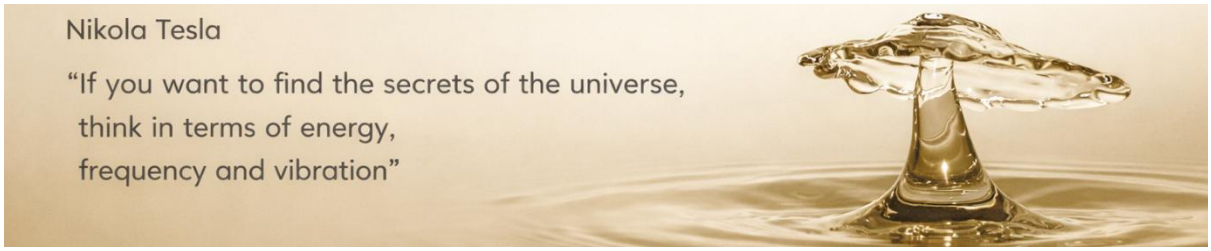
FREQUENCY JOURNAL



Does this quote from Nicola Tesla apply to humans?

Well, absolutely!

OUR SENSES

Take yourself as an example: everything you **hear** comes in through sound waves through your ears and is translated and understood by your brain. Everything you **see** comes in through light waves and is translated and understood by your brain via your eyes. Everything you **feel** is electromagnetic. Even our **nerve impulses** are both electrical and chemical.

Is this starting to make you question what you see? What you hear? What you feel? What's actually around you?

THE LAW OF VIBRATION

The **Law of Vibration** is the 3rd law of the Hermetic Principles. This law states that "*nothing ever rests, everything moves, and everything vibrates*." This applies to sound, colours, the cells in our bodies, the food we eat, our emotions, rocks...everything! So even if you are sitting still, you are vibrating right now on an atomic level!

CELLULAR RESONANCE

When our bodies and spirit are in tune and each cell in our body is vibrating at the frequency it was designed to, there is no effort and no conflict. When it's not though, this disruption can experience disease, depression, tiredness, fears. This is known as '**cellular resonance**'.

The Frequency Journal is a reflection of who you are, what frequency you are vibrating at right now, and how to change it. This journal is by no means comprehensive, but rather a titbit of the **Frequency and the World Around Us** course,

HOW TO USE THE JOURNAL

There are no right and wrong answers here. I do ask you to trust your instinct and that small voice whispering inside of you, even if you don't want to hear what it has to say. This journal is not a means to find out what is good and bad inside you, but rather an integration of all aspects of what makes up YOU. A beautiful, complete, unique being.

DAY 1 – WHERE WE BEGIN

Everything begins in the breath, and this is where we begin! Today we practice meditative breathing – and a tool you can carry into each of these journal exercises and as needed in your daily life. To slow the breath down is one of our magical abilities. When we slow the breath, we embrace safety.

MEDITATION

Sit comfortably with your spine straight and feet flat on the floor or lay down. Place your hands gently next to you or on your heart. Close your eyes. Count slowly in your head – this keeps your time, and, importantly, allows your busy brain to focus on counting, and away from everything else happening inside.

Breathe in for 4 slow counts	1001 ---- 1002 ---- 1003 ---- 1004 ----
Hold for 2 counts	1001 ---- 1002 ----
Breathe out for 6 counts	1001 ---- 1002 ---- 1003 ---- 1004 ---- 1005 ---- 1006 ----
Hold for 2 counts	1001 ---- 1002 ----

Stay here for a few minutes longer. Notice the sounds, emotions and messages that arise, not with judgement, just with observation.

Reflection: write down anything that came up in the breathing exercise: feelings, emotions, sounds, messages.

DAY 2 – SOUND BODY ECHOING

Every word and thought you express carries a vibrational signature, a frequency that ripples through your body's electromagnetic field and into the world around you.

Thoughts are subtle waves of energy; words give those waves form and direction. When you speak with love, clarity, and intention, your frequency becomes coherent, harmonizing your inner and outer reality. When your thoughts spiral into fear or doubt, the vibration becomes fragmented, creating dissonance in your field. In this way, language is not just communication, it's creation.

Begin with the **Day 1 Breath meditation**, and when you're ready -

Materials: Your Voice.

How it works:

- Place a hand on your chest or throat and make a soft humming sound.
- Feel the vibration and imagine it travelling through your body.
- Then they try a different pitch and notice how the sensation changes.

Journal prompts:

Which sound felt most like 'me' today?

When I hummed, where did I feel it in my body?

Anything else that is noteworthy?

DAY 3 – CHROMATIC JOURNALING

People 'see' an object either because it gives off light (like the Sun), or because the object reflects (or bounces back) light (like the Moon or an apple). A coloured object reflects only certain wavelengths of light. The reflected light is the colour the object appears to be. For example, a red apple absorbs all the colours of light that hit it, except for red light, which it reflects. So you "see" the red apple.

Each colour we see has its wavelength and unique frequency. Each unique frequency has a different effect on people and is used for different purposes.

Materials: A set of coloured pens, or crayons or paints, and your journal or paper.

How it works:

Begin by scribbling or shading with the colour that matches your mood right now.

After 30 seconds, switch to writing:

"This colour feels like..."

"My body responds to this colour by..."

"The colour I need next is..."

DAY 4 – EARTH PULSE GROUNDING

Materials: Headphones or earphones, A low, steady drumbeat or a soft 7–8 Hz binaural beat track like this one. Imagine this rhythm as a reminder of stability and connection. What part of you softens when you match this pulse?

How it works:

- Sit or stand with your feet on the ground.
- Press play on your binaural beat
- Tap gently on your chest, thighs, or a drum in sync with the rhythm, or sway – move in a way that feels natural to you.

Transcribe your thoughts, feelings, expressions, anything really, here:

DAY 5 – CREATIVE VISUALISATION

In this exercise, close your eyes and imagine one of your dreams or goals. Really let your imagination fly!

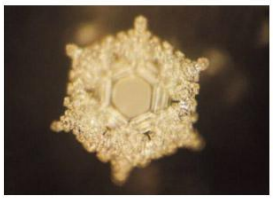
Make it specific. How does it make you feel? Repeating positive thoughts to yourself has a knock-on effect, like "I am happy, healthy, fit". What do you want to visualise, and why? Set a goal and imagine yourself as if it were already true.

Don't think this has any credence? Think again. Have a read through a study: '*Imagination beats practice in boosting visual search performance*' in Phycological Science.

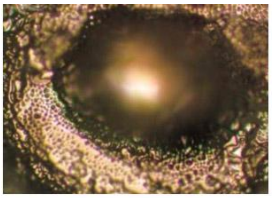
Some space for your notes below:

DAY 6 – CHECK YOUR WORDS

Dr. Masura Emoto, (1943 – 2014), a Japanese scientist, found that if water is exposed to *positive thoughts and words*, it formed beautiful geometric patterns, and the opposite was true for *negative thoughts and words*. There's are some of his images:


Love and Gratitude

You Disgust Me


Evil

Thank You

What about us?

Our body is made up of 70% water, and water serves as the transporter of energy through the body. If the vibrations of thoughts, words, and music can change the vibrations of water in a Petri dish, then think of what our words and thoughts can do to the water in our bodies!

Intention and your water

Materials: A glass of preferably filtered water

- Pour a glass of water, and rest both palms around it, holding it firmly, slowing your breathing.
- Create a positive intention for today – it could be love, gratitude, I am healed and whole – whatever feels relevant to you today,
- Focus on your water, and repeat your intention, either in thought or out loud as you prefer, 3 times.
- Drink, knowing that your thoughts and words influence the make-up of the water you are drinking.

DAY 7 – THE ROCK AND THE JOURNAL

Practice Gratitude. Create a gratitude journal every day. Or carry a gratitude rock, and when you see or touch the rock during the day, pause and think of one thing you are grateful for.

Prompts:

At the end of the day, write down three things you felt grateful for. Then, explore one of them more deeply using these prompts:

- What made this moment or person meaningful to me today?
- How did I feel in my body when I experienced gratitude?
- What energy or frequency did this gratitude carry: calm, joy, love, peace?
- How can I express or amplify this feeling tomorrow?
- What does this gratitude reveal about what I value most?

Creative Consciousness is a sanctuary where creativity, science and spirituality meet in the most natural, human way.

My digital courses are designed to help you explore frequency, energy, identity, sacred geometry and the deeper layers of who you are. All created with intention, clarity and heart.

I'm so glad you're here.

If this journal opened something in you, please explore our other self-expansion tools:

- The full ***Frequency & the World Around Us*** **course** takes you deeper into resonance, perception, and conscious creation.
- The **Anti-Fluff Frequency Deck** is self-printable with 44 precision designed oracle cards with practical ideas to increase your frequency.
- **Who Am I course is** a guided journey into identity, awareness and the deeper truth of who you are. Explore yourself beyond roles, labels and expectations, and reconnect with the quiet intelligence that has always lived within you.
- The **Sacred Geometry course** explores patterns and geometry of the universe, all of creation, down to the smallest cells, and YOU. And discovers why it makes all the difference.