



The Frequency of Thought

Says someone:

“the most potent, powerful, revolutionizing thing in the world is AN IDEA.”

Idea is Power!

Ideas rule the world.

An idea built the Universe.

-from Robert Collier's *The Secret of the Ages*

**Man was born to be rich,
or grow rich by the use of his faculties,
by the unison of thought with nature.**

-Emerson

This past Saturday I offered a three-hour workshop on Abundance. I was very excited about the potential of this workshop to shift thinking and therefore shift lives. It was developed based on my own “experimentation” and what awareness and techniques have created shift in my own life, professionally as well as personally. I talked last week about tithing and how tithing is an exchange of energy. This week I wanted to address the term “frequency”.

We are energy, our thoughts are energy. What we give the most thought to, what we give the most power to, we attract. Your mind, and consequently the Universe, does not care what it is you are giving thought to it will fulfill those thoughts no matter what:

good or bad

positive or negative

poverty or wealth

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illness or health

You can define the “grand force” as “God”, “The Universe”, “Divine Will” but it is your attitude, behavior, and emotions that do most of the work.

The Universe will accommodate what you **give** your **power** to.

Just what is your “power”?

Your power is your FREQUENCY OF THOUGHT.

“FREQUENCY” is a loaded term! Not only do I refer to the vibrational frequency of the thoughts, but also how OFTEN (frequent) you give thought TO your target. I chose the word “target” carefully. I was going to write “desire” but so often we target experiences or people that have nothing to do with our dreams and desires. Our targets can perpetuate worry and stress if they represent worry and stress. The results of this misdirection can be:

- career issues
- relationship issues
- tissue issues
- financial issues
- family issues
- issue issues!

A person or a situation cannot “take” your energy and emotions. You give willingly through your frequency of thought.

Listening to your own inner dialogue in all its many forms can be so enlightening and helpful. So often, when I speak about hypnosis, the immediate reaction is “Oh, that is mind control.” If not that reaction then the mesmerizing techniques of a stage hypnotist come to mind, accompanied by the image of someone clucking like a chicken!

In actuality, we hypnotize ourselves daily AND we are being hypnotized daily through television ads and other repeated messages that seep their way into our subconscious minds. Pharmaceutical ads are notorious for repetition and suggestion. My

Thursday's Kick! Chaos: The Frequency of Thought expertise as a medical intuitive combines beautifully with my education and passion for color, marketing, and human emotional responses. I find myself fascinated with these subversive messages on paper and on TV! The hypnotic subliminal suggestions particularly focused on symptoms and the manifestation of these symptoms is amazing to witness. My point being, hypnosis is all around you and yes, it works-and it works well. So why not use it in your favor?

Negative scripting is hidden within us and often we do not even recognize our negative self-talk. It has origins with another's opinion, someone we trust and don't question, -or trusted and never thought to question at the time. These trusted individuals can be a parent, grandparent, clergy, or doctor. Their beliefs are often not our own, we just recite a quip that they may have either continuously stated and "hypnotized" us with or said something just once, at a time when we "took it to heart." Their script planted itself deep in our subconscious mind. Some are positive; many are negative, opinionated, and very limiting.

Identifying negative scripting is essential in turning it around to positive scripting. It is often easier to identify the negativity with others than it is with our own dialogue. This is not to invite you to correct and judge another, it is best to keep quiet, listen to their dialogue and then look objectively at their life, their health, their relationships, and perhaps their financial status. How does their life reflect in their language? Then take that insight and apply it to your own life. You can then see what may need shifting within your inner dialogue – your frequency of thought.

- Here are some examples of negative scripting:
- It can't get any worse...
- It is so hard...
- I need more (clients, customers, hours, money...)
- We can't afford it...
- We're broke...
- I'm sick and tired of...
- I can't stand...
- I'm so dumb...
- I'm so fat...
- Here I am, fat, dumb, and happy... (I just heard that yesterday!)

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- That breaks my heart...
- I do not have...
- I pay...
- I took out...
- I was not able to...

I have two scripts that were written with the objective on turning the negativity around to positive opportunities and experiences. They are both wonderful and they embrace my attitudes toward positive anchors and reinforcement of self-worth and esteem.

Releasing the Opinions of Others is liberating! It is an amazing self-confidence booster, but also releasing others' opinions of you puts you in control. You are no longer sucked into their vibrations, their thought frequency because you have shifted your own thoughts about the significance of their opinion.

So often we are afraid to change, which is one reason why I often use the word "shift" instead. Change represents loss. We think in order to change we have to leave things and people behind. We don't want to hurt anyone's feelings or abandon anyone along the way, so we often just stay stuck, comfortable in our misery. Releasing your concerns about what people think about you and understanding that what they think of you is none of your business shifts your energy, emotions, and behavior.

You change your thought frequency and therefore the frequency of your thoughts.

The results are often a gradual replacement of the negative people and negative experiences with more positive uplifting circumstances. Usually you are in the middle of "happy" when you realize that the negativity is less and less as you give less thought to "what's wrong" and more thought to "what's right". Your "toxic friends" have been released because you shut off the tractor beam that kept them in your gravity (energy) field.

Replacing the negative scripting with positive messages builds your self-esteem and helps you attract more positive experiences. You are happier!

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The second hypnosis audio is geared toward dreams and goals, giving you the tools and the confidence to formulate them in your thoughts and attract them into your life.

Think Whealthy Thoughts: Vibrating Whealthy!

Whealthy is whole health AND wealth health combined. Think of it in terms of “healthy, wealthy, and wise” all combined into one concept. When you think “whealthy” you set the stage to attract the opportunities and the people into your life that will perpetuate that energy...that thought frequency.

I have talked before about the power of feelings behind your thoughts. Thoughts create, yet feelings manifest. I have several entries on the subject and talked about the power of “Feelization” in the Abundance Workshop. This hypnosis audio is based on the “how to” process of switching out of worry and stress frequencies and move into joy and happiness frequencies. It invites you to create dreams and scenarios that will bring you joy. It provides you with the tools you need to release the worry and the stress AND get out of your own way in order to allow good things into your life.

Shifting your thoughts, your attitude, and your behavior will open the door to wonderful opportunities. We think we need to worry to be responsible adults. This could not be more bogus! Assign a time and a day to worry about whatever, and put the rest of your thoughts on high frequency...happy thoughts are high frequency, joyful thoughts are the highest frequency.