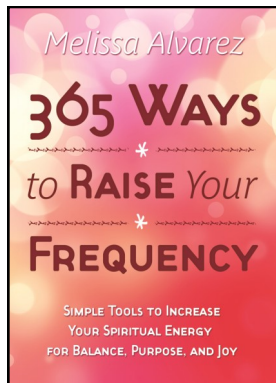


## RAISE YOUR FREQUENCY

### 5 Electrifying Exercises To Get Your Energy Flowing

[ Sidebar Suggestions ]



### **Start your day strong, propel your energy level from neutron to proton**

Melissa Alvarez offers five quick, easy exercises to increase your frequency and attract happiness and fulfillment in your life

#### **Go with the flow**

Have you ever noticed that when you're having problems, you no longer feel as if you're moving in the same direction as the energy around you? Don't get upset over things you can't change! Take driving, for example. When you're driving, you can't control what others do, but you can stay calm instead of getting angry. The next time a bad driver frustrates you, try pulling over and releasing the anger before rejoining the flow of traffic.

#### **Locate low frequency holding patterns**

If you feel like you're carrying the weight of the world, sensing a heaviness or pressure in your shoulders and neck, it's an indication that these are low energy areas in your body. Imagine stepping out from beneath the stress. Roll your shoulders, stretch your neck until you feel loose and supple. The increased blood flow to your upper body will stimulate the nerve endings, relieve tension and release healing energy.

#### **Be fully engaged and transparent**

When you're fully transparent, engaged and living your life with honesty and truth, you are operating at a high frequency. If you're fully engaged, you always give 110%, do positive things that bring you joy, live in the moment, and love with your whole heart. To be fully

transparent, avoid lying or doing things that cause you to question yourself. These things will help you become more aware and involved in your own life.

#### **Internal feng shui**

Just as feng shui changes the pattern of furniture to free up the flow of energy within your home, you can use internal feng shui to rearrange your internal energy flow. Sit quietly and imagine rooms within your mind. A room for relationships, perhaps one for work, the good you're doing in life, or problem areas. By moving things around in your mind, you consider them in a new light and clear space to align the energy flow through your body so it's working at a smoother, more efficient pace.

#### **Be a good person (be bad sometimes too)**

We've all been told at some point in our lives to "be good." Let's listen. Be kind, take the high road, stand out from the crowd, live honorably. But what if we want to be bad? Can that raise frequency? You bet! Go ahead, dress up, flirt and act a little naughty once in a while. You raise your vibration when you boost your self-confidence. It's great to take the moral high road, but sometimes we need the excitement of being a little bit bad, too.

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*Melissa Alvarez is an internationally known spiritual coach and an award-winning author. She conducts workshops teaching others to connect with their psychic abilities and spirituality, and has performed psychic readings for nearly twenty years. She is the author of 365 Ways to Raise Your Frequency (Llewellyn, 2012). Visit her online at [www.365WaysToRaiseYourFrequency.com](http://www.365WaysToRaiseYourFrequency.com).*

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