at the right frequency. When our frequency is either too high or too low is when we get sick.

Maintaining a frequency emitting to the world in the range of 62-72 Hz will provide you with a sense of calmed balance and a centeredness that is already within you.

Some ways to maintain a healthy frequency includes:

1. Simply being aware of your emotions and further not letting outside influences disrupt your steady reaction to how you are feeling.
2. Mindfully choosing to consume the most natural, wholesome food you can and of course couple that with moderate exercise.
3. Spend time doing things you enjoy with people you love and provide positive reinforcement in your life (bonus points if the conversation results in laughter).
4. Consciously choosing to be kind to others, or helping others often.
5. Read and educate yourself on new topics.
6. Make time for sleep. Sleep is nature's medicine. Lack of sleep increases stress levels, which causes great imbalance to both body and mind.

7. Meditation. Getting your mind to stop for even a few minutes every day does wonders to calm our reactions, helps us to accomplish more each day, and provides a sense of connection both to the outer world and our inner self.

Remember your frequency daily. Be good to the people (and objects for that matter) around you, and maintain a steady relationship to your emotions. Also, think not only about what you are “getting,” but also what you are emitting out into the world. What goes out comes back. Every action has an equal and opposite reaction.

You might be amazed to find the more and better you give, the more and better you get. And the more balanced your frequency will remain.

From the innovator Nikola Tesla: “If you want to find the secrets of the Universe, think in terms of energy, frequency and vibration.”