

In

LOVE

aligning to the

FREQUENCY OF LOVE

Where do you most often get triggered and make lower frequency choices? Where do you spin out from external circumstances? Is it from seeing someone's social media account and desiring something that they have? Is it a friendship that is no longer in alignment? Is it your own actions and not following through with what you commit to? Get honest about the situations that often get you out of a higher vibration.

What information and medicine is there in this? Do you see yourself in the woman on social media? Do you see your own potential and this may be the reason it triggers an emotion in you? What is this information trying to tell you?

Where are you NOT moving forward with something your inner being (soul and higher self) is nudging you towards? What guidance have you not been listening to that makes you feel resentment for not being where you desire to be?

Where are you spending time focusing on someone else's life instead of your own? Where are you giving time and energy (social media, news, COVID, politics, etc) instead of applying that towards your own growth?

In regards to this specific module, what 3 things (or more) can you start or stop doing TODAY that will move you forward and break these habits?

List out everything that's going right in your life and everything you're grateful for in this moment. What are some things that you have right now that bring you joy? Who in your life are you grateful for? What shifts have you made in this last year within yourself can you congratulate yourself about?

Send love energetically to the women that you most compare yourself to. The women who most trigger you and who you most feel envy or jealousy towards. Remind yourself to do this daily and watch your energy shift. More often than not, the women we most compare ourselves to have done or are doing something we also desire to feel inside of us. We see ourselves in them and sometimes confuse this energy with competition but it's actually a reflection of what we haven't yet embodied.

What activities and productive habits and hobbies can you do the next time you find yourself going down a negative spiral of comparison and feeling like you should be further along? What's something you've been wanting to work on and haven't finished that you can redirect your energy towards? Is there something your soul has been nudging you to start that you've convinced yourself you have no "time" for and now that you aren't spending hours doing what isn't serving you, you can now commit to?