



Vibrational Healing with Art, Sound and Crystals

Barbara Evans

Many times the best (and most enduring) form of healing is not achieved with a single modality but with a combination of many approaches. – Richard Gerber

There are multiple Energy Medicine modalities that work to bring balance to the biofield and physical systems of the human body in order to restore and maintain health and well-being. In today's world with ever-intensifying energetic shifts taking place on a Universal level, I sense there is an invitation from the Universe for humanity to strive for even more than just good health. . . we are being invited to discover *vibrant* health, through embodying our true essence. The new energies reaching earth at this time support such a move towards vibrant health, eternal youth, radiant beauty, inner peace, joy, prosperity and abundance. Our challenge as energy workers is to harness these possibilities and step into a new level of being and working. Our potential is infinite, yet mostly sleeping. Awakening more of this potential occurs as we continually raise our own frequency and consciousness, connect with more of our own true essence and strengthen our innate gifts and talents. We can then assist our clients in doing the same.

The challenge requires considerable ingenuity and conscious intention; it demands the application of new approaches to the body's energetic systems and the use

of multiple complementary energy healing modalities.

It is within this realm of Energy Medicine that the Art of Raising Frequency modality has been developed. I have had a powerful sense of being on a mission to find a new way of living and being within the world that maximizes health and innate healing potential whilst minimizing fear, pain and disease. The outcome is a new modality that brings together three individual approaches to create transformational energetic shifts in a unique and beautiful way.

The Art of Raising Frequency modality did not appear overnight; it has been an evolutionary journey of many steps, each one clearly guided, in perfect sequence, from the higher dimensions. The modality is a synergistic combination of:

- Channeled sacred geometry art
- Healing sound
- Crystals and minerals

This article introduces each of the three major components and provides an overview of how they synergize to create powerful and transformative energetic shifts in the human biofield. We will also explore how the Art of Raising Frequency can be used to create custom treatment sessions for individual clients or integrated into other modalities with grace and ease.



Sacred Geometry High Vibrational Art

It is now becoming clear that geometry... is the hidden law of nature. . . All the laws of nature can be derived directly from sacred geometry. – Drunvalo Melchizedek

Sacred geometry is often considered to be the “Language of the Universe”; its patterns are found throughout the natural world, including our own DNA as shown by electron microscopy. As such, sacred geometry speaks directly to the energetics and cells of the body, often bypassing the logical mind.

the Art of Raising Frequency. As tools of Vibrational Medicine, the energy of these designs can be felt by many who are sensitive to feeling or seeing subtle energy. Every detail of every image has been universally guided. They are like snapshots of ever-moving kaleidoscopic energies that call us to remember our wholeness. The designs bring into the world codes for the evolution of humanity. Their intention is to assist humanity in shifting to a place of joy, peace, love, beauty and abundance for all with a magnificent reverence and respect for all life.

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My own introduction to sacred geometry came through the Flower of Life. I entered a metaphysical bookstore to learn about the term “Merkaba,” which I had recently come across. I asked the staff member if they knew the term, but they did not know. At that moment a man entered the store and the staff member immediately said, “he will know!” The man walked across the store and pulled a book off the shelf. On the cover was a gold embossed Flower of Life design. . . I was captivated by the image. I bought the book and placed it under my pillow that night, like I had read Edgar Cayce used to do. Just one week later I flew to England for a personal reading with a medium. I was in search of answers to the intense grief I was feeling after my mother’s sudden passing. A powerful message came through — I should “try drawing.” After contemplating this message, I felt guided to combine drawing with my new passion for sacred geometry. I chose to paint rather than just draw, and my first piece was a golden sevenfold labyrinth on a background of rainbow sky. From this very first painting, universal energies flowed through me and into the painting and there was a knowing that these creations were not only to assist me with my healing journey, but to also benefit all of humanity.

High vibrational sacred geometry designs of increasing sophistication have become the foundation of

Creation of the designs is highly complex. First, I receive a message — a clear knowing or excited intuition that there is going to be a new painting; then, over the following hours, days and sometimes months, pieces of information are received in various ways — maybe as a dream, or certain phrases that are read or heard become highlighted and accompanied by an intense energetic response of recognition. These pieces of information are recorded in my notebook like pieces of a puzzle that eventually fit together to create a “recipe.” When the time is perfect, I am guided to begin the translation of the “recipe” into the design. The timing often involves numerology or specific movements of the stars and planets; these movements capture within the painting special beneficial frequencies that reach the earth during planetary alignments. This is intense sacred work as layer upon layer is built into each image through the weaving of different aspects of the geometry, crystal energy, color and intention.

Sacred Geometry Symbols

The Flower of Life, an important sacred geometry symbol found in ancient sacred sites throughout the world, is said to hold all of the information upon which the Universe is built. When the central line of “petals” is vertical the Flower of Life is said to be in its masculine form, and when those same petals run

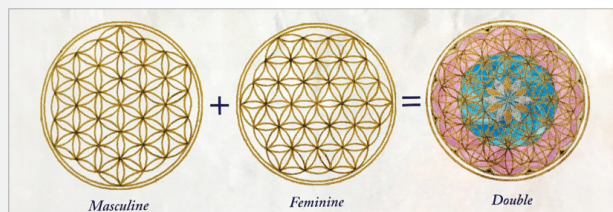


Figure 1: Fower of Life in Masculine, Feminine and Double Form

horizontally, it is in the feminine form. The double Flower of Life, with masculine and feminine forms overlaid, thus holds a sense of balance and wholeness or oneness. This demonstrates how, through different expressions of the same geometry, a different essence can be created within an image. The basic underlying pattern within the Flower of Life is seven circles. . . a central circle surrounded by six circles, all touching but none overlapping.

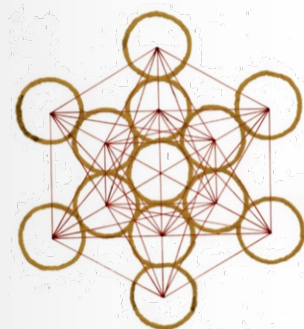


Figure 2: Metatron's Cube

Another important symbol is Metatron's Cube. Here, the seven underlying circles of the Flower of Life have been extended with six outer circles, and the center point of each circle is then joined to the center point of every other circle.

By following the patterns created by these straight lines you can discover within the image the shapes known as Platonic solids. . . the cube, tetrahedron, octahedron, icosahedron and dodecahedron.

The five Platonic solids are the building blocks of life and are represented throughout the structure of the physical world.

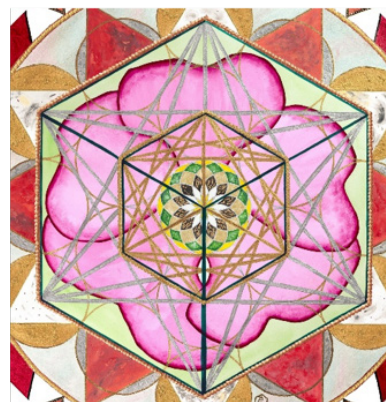


Figure 3: Root of Peace featuring Metatron's Cube

The guided designs that form the foundation of the Art of Raising Frequency are deeply related to the Flower of Life, Metatron's Cube and Platonic solids, as they work to awaken our essence by bringing both healing and balance to the masculine and feminine energies that we all hold within us.

For example, at the center of Root of Peace (a painting to activate and balance the root chakra to new levels) you find the cube highlighted within Metatron's Cube. The cube is the Platonic Solid related to the Earth Element and is therefore a powerful grounding tool.

The pale green surrounding the petals of the rose carries the energy of the crystal Moldavite — known for its transformational properties — and the 5-petalled rose carries the energy of Rose Quartz and Star Ruby, representing Divine Love, brings a sense of peace into the area of the root chakra, where we so frequently hold our fears of survival.

The images can be placed in a treatment room or home, where they transmit healing vibrations, raising the frequency of the room and offering all who enter an opportunity to make a positive, uplifting energetic shift. Alternatively, the images, in the form of healing discs, can be held in the hand, placed on the body or moved through the energy field so that the supportive energies can be experienced in a more direct and intimate fashion.



Sound

Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any disease.

– Dr. Mitchell Gaynor

Sound Healing is a vital contributor to the Art of Raising Frequency. Many tools are available, although my preference is for Alchemy Crystal Singing Bowls. These are amazing high-frequency healing tools in their own right, combining pure quartz crystal with other “alchemy” — other crystals, gemstones and precious metals. When the tones of these bowls are combined with the sacred geometry designs, a magical synergy is created that enhances the integration of the channeled frequencies deep into every cell. The bowls have been integral to my work since shortly after the Tsunami of 2004 when I received instructions within a dream to acquire one of these very special bowls and use it to create ceremonies for healing the waters of Earth. The resulting ceremonies were performed in many locations. Artwork and crystals formed an energy grid and the tones of the crystal bowl anchored the intention of healing into our planet. The ten-inch bowl, which is a combination of quartz crystal and platinum, has the tone of F for the Heart and not only was it used in these ceremonies, but it was also used in the creation of future paintings where I would place the bowl on the paper and play the bowl with my left hand while painting with my right.

The number and importance of the bowls I have has blossomed over the years. I now use multiple bowls in the creation of different paintings; their tones are cap-

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tured within the fabric of the piece — their essence contributing to the symphony of the art. The synergy between the artwork and alchemy crystal singing bowls is so remarkable that as I was guided towards creating Art of Raising Frequency treatment sessions, it was no surprise to me that the bowls would be a foundational pillar.

Crystals

Multiple crystals placed in specific geometric patterns produce unified energy fields known as “gridwork systems” (or crystal grids). These systems blend the energies of multiple crystals together to manifest a powerful synergistic effect. – Richard Gerber MD

Crystals have also played a vital role in developing The Art of Raising Frequency. In fact, the first major paintings appeared shortly after completing Crystal Resonance Therapy training with Naisha Ahsian. A vital step in this evolutionary process occurred after receiving a message, “You need to build your paintings and get inside.” Knowing deep within that this was a truly significant message, geometric grids were built with crystals upon the floor and the table used for painting was placed in the center. It is like bringing an ancient sacred stone circle into your home; the energy is amazing. These “grids” enhance connection to guidance, facilitate grounding to Earth and protect the purity of the art. In addition, individual crystal energies are channeled into the different colors of paint. The channeling of crystal energies is a technique taught in Crystal Resonance Therapy. I have discovered a gift within myself to channel crystal frequencies and capture them within my paintings. Furthermore, these frequencies are transferred from the original painting to any other print formats that are created. So, pink is not just pink; it holds the frequency of Rose Quartz, Pink Kunzite, Bulgarian Pink Calcite or Morganite depending on the guidance at the moment of creation.

Treatment and Healing Sessions

Two decades of knowledge, experience and incorporating feedback from so many gifted energy workers has enriched the design and protocol of an Art of



Raising Frequency energy treatment session. During the development of the modality, I knew that the sessions would become extremely important from comments I received such as, “Barbara, you cannot keep this to yourself. You have to share how to do this with the world!” made by Dr Gail Van Kanegan.

Art of Raising Frequency treatments are all about energy, vibration and the creation of a healing environment around the client that creates and supports an energy shift to restore harmony and open up the path for self-healing. They are perfect when other treatments have reached a plateau or when a client is ready to make an important leap in their life and consciousness. A session is like a “reset,” helping to restore harmony to the cells and energetic systems, and an “upgrade” — awakening and integrating more of their entire DNA and true essence.

The practitioner becomes the conduit for universal energies as they interweave high vibrational art, sacred geometry, sound and crystals to create an energy cocoon that envelops the client, assisting them in raising their consciousness and activating more of their innate self-healing abilities. Interaction takes place on numerous levels including the biofield, the cellular level and the “spiritual DNA”.

A 1-hour treatment protocol might include the following elements:

- High vibrational art is placed around the perimeter of the healing space to set the vibrations for healing and protection within the room.
- The client lies on a treatment table in the center of the space.
- A crystal grid is then created in stages around the treatment table. The grid creates the energetic cocoon and is unique for each client. The first level of the grid is created with cards intuitively selected by the client from the Empowerment Cards, an inspirational card deck based on 18 channeled paintings. The client chooses the cards

whilst holding a clear intention, thus the cards chosen are in direct response to the intention. These cards, with their sacred geometric art, transmit frequencies within the grid in a similar way to crystals.

- As the session progresses, crystals are intuitively chosen by the practitioner and used to expand and anchor the energies of the grid.
- Crystal Singing Bowls are played at each stage, their sounds touching every cell of the body while also helping to clear any negative energy and assisting the integration of the frequencies provided by the high vibrational art.
- Finally, high vibrational art is introduced in the form of healing discs, intuitively selected once again by the practitioner. They can be held by the client in their hands, placed under the body or moved through the energy field by the practitioner.

When the session is completed the client is invited to stand by the side of the table. The pieces of the grid are picked up from the floor and placed on the table in the same relative positions, together with the healing discs used in the session. This allows the client to see the components of the session’s signature grid and energy cocoon that was supporting their energetic shift to a place of healing, harmony and inspired well-being. A photograph of the signature grid is usually taken by both the practitioner and the client. For the client, this acts as a reminder and assists in them in staying connected to the session. For the practitioner, it is a great addition to their client notes and is a fascinating diagnostic, especially when monitored over time with repeat treatments.


With increasing client and practitioner experience, it is becoming clear that Art of Raising Frequency treatment and healing sessions are indeed profound. Tangible shifts and benefits at every level of Body, Mind and Spirit are commonplace, and in many cases the results are transformational. For example,



one practitioner with a gift for seeing the biofield and breaks in the field caused by fragmentation resulting from trauma has reported seeing the broken place beginning to heal and then suddenly going back into place as she used the healing discs.

The varied background of practitioners who have undertaken formal training in the Art of Raising Frequency is testimony to the broad application and easy integration of this new modality. Graduates of the training program include Medical, Naturopathic and Oriental Medicine doctors, Psychotherapists, Nurse Practitioners, Nurses, Massage Therapists and

Practitioners of Healing Touch, Reiki, Eden Energy Medicine and Body Talk.

This innovative approach to Energy Medicine represents just the start of fulfilling my vision to usher into the world a new way of living and being — a new way of promoting vibrant health. I am certain that future developments will open up even more possibilities as we continue to raise our consciousness and embody deeper levels of our true essence. 



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