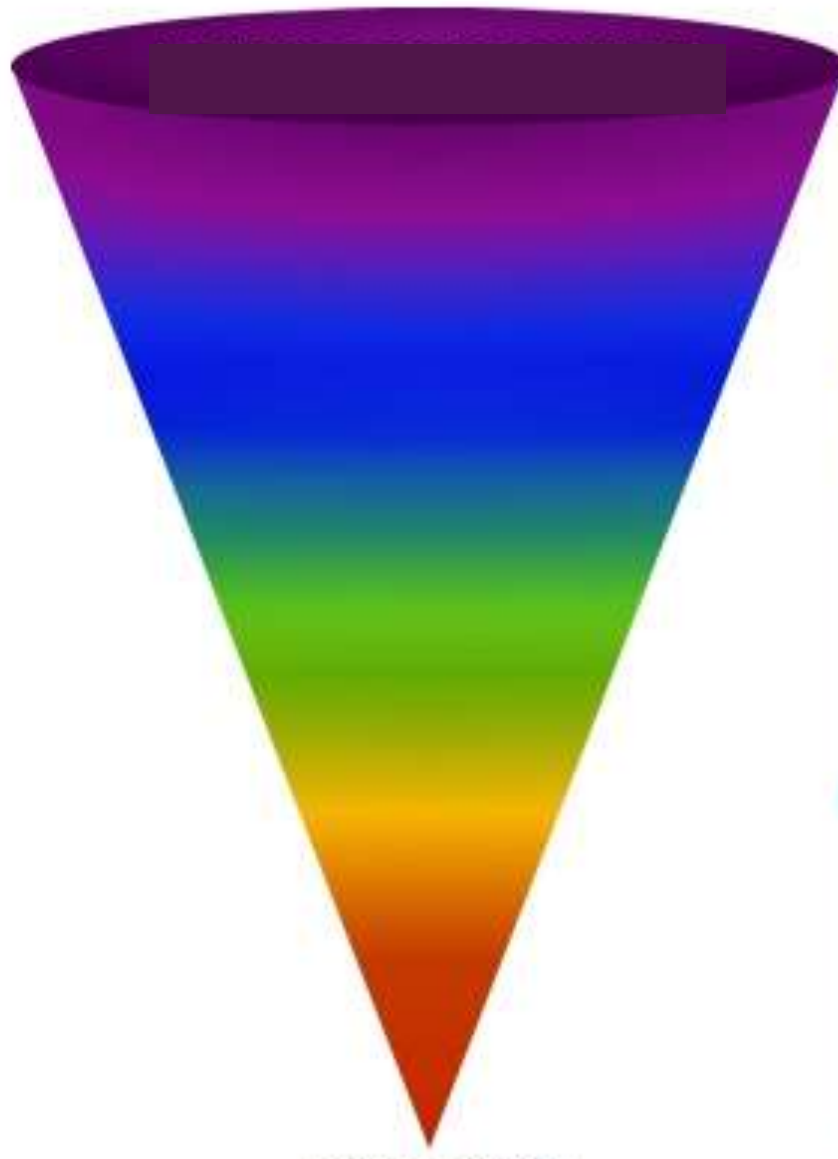




# **High Frequency Living**

At what frequency are you living?

600	Peace
540	Joy
500	Love
400	Reason
350	Acceptance
310	Willingness
250	Neutrality
200	Courage
175	Pride
150	Anger
125	Desire
100	Fear
75	Grief
50	Apathy
30	Guilt
20	Shame



# Romans 8:1-30

<sup>1</sup> *There is* therefore now no condemnation to those who are in Christ Jesus (the higher frequency), who do not walk according to the flesh (a lower frequency), but according to the Spirit (the higher frequency).

<sup>2</sup> For the law of the Spirit of life in Christ Jesus (the higher frequency) has made me free from the law of sin and death (a lower frequency).

<sup>3</sup> For what the law could not do in that it was weak through **the flesh (a lower frequency)**, God *did* by sending **His own Son (the higher frequency)** in the likeness of sinful flesh (the human frequency), on account of sin: He condemned sin in the flesh,

<sup>4</sup> that the righteous requirement of the law might be fulfilled in us who do not walk according to **the flesh (a lower frequency)** but according to **the Spirit (a higher frequency)**.

<sup>5</sup> For those who live according to **the flesh (a lower frequency)** set their minds on the things of **the flesh (a lower frequency)**, but those *who live* according to the Spirit (the higher frequency), the things of **the Spirit (the higher frequency)**.

<sup>6</sup> For to be carnally minded is death (a lower frequency), but to be spiritually minded is life and peace (a higher frequency).

<sup>7</sup> Because the carnal mind (a lower frequency) is enmity against God; for it is not subject to the law of God, nor indeed can be.

<sup>8</sup> So then, those who are in the flesh (a lower frequency) cannot please God.

<sup>9</sup> But you are not in the flesh (a lower frequency) but in the Spirit (a higher frequency), if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ (the higher frequency), he is not His.

<sup>10</sup> And if Christ (the higher frequency) is in you, the body is dead because of sin (the lower frequency), but the Spirit (higher frequency) is life because of righteousness.

<sup>11</sup> But if the Spirit (a higher frequency) of Him who raised Jesus from the dead (a lower frequency) dwells in you, He who raised Christ (the higher frequency) from the dead will also give life to your mortal bodies through His Spirit (a higher frequency) who dwells in you.

<sup>12</sup> Therefore, brethren, we are debtors—not to the flesh (a lower frequency), to live according to the flesh (a lower frequency).

13 For if you live according to **the flesh (a lower frequency)** you will die; but if by **the Spirit (the higher frequency)** you put to death **the deeds of the body (a lower frequency)**, you will live.

14 For as many as are led by **the Spirit (higher frequency)** of God, these are **sons (higher frequencies)** of God.

15 For you did not receive the spirit of bondage again to **fear (a lower frequency)**, but you received **the Spirit of adoption (a higher frequency)** by whom we cry out, "Abba, Father."

16 **The Spirit (the higher frequency)** Himself bears witness with **our spirit (a higher frequency)** that we are **children (higher frequencies)** of God,

17 and if children, then heirs—heirs of God (the higher frequency) and joint heirs with Christ (the higher frequency), if indeed we suffer with *Him*, that we may also be glorified together.

18 For I consider that the sufferings of this present time are not worthy *to be compared* with the glory (higher frequency) which **shall be revealed in us.**

19 For the earnest expectation of the creation eagerly waits for the revealing of the sons (the higher frequencies) of God.

20 For the creation was subjected to futility, not willingly, but because of Him who subjected *it* in hope;



<sup>21</sup> because the creation itself also will be delivered from **the bondage of corruption (due to lower frequencies)** into the glorious liberty of **the children (the higher frequencies)** of God.

<sup>22</sup> For we know that the whole creation groans and labors with birth pangs together until now.

<sup>23</sup> Not only *that*, but we also who have **the firstfruits of the Spirit (a higher frequency)**, even we ourselves groan (resonate) within ourselves, eagerly waiting for **the adoption (higher frequency), the redemption of our body.**

<sup>24</sup> For we were saved in this **hope (a higher frequency)**, but hope that is seen is not hope; for why does one still hope for what he sees?

<sup>25</sup> But if we hope for what we do not see, we eagerly wait for *it* with perseverance.

<sup>26</sup> Likewise **the Spirit (the higher frequency)** also helps in our weaknesses. For we do not know what we should pray for (resonate) as we ought, but **the Spirit (the higher frequency)** Himself makes intercession for us with groanings (**frequencies**) which cannot be uttered.

<sup>27</sup> Now He who searches the hearts knows what the mind of **the Spirit (the higher frequency)** is, because He makes intercession for **the saints (a higher frequency)** according to *the will of God*.

28 And we know that all things work together for good to those who love God (higher frequency), to those who are the called according to *His* purpose (higher frequency).

29 For whom He foreknew, He also predestined *to be* conformed to the image of His Son (a higher frequency), that He might be the firstborn among many brethren (higher frequencies).

30 Moreover whom He **predestined** (to a higher frequency), these He also **called** (to a higher frequency); whom He called, these He also **justified** (enabling them to resonate with a higher frequency); and whom He justified, these He also **glorified** (by causing them to resonate at a higher frequency).



**At what frequency  
are you living?**

Philippians 4:4-9

## Philippians 4:4-9

<sup>4</sup> **Rejoice** (resonate at a higher frequency) in the Lord always. Again, I will say, **rejoice!** (resonate at a higher frequency)

<sup>5</sup> Let your **gentleness** (pleasant frequencies) be known to all men. The Lord *is* at hand.

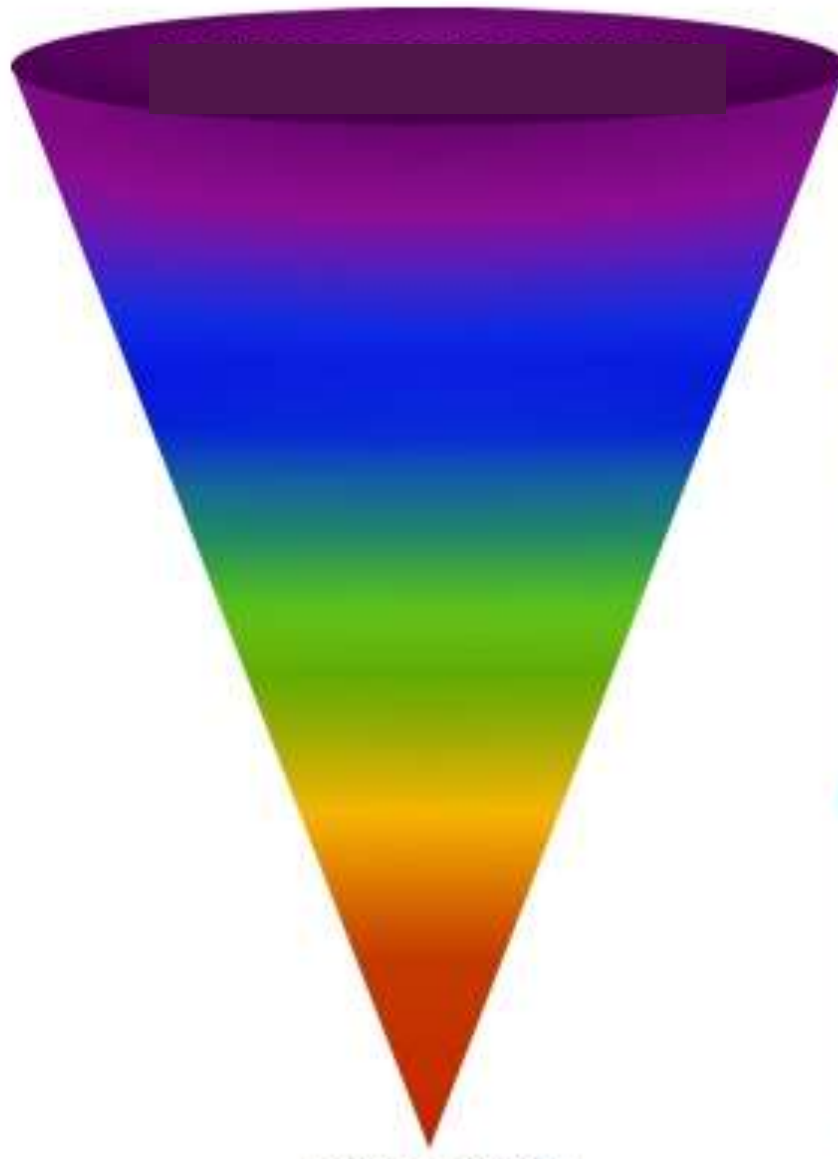
<sup>6</sup> Be **anxious** for nothing, but in everything by prayer and supplication, with thanksgiving (by operating from a higher frequency), let your requests be made known to God; <sup>7</sup> and the **peace of God** (a higher frequency), which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

## Philippians 4:4-9

<sup>8</sup> Finally, brethren, whatever things are **true**, whatever things *are noble*, whatever things *are just*, whatever things *are pure*, whatever things *are lovely*, whatever things *are of good report*, if *there is any virtue* and if *there is anything praiseworthy*—**meditate on these things** (whatever is a demonstration of a higher frequency).

<sup>9</sup> The things which you learned and received and heard and saw in me, these do, and the God of **peace** (**higher frequency**) will be with you.

600	Peace
540	Joy
500	Love
400	Reason
350	Acceptance
310	Willingness
250	Neutrality
200	Courage
175	Pride
150	Anger
125	Desire
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# **Live High Frequency**

Galatians 5:16-26



## Galatians 5:16-26

<sup>16</sup> I say then: Walk in the Spirit (Resonate with the frequencies of Heaven), and you shall not fulfill the lust of the flesh (lower frequencies).

<sup>17</sup> For the flesh (lower frequencies) lusts against the Spirit (higher frequencies), and the Spirit (higher frequencies) against the flesh (lower frequencies); and these are contrary to one another, so that you do not do the things that you wish.

<sup>18</sup> But if you are led by the Spirit (live higher frequency), you are not under the law (limitations of lower frequency behavior).

## Lower Frequency Living:

Galatians 5:

<sup>19</sup> Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, <sup>20</sup> idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, <sup>21</sup> envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things **will not inherit the kingdom** of God.

## Higher Frequency Living:

<sup>22</sup> But the fruit (the frequencies) of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,

<sup>23</sup> gentleness, self-control. Against such there is no law.

<sup>24</sup> And those *who are* Christ's have crucified the flesh (lower frequency living) with its passions and desires.

<sup>25</sup> If we live in the Spirit (live high frequency), let us also walk in the Spirit (walk high frequency).

<sup>26</sup> Let us not become conceited, provoking one another, envying one another (don't resort to low frequency behavior).



# **Resonate with Heaven**

Galatians 6:1-10

## Galatians 6:1-10:

<sup>1</sup> Brethren, if a man is overtaken in any trespass (steps into lower frequency activity), you who *are* spiritual (living in a higher frequency) restore such a one in a spirit of gentleness (a higher frequency), considering yourself lest you also be tempted (to step back into lower frequency living). <sup>2</sup> Bear one another's burdens, and so fulfill the law of Christ. <sup>3</sup> For if anyone thinks himself to be something, when he is nothing, he deceives himself. <sup>4</sup> But let each one examine his own work (at what frequency he is living), and then he will have rejoicing in himself alone, and not in another. <sup>5</sup> For each one shall bear his own load.

<sup>6</sup> Let him who is taught the word share in all good things with him who teaches.

<sup>7</sup> Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap (the frequency he sows into is the frequency he will benefit from).

<sup>8</sup> For he who sows to his flesh (the lower frequency living) will of the flesh reap corruption (lower frequency living), but he who sows to the Spirit (higher frequency living) will of the Spirit reap everlasting life (live continuously in the higher frequency). <sup>9</sup> And let us not grow weary while doing good (living from a higher frequency), for in due season we shall reap if we do not lose heart.

<sup>10</sup> Therefore, as we have opportunity, let us do good to all (live from the higher frequency), especially to those who are of the household of faith.



**You're called to a  
High Frequency Lifestyle**

Ephesians 4:31-32

## Eph 4:1-4

<sup>1</sup> I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called **(to high frequency living)**, <sup>2</sup> with all **lowliness** and **gentleness**, with **longsuffering**, bearing with one another **in love**, <sup>3</sup> endeavoring to keep the **unity of the Spirit** in the bond of peace **(by living from a higher frequency)**.

<sup>4</sup> *There is* one body and one Spirit, just as you were called in one **hope of your calling (to live from a higher frequency continually)**; <sup>5</sup> one Lord, one faith, one baptism; <sup>6</sup> one God and Father of all, who *is* above all, and through all, and in you all.





**You're called to a  
High Frequency Lifestyle**

Ephesians 4:20-32

## Ephesians 4:20-32

<sup>20</sup> But you have not so learned Christ, <sup>21</sup> if indeed you have heard Him and have been taught by Him, as the truth is in Jesus: <sup>22</sup> that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts, **(and lives out of a lower frequency)** <sup>23</sup> and be renewed in the spirit of your mind, <sup>24</sup> and that you put on the new man **(and a higher frequency lifestyle)** which was created according to God, in true righteousness and holiness.

<sup>25</sup> Therefore, putting away lying **(a lower frequency activity)**, "LET EACH ONE OF YOU SPEAK TRUTH **(a higher frequency activity)** WITH HIS NEIGHBOR," for we are members of one another.

<sup>26</sup> "BE ANGRY, AND DO NOT SIN" (a lower frequency act): do not let the sun go down on your wrath, <sup>27</sup> nor give place to the devil (or lower frequency activities).

<sup>28</sup> Let him who stole steal no longer, but rather let him labor, working with *his* hands what is good, that he may have something to give him who has need.

<sup>29</sup> Let no corrupt word (lower frequency speech) proceed out of your mouth, but what is good for necessary edification (higher frequency benefit), that it may impart grace (a higher frequency benefit) to the hearers.

<sup>30</sup> And do not grieve the Holy Spirit of God (a lower frequency activity), by whom you were sealed for the day of redemption.

<sup>31</sup> Let all bitterness, wrath, anger, clamor, and evil speaking (lower frequency activity) be put away from you, with all malice.

<sup>32</sup> And be kind to one another, tenderhearted, forgiving one another (higher frequency actions), even as God in Christ forgave you.



**How to live high frequency?**

# Live Spirit Forward

## Colossians 3:1

See yourselves co-raised with Christ. Now ponder with persuasion the consequence of your co-inclusion in him. Relocate yourselves mentally. Engage your thoughts with throne room realities where you are co-seated with Christ in the executive authority of God's right hand. <sup>2</sup> **Becoming affectionately acquainted with throne room thoughts will keep you from being distracted again by the earthly [soul-ruled] realm.**

# Align your realms daily

Hebrews 4:12

The message God spoke to us in Christ, is the most life giving and dynamic influence in us, cutting like a surgeon's scalpel, sharper than a soldier's sword, piercing to the deepest core of human conscience, to **the dividing of soul and spirit; ending the dominance of the sense realm and its neutralizing effect upon the human spirit.** In this way **a person's spirit is freed to become the ruling influence again in the thoughts and intentions of their heart.** The scrutiny of this living Sword-Logos detects every possible disease, discerning the body's deepest secrets where joint and bone-marrow meet.

# Focus on the words of your mouth

**Ephesians 4:29**

Let no corrupt word (**lower frequency speech**) proceed out of your mouth, but what is good for necessary edification (**higher frequency benefit**), that it may impart grace (**a higher frequency benefit**) to the hearers.



# Live from Heaven Down

## Colossians 3:1

If then you were raised with Christ, **seek those things which are above**, where Christ is, sitting at the right hand of God.

# Tuning Fork Angels

*Ask the Tuning Fork angels  
to tune your realms to the frequencies of Heaven*

# Practice resonating with Heaven

- Step into Heaven into a place of rest
- Resonate with Heaven

# How to live High Frequency?

- Live Spirit Forward (Colossians 3:1-3)
- Align your realms daily (Hebrews 4:12)
- Focus on the words of your mouth (Ephesians 4:29)
- Live from Heaven down (Colossians 3:1)
- Ask the tuning fork angels to tune your realms to the frequencies of Heaven
- Practice resonating with Heaven



**Live High Frequency**