

The Art of Raising Frequency: An Approach to Enhanced Well-being



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Through my twenty year journey of spiritual awakening, training and experience with multiple forms of energy healing, I am continually amazed at the remarkable relationship between energetic frequency, emotional well-being and physical wellness. I have come to understand that we have everything we need for this lifetime within us, though much of this potential is dormant. Our challenge and inspiration is to awaken more of this, sometimes deeply hidden, potential. The benefits are exponential as we discover within ourselves previously unrealized gifts and talents - including our ability to heal and maintain a state of balance and harmony, health and well-being within our lives.

A major key for awakening this full potential is to raise our frequency, which in turn raises our consciousness. In raising consciousness, we move from low vibrations such as fear, anxiety, grief, guilt and anger, to the higher vibrations of balance, peace, unconditional love, joy and compassion. Furthermore, it is becoming ever more widely accepted that maintaining higher frequency supports and strengthens our immune systems.

Raising our frequency clears, balances, activates and aligns all levels of Body, Mind and Spirit. Through working energetically, we can bring about shifts and changes in the very depths of our cells, awakening

more of our DNA, particularly the spiritual DNA that codes for our consciousness.

My own spiritual path has been powerfully guided every step of the way. I first ventured into a world of vibrational healing, essential oils, flower essences, Shiatsu and Reiki, and from there into sacred geometry, crystals and sound. These energy healing modalities represented important building blocks which suddenly and dramatically came together in a unique way, catapulting me in to my life purpose -- the guided creation of high vibrational healing art and powerful tools for raising consciousness.

We are all aware how beautiful art and music can be uplifting and inspirational, helping to make us "feel good". For example, many hospitals choose wonderful nature art and photography to brighten their walls and aid a positive emotional state for patients and staff. High vibrational art takes this beneficial relationship between people and the art to a whole new level. Each high vibrational art image contains and radiates uniquely supportive, inspirational energetic frequencies which are available to all who gaze upon it or simply enter the room in which the art is present. These frequencies interact at levels beyond the conscious mind - working through the heart and soul to bring about beneficial shifts and changes. Combining high vibrational art with sacred sound can take



the relationship, and concomitant benefits, to even greater levels as the sound facilitates the integration of the beneficial frequencies.

My own high vibrational art interweaves sacred geometry, crystals and vibrant color with sacred sound and flower essences. Every step of each creation is guided, and carefully timed, to take advantage of powerful universal energetic alignments or energetic windows of opportunity. Each painting feels like a co-creation on a grand scale. I am one member of the team, the one who holds the pencil and paint brushes as the energy and inspiration flows through me onto the paper. Since 2006 I have been working on a series of paint-

for this high vibrational art, a process that brings together in spectacular ways, sacred geometry, crystals, sound and flower essences. Simply reading, absorbing and allowing the “story” to touch your heart, offers a gift of healing. To begin, I will briefly describe the three Chakras involved:

1. The Stellar Gateway, part of our energy field located above the head, connects us to the Universe and cosmic consciousness, offering a tremendous feeling of expansion, infinite energy and CONNECTION. This connection is, without a doubt, vital to the development of higher levels of consciousness, compassion, unconditional

“We all possess innate healing ability and tremendous untapped potential!”

ings, the New Earth Chakra Keys, designed to take our Chakras to new levels of activation and refinement. The Chakras can be thought of energy vortexes that link our physical body with our energetic bodies and our consciousness. The “state” of the Chakras affects every aspect of our lives. When the energy is clear and free flowing we feel good, while blockages to energy flow can be felt emotionally, spiritually and even physically. At this time in our evolution there is a need to upgrade the Chakras as an essential step in the process of raising our consciousness and levels of well-being.

The New Earth Chakra Key paintings began with the Soul Star, which I regard as a “Master Key”, helping to clear and align the entire chakric column. The seven Major Chakras followed in a highly significant and guided, specific order - Heart, Solar Plexus, Crown, Root, Sacral, Third Eye and Throat. Thus, by the end of 2012, there were eight paintings in the series and a certain feeling of completion. Unexpectedly, at the beginning of 2014 I was guided to paint three new Chakra Keys. I will use these relatively recent paintings to exemplify the steps involved in the creative process

love, vibrant health and inspired well-being.

2. The High Heart Chakra, located in the center of the sternum, directly over the thymus gland, is considered by many to be a major influence on our ability to create peace and harmony. Sometimes known as the seat of COMPASSION, the High Heart plays a central role in the development and expression of true compassion, both for self and for others.
3. The Earth Star Chakra, located just below our feet, also anchors a deep sense of CONNECTION, as it plugs us in to the beneficial energy of the Earth, and acts like a battery charger, helping to build unshakeable core stability.

The precise designs for the paintings are received from the higher dimensions. Information comes in the form of messages which suddenly appear within my mind and which I know are not part of my regular “thought” process. These pieces of information are collected and recorded over an extended period of time, often several months. Phrases, concepts, details,



sketches, are collected like pieces of a puzzle to be put together at exactly the right moment in the timing of the Universe. It is then like translating a written recipe into its visual, energetic, tangible, artistic form.

Sacred geometry, the universal language of life, is the foundation upon which everything is built. We see the patterns clearly all around us in nature, from the spiral within a Nautilus shell, to the arrangement of seeds in the center of a sunflower, to the molecular structure of our own DNA and to the crystalline structure of a snowflake. Sacred geometry, which I like to think of as the universal geometry of life, speaks sub-consciously to our heart and soul, and is the cornerstone of each design.

Within my work, selected crystals are used to provide a sacred space in which the painting is created. Every crystal has its own color, energetic frequency and healing signature. These energies are channeled into the fabric of the painting and guide the colors to be used. The synergy between the intricate combination of crystals and the sacred geometry contributes significantly to the beneficial healing frequencies emanated by the finished piece.

Sound is another vital component, creating yet another interactive energetic layer. A selection of crystal singing bowls are used, each with its own healing tones created through the combination of quartz crystal with other gems, minerals and metals such as selenite, ruby, gold and platinum. Throughout the creative process, I am guided to play particular singing bowls with loving intention on and around the paintings. The six crystal singing bowls involved in these three Chakra Key creations are shown in the opening photograph.

Flower essences contribute to all of my art, and for these three paintings, in which roses are a central symbol, it was important to use flower essences made from roses. Each time I prepared to paint, I selected a Rose Essence and placed a few drops under my tongue, then another few drops into the water to be used in the painting. In this way the essences were

infused throughout my own energy field and the water, thus adding many beneficial subtleties to the energetics.

It was clear from the start that the three chakra paintings needed to be linked together energetically through their geometric design, together with the choice of crystals, sound and flower essences. For example, some crystals are involved with all three paintings, others work well with a particular pair, and a few crystals are only featured in one of the paintings.

The first crystal that stepped forward proved to be a powerful contributor to all three paintings. A Brandenburg Crystal from Namibia combines the energetic resonance of Amethyst, Clear and Smoky Quartz, while holding, within its structure, minute amounts of pristine water from the time of its formation within the earth, maybe 2 million years ago. These Brandenburg crystals help to align the entire Chakra system and are powerful tools for cellular healing -- the perfect ally to help anchor the center of each painting.



Look inside this Brandenburg crystal for a tube containing an air bubble, this is where the water is held within the crystal.



Hundreds of crystals were used in the creation of this trio of paintings. Many had been within my collection for years, while others were acquired specifically, and with very deliberate intention, to contribute new frequencies and signature healing energies to the project.



Stellar Gateway

High Heart

Earth Star

Painting begins at the center of each image. The white 12-pointed star within each painting holds the frequencies of a quartz/selenite crystal singing bowl and a White Elestial Quartz crystal in the shape of an angel wing. This is surrounded by a purple layer, holding the frequencies of the Brandenburg crystal, and is then enveloped by the colors and energy of sapphire blue, diamond and platinum.

As the sacred geometry designs slowly unfolded, it became clear that two of the designs were to be related to a series of templates I had drawn during the exceptionally intense energetic window between December 12, 2012 and December 21, 2012. These “Templates of Mastery” are based upon the number 33 - a “Master Number” representing a level of consciousness known as Christ Consciousness. The designs automatically “invite” all who gaze upon them to move towards this higher level of awareness. The third design was to be focused upon the Fibonacci Sequence, a mathematical sequence related to the Golden Mean, and often referred to as the number of Life. The sequence begins -- 0 1 1 2 3 5 8 13 21 34 55 89 144.

The paintings were to be created within a crystal grid which provides a sacred space in which to paint and enhances my connection to the heart of Source and the heart of the Earth. The geometry of the crystal grid always reflects the geometry of the painting. In this case the crystal grid built upon the studio floor surrounding the table on which I paint was to follow the Fibonacci Sequence.

Prior to drawing and painting, “Signature Crystals” were placed upon the paper, together with a set of Lemurian Tuning Forks and a cubit. The cubit, an ancient measuring instrument, is attuned to the frequencies of the King’s Chamber of the Great Pyramid in Egypt and is one of the tools I frequently use when drawing. All the beneficial energies began to infuse into the paper!

The drawings themselves were started following an inspirational trip to the Island of Iona and Rosslyn Chapel in Scotland. Iona is a place of cleansing, renewal and rejuvenation where we raise our personal frequency simply by being present and allowing the shift to take place - an important step in my preparation for painting. At Rosslyn Chapel I collected the final piece of the puzzle when my attention was captured by a stone carving of a five petal rose. I knew immediately that roses were to be interwoven with the geometry as a central theme for each painting.



The Fibonacci Crystal Grid on the floor of the studio - Concentric circles of crystals following the numbers of the Fibonacci Sequence, with the outer circle containing 144 crystals.



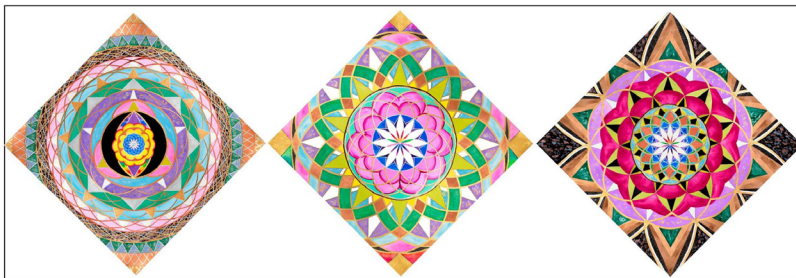
Roses represent the Divine Feminine and as the three Roses developed within the paintings, they became known to me as "Heaven's Rose of Peace," "Diana's Rose of Compassion" and "Sophia's Rose of Connection."

Over an intense ten week period, the information that had been gathering for almost eight months poured onto three large sheets of hand made paper. The process of painting three images simultaneously, covering such a dramatic range of energies, stretched my abilities beyond all previous experience. I was challenged at every step to weave these transformational healing pieces into their physical form so that the energies may be shared with others to assist them with their life journeys and healing.

All three drawings were started on the same day and ten weeks later all three paintings were completed on

the same day, the relationship between them reflecting into the world the vital link between these three energetically vital centers in the evolution of Humanity.

2014 was for me a phenomenal year of raising frequency and these three exceptional pieces continue to amaze me every time I see them. Now complete and named, they are taking their first steps into the world as they enter the collection of high vibrational art that forms the foundation of my work. Essence of Life, Heart of Compassion and Flower of Connection are ready to fulfill their purpose, offering their loving, transformative, healing energies to support all who wish to engage their full potential, and through activation of inner healing ability, promote enhanced levels of health and well-being. €



Essence of Life

Heart of Compassion

Flower of Connection

Stellar Gateway Chakra

High Heart Chakra

Earth Star Chakra

