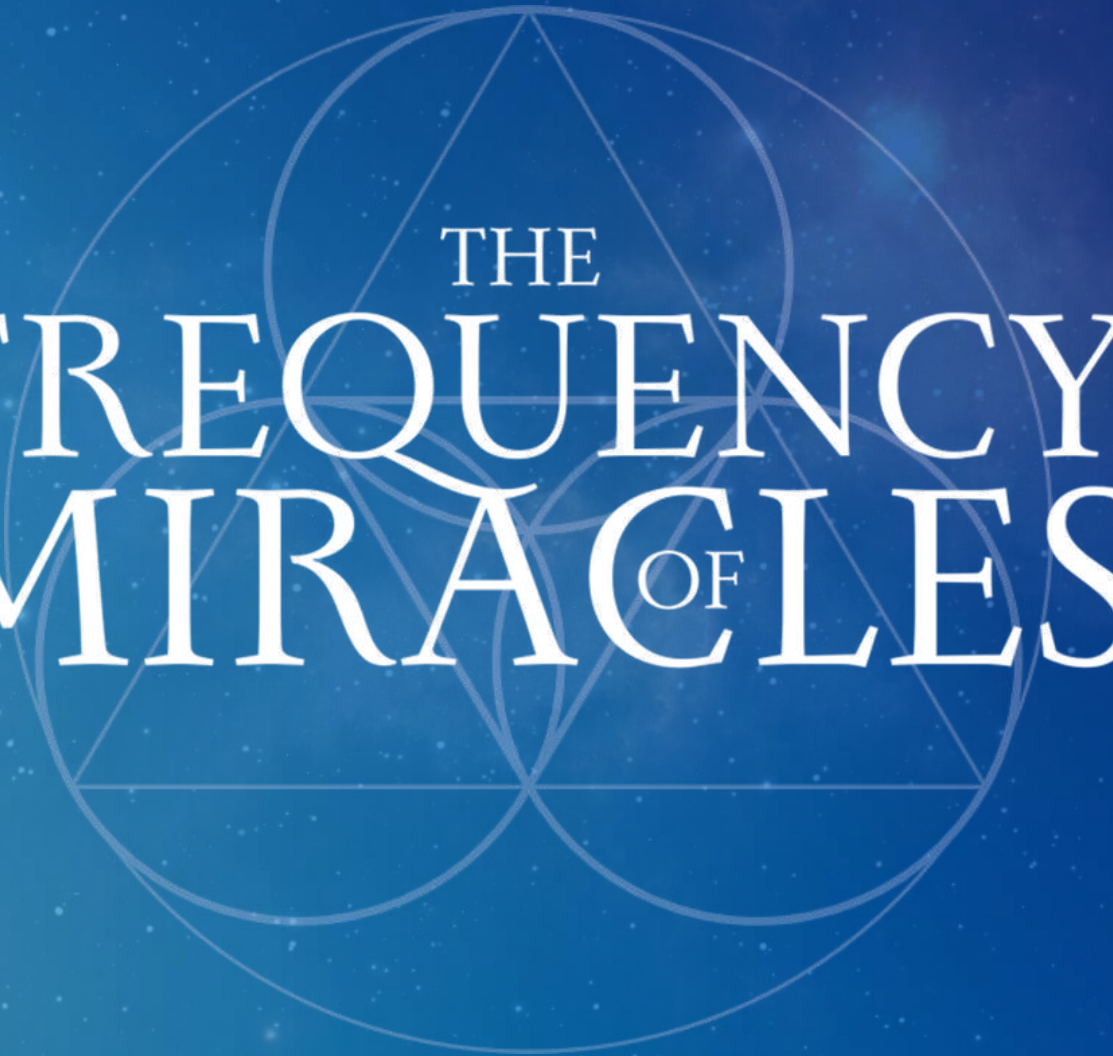


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# 12 STEPS TO ALIGN

TO THE FREQUENCY OF MIRACLES



THE  
FREQUENCY  
MIRACLES  
OF

# INTRODUCTION:

Unlock the Power  
of Miracles

Life holds infinite possibilities, yet many of us feel stuck, disconnected, or out of sync with the flow of happiness, abundance and ease. Miracles—those moments when life seems to align perfectly—aren't random. They result from creating a higher vibrational frequency, where the extraordinary becomes accessible. In this guide, you'll discover 12 powerful steps to align yourself with the Frequency of Miracles, enabling you to live with greater flow, abundance, and joy.

Living a **“high vibe life”** is not as mysterious as it sounds, but it does require understanding a few simple laws and truths about how life works. The principles of experiencing and creating a miraculous life are simple, but the application of the principles is not always easy.

Therein lies the crux of the human condition. It is simple to overcome the limitations that life often thrusts upon us, yet not always easy to shed the trappings of our human mind and ego.

With this guide, you will be given a roadmap to the miraculous. As you begin implementing each of these twelve steps, pay close attention to how your life begins to change; both internally and externally.

Notice how you become lighter, happier, and that you let things go more easily.

Notice that odd “coincidences” seem to pop up and create new openings or possibilities.

Notice that life itself becomes more harmonious.

This will not be because life has changed. **It will be because you have changed the frequency that you are tapping into and creating.**

*Let's begin your journey.*

# STEP 1

Create a life  
that works

Living in and creating the frequency of miracles is all about creating flow. When your life is filled with messes – literal and figurative ones – you interrupt the natural flow of miracles in life.

Our lives require physical, emotional, financial, spiritual, and mental wholeness to feel fulfilled. But it takes work to remain in a state of wholeness when there are areas that are not working, broken, or in disarray.

To experience the natural flow of life, choose to create harmony in each area. Start small by simply cleaning out a drawer or closet. Move on from there to each room of your home, your office, your car.

Then focus on your financial wholeness – where do you owe money? Are you overspending and creating disharmony in your life that way? Do you need to start saving for retirement?

Next take stock of your relationships and look to see what healing may need to be done.



Move through each area of your life and bring wholeness to it. Fix what is broken and not working. Clean up the messes, and then watch as the miracles start to unfold.

You will have more energy and vitality. There is nothing like a clean space, open communication, and taking responsibility for problems to give you energy. As you clean up the various areas of your life, you see things more clearly, you make better decisions, your confidence grows.

Your outer world reflects the energy of your consciousness. Creating a life that works aligns you with the frequency of miracles.

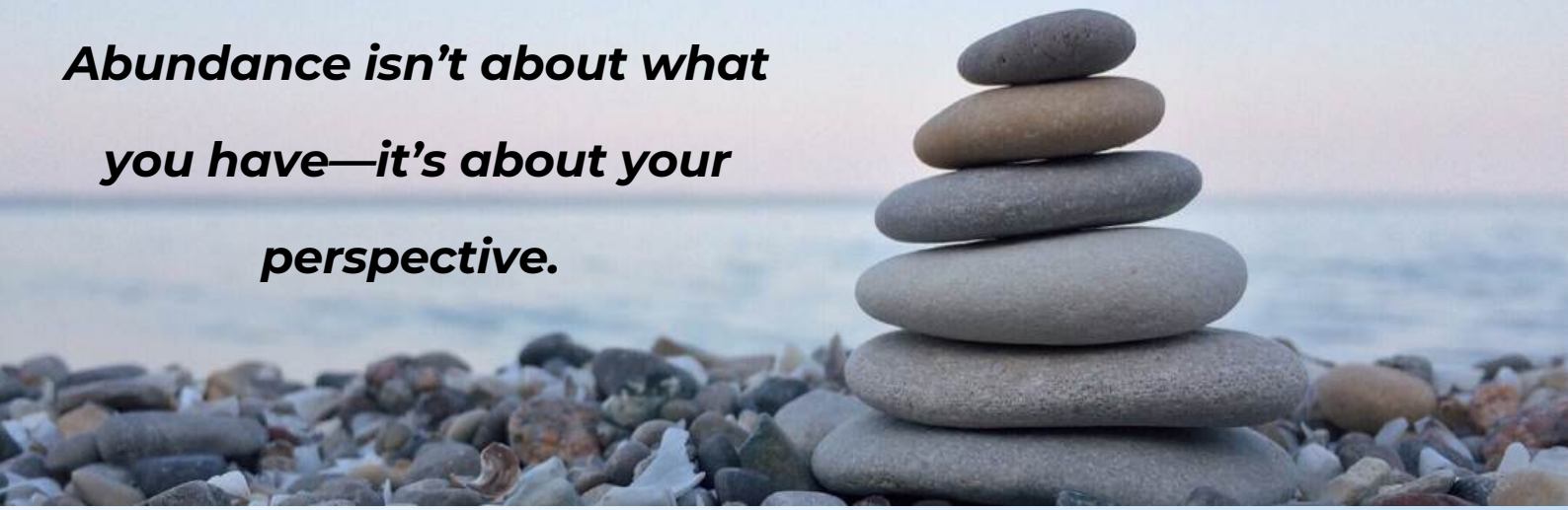
Disruptions in physical, emotional, relational, or mental areas of your life causes great disharmony in your energetic frequency. When you clean up your life, you are creating the conditions for the frequency of miracles to take hold.

# STEP 2

Recognize the  
Abundance in  
Your Life



***Abundance isn't about what  
you have—it's about your  
perspective.***



Spend 15 minutes reflecting on you're the tremendous blessings in your life.

Appreciate the many things that you have around you: from warm socks and sweaters to family mementos, to kitchen utensils, to fun things you use for recreation. You have an abundance of so many things that make your life sweet.

But the tendency of the human mind is to focus on what is missing, or broken, or to lament about what you do not have. The truth is that you have an abundance of all things necessary to live a meaningful, contributing life.

Similarly, consider the challenges you've overcome, the things you never thought you'd achieve, and the blessings in your life right now. Appreciate the things you take for granted like the air you breathe to the way your body supports you every single day. Abundance is everywhere. Acknowledging it shifts your mindset from scarcity to abundance, allowing even more blessings to flow your way.

# STEP 3

Trust your Intuition

Your intuition is your internal compass, directly connected to the Frequency of Miracles. Unlike the mind, which doubts and over analyses, intuition provides pure guidance. The more you trust those subtle nudges and quiet insights, the stronger they become. Over time, you'll notice your life aligning in miraculous ways as you follow the wisdom beyond the mind.

Nature holds some of the highest frequencies on Earth. Spending time walking among the trees, hiking mountains, swimming in the ocean, or sitting on a beach helps to align your energy with the flow of your inner guidance and intuition.

Be more present in the moment. Feel the energy of each place or activity, notice the beauty around you, smell the fragrances, hear the voices, and allow the awe of living on this amazing planet fill your heart. When you engage fully with the frequency of nature, you elevate your frequency, opening yourself to the miracles waiting to flow from your intuitive wisdom.

You'll learn all about *Boosting and Trusting Intuition* in The Frequency of Miracles Training Program found on our website.



# STEP 4

See Life as a  
Giver of Goodness

Life is a constant source of giving. From the moment you were conceived, life has provided for you—warmth, nourishment, air, beauty, and experiences.

Shift your perspective to see life as an endless giver, always supporting your growth.



Come to expect good things and experiences from life. Cultivate the belief that life is always unfolding for a higher good and that life is happening for you not to you. Life is the giver of blessings, even amidst the occasional storms.

Acknowledge and thank life for its gifts, both big and small. This shift in perspective creates a powerful energetic flow, aligning you even closer to the Frequency of Miracles.

Recognize the gifts, acknowledge them as gifts and express gratitude for them.

# STEP 5

Consume  
High-Vibrational  
Foods



What you consume affects your frequency. High-vibrational foods, like fresh fruits, vegetables, nuts, seeds, and whole grains, nourish your body and elevate your energy. Processed or artificial foods, on the other hand, lower your vibration.

Treat eating as a sacred act, choosing foods that support your physical and energetic well-being. When you fuel yourself with life-giving foods, you align with the natural energy of the universe.

Eat mindfully. Acknowledge that you are filling your physical body with high energy nutrition. Appreciate the nourishment and appreciate yourself for making healthy choices.

# STEP 6

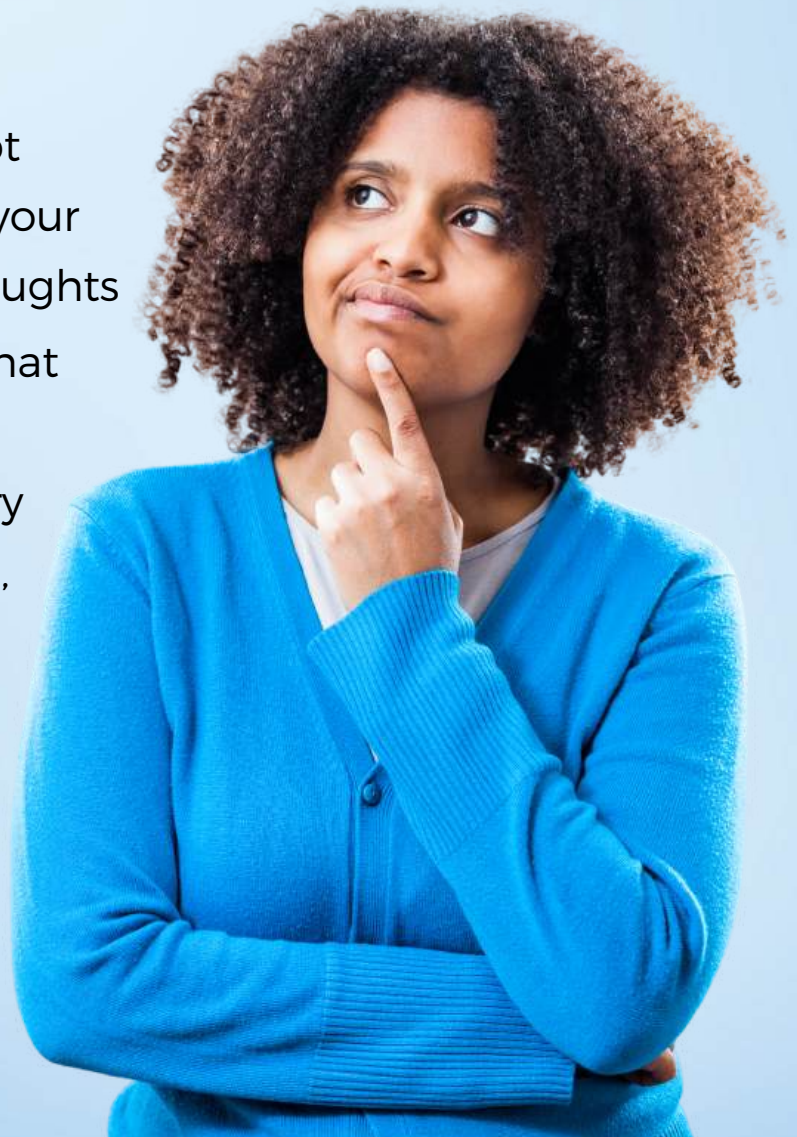
Think  
High-Vibrational  
Thoughts



Your thoughts shape your reality. Negative self-talk and doubt lower your frequency, while empowering thoughts lift you up. Start by focusing on what you have to be grateful for in life: your loved ones, a healthy body and mind (at least to some degree!), food to eat, books to read, a home to rest and rejuvenate your soul.

Then focus on what is lovable about yourself—the miracles of how well your body functions without a single thought or attention to its operation; your unique talents; the love you have for nature, people, places, animals and your inner kindness.

Recognize that self-doubt stems from the ego, not your true self. By choosing thoughts that are based in Truth, that you are love personified, infinite, with extraordinary gifts to change the world, will help align with the energy of miracles.



# STEP 7

## Move Slowly

In our fast-paced world, slowing down can feel counterintuitive, yet it's essential for connecting to the Frequency of Miracles. Take time each day to move more slowly and deliberately. Practice mindfulness in your actions—whether walking, eating, or simply breathing. These moments of stillness calm the mind and create the space for miracles to flow into your life.

When you find yourself rushing, pause and ask:

***Am I enjoying this feeling of hurrying?***

***Would it feel better to slow down?***

***Would slowing down be kinder, more self-loving, and ultimately, would it even make me late if I chose to slow down on the inside?***

By consciously shifting your pace, you allow yourself to experience life more fully, align with higher vibrations, and invite miracles into your day.



# STEP 8

Clear  
Subconscious  
Limiting Beliefs

Many of our beliefs were programmed into us during childhood—beliefs like:

**I'm not lovable.**

**I'm not enough.**

**I'm not worthy of success.**

**I'm not smart enough.**

**I don't deserve happiness.**

**I'll not one of the lucky ones.**

**Money is hard to come by.**

**I don't matter.**

These subconscious thought and emotional patterns shape how we see ourselves and the world. They deeply impact our confidence, self-worth, happiness, health, and ability to attract miracles.

Over time, these limiting beliefs manifest as experiences in both our inner and outer reality.

These beliefs become trapped in our subconscious mind, influencing not just how we see ourselves but also how we show up in the world. They hold us back from stepping into our full potential and living in alignment with the Frequency of Miracles.

Clearing these beliefs is essential to raising your vibration and unlocking your ability to thrive.

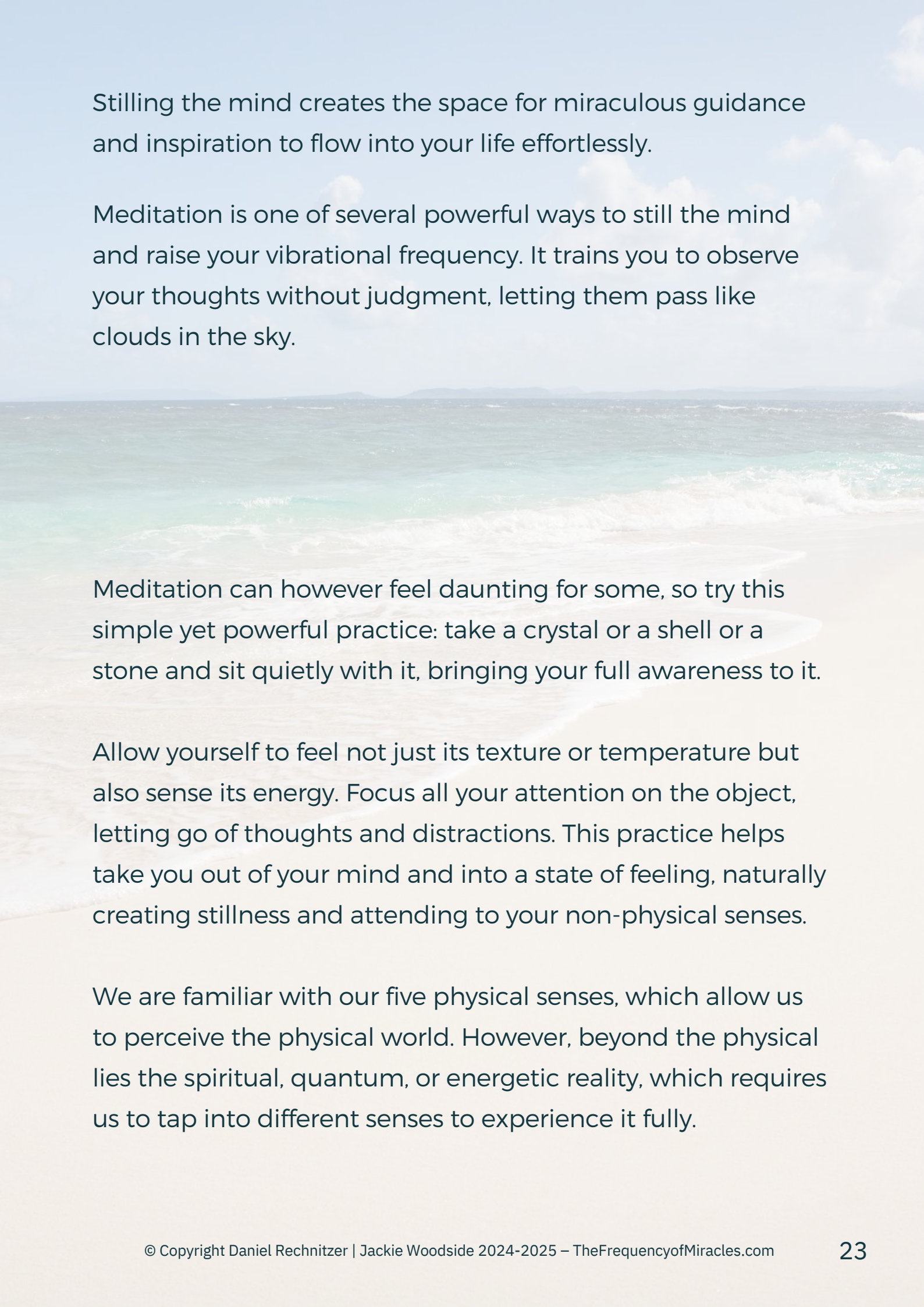
Remember, you are not defined by these beliefs; *they are simply programs that can be rewritten.*

By letting go of them, you create the space to embrace the truth of who you are: a limitless, radiant being capable of attracting miracles effortlessly.

[Please see **The Frequency of Miracles Training Program** on our website which includes a specialised Module on ***How to Clear Subconscious Limiting Beliefs and many other incredible abilities.***]

# STEP 9

## Still the Minds – Alternatives to Meditation



Stilling the mind creates the space for miraculous guidance and inspiration to flow into your life effortlessly.

Meditation is one of several powerful ways to still the mind and raise your vibrational frequency. It trains you to observe your thoughts without judgment, letting them pass like clouds in the sky.

Meditation can however feel daunting for some, so try this simple yet powerful practice: take a crystal or a shell or a stone and sit quietly with it, bringing your full awareness to it.

Allow yourself to feel not just its texture or temperature but also sense its energy. Focus all your attention on the object, letting go of thoughts and distractions. This practice helps take you out of your mind and into a state of feeling, naturally creating stillness and attending to your non-physical senses.

We are familiar with our five physical senses, which allow us to perceive the physical world. However, beyond the physical lies the spiritual, quantum, or energetic reality, which requires us to tap into different senses to experience it fully.



By quieting your mind and tuning into the energy of the crystal, you awaken these subtle senses, paving the way for a deeper connection to the unseen forces that guide and support us. This practice is not only grounding but also a gateway to experiencing the richness of the Frequency of Miracles.

[For those seeking to deepen and fast-track this stillness, also see Step 12- **The EnlightenMe Frequency Generator** which offers an incredible solution.]



# STEP 10

Embrace  
Authenticity &  
Speak Your Truth



Authenticity is one of the highest vibrations you can embody. When you live authentically—true to your values, desires, and feelings—you align with the Frequency of Miracles. Playing a role that is not aligned with your true self or suppressing your desires creates internal conflict, which lowers your vibration and blocks the flow of abundance and ease.

To embrace authenticity, start by honoring your feelings and desires. Speak your truth, even if it feels uncomfortable or vulnerable. This doesn't mean being confrontational—it means expressing yourself with honesty, kindness, and clarity. When you live authentically, you give others permission to do the same, creating deeper, more meaningful connections.

Having clear boundaries is a key part of living authentically. Boundaries are not about keeping people out; they're about protecting your energy and honoring your needs.

Learn to say no to situations, commitments, or relationships that drain you or feel misaligned. Saying no to what doesn't serve you creates space for what truly does.

Remember, authenticity also involves being honest with yourself. Take time to reflect on where you might be people-pleasing, avoiding confrontation, or compromising your values. Ask yourself: ***Am I showing up as my true self in this moment?***

When you live in alignment with your truth and protect your energy with healthy boundaries, you raise your vibration and align with the flow of miracles. **Authenticity is your superpower, and the Frequency of Miracles responds to the energy of a heart that is free to be itself.**

# STEP 11

Embrace  
Self-Love

Self-love is not just a feel-good concept; it is the cornerstone of a high vibrational life. Everything you think, do, or choose sends a message to the Universe about how you perceive your own worth. When you cultivate self-love, you set a vibrational standard that attracts positivity, abundance, and alignment with the Frequency of Miracles.

To embody self-love, start by making it a daily practice to ask yourself: Is this self-loving? Let this question guide your decisions, big or small. For example:

- **The food you eat:** Choose nourishing, high-vibrational foods that support your health and vitality. Eating consciously, with gratitude and care, is an act of self-love.
- **The company you keep:** Surround yourself with people who uplift and encourage you, rather than those who drain or diminish you. Setting boundaries with toxic relationships is a powerful declaration of self-worth.
- **The thoughts you entertain:** Notice when your inner dialogue becomes self-critical or negative. Replace these thoughts with ones that are kind, compassionate, and affirming. Celebrate your strengths and remind yourself of your inherent value.

Self-love also means honoring your values, needs and desires. It's about prioritizing your well-being without guilt and giving yourself permission to rest, heal, and grow. This can be as simple as taking time to meditate, saying no to something that doesn't serve you, raising your prices for services you offer, or indulging in activities that bring you joy and fulfillment.

The more you practice self-love, the more you align with the Frequency of Miracles. When you treat yourself with love and respect, you raise your vibration, signalling to the Universe that you are ready to receive all the goodness it has to offer. Over time, self-love becomes second nature, and you'll find that life flows with greater ease, abundance, and synchronicity.

***Remember, self-love is not selfish; it is the foundation upon which you build a life of miracles.***



# STEP 12

A tool for Life –  
The ENLIGHTEN ME  
FREQUENCY  
Generator



Two years ago, during a deep meditation, the Frequency of Miracles revealed an extraordinary gift—the **EnlightenMe Frequency Generator**. This remarkable tool serves as a direct connection to the Frequency, eliminating the need for years of meditation practice. Acting as a powerful antenna, it amplifies the energy of the Frequency, effortlessly raising your vibration and stilling your mind.

With the EnlightenMe Frequency Generator, you can access universal wisdom, receive the guidance and answers you seek, and uncover profound insights into your subconscious limiting beliefs and blockages. It's more than a device—it's a lifelong companion, continually elevating your frequency and revealing deeper truths as you're ready to embrace them.

This tool takes you beyond the limitations of the mind, empowering you to meditate, manifest, and align with the Frequency of Miracles. It's an invitation to step into a life of flow, clarity, and abundance.

To learn more about this revolutionary tool and how it can transform your journey, visit our website

[www.TheFrequencyofMiracles.com](http://www.TheFrequencyofMiracles.com)

and experience the miracles it can bring into your life.

# CONCLUSION: ALIGN & THRIVE

Aligning with the Frequency of Miracles isn't about striving—it's about returning to the flow of life's natural abundance. By embracing these 12 steps, you are saying "yes" to a life filled with purpose, satisfaction, wonder, grace, and limitless potential. Each step is an invitation to elevate your energy, and attune yourself to the frequency where miracles dwell. Remember, miracles are not distant or unattainable—they are the very fabric of your existence. They are as close as your next breath, your next moment of gratitude, or your next act of courage. You are a co-creator with the universe, and by stepping into this frequency, you align yourself with the divine flow of life.

Know that you are supported every step of the way. The universe celebrates your growth, your willingness, and your courage to rise. Trust the process, stay open, and let your heart be your compass.

As you move forward, may your journey be filled with awe, wonder, and the unshakable knowing that miracles are your birthright, right here, right now.

The journey starts now, and the best part?

You don't have to do it alone.

You are part of a collective awakening, joining countless others who are stepping into their highest potential by living in the frequency of miracles. Together, we are raising the vibration of the world.

So, breathe deeply, trust fully, and let the miracles flow into every corner of your life.

**You are ready.**

**You are worthy.**

*And the Frequency of Miracles is here for you, now and always.*