

*Raise Your Frequency is your Guide to shifting your energetic frequency into alignment where divine laws can work in your favor and you can improve every area of your life by clearing blocks and connecting with your infinite potential.*

# **Raise Your Frequency**

## **Your Guide to Energy and Intuition and Working with the Magic of The Universe**

by Anne Deidre

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**So That  
What You Are Looking For  
Can Find You**

**YOUR GUIDE  
TO ENERGY AND INTUITION  
AND WORKING WITH THE MAGIC  
OF THE UNIVERSE**

**ANNE DEIDRE**

**Bestselling Author of  
*Intuition and Extreme Intuitive Makeover***

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## Accelerator 4: Your Sovereign Energy- Be It

It's important to understand and recognize that we have an energy body within our physical body that is divine in nature. It resonates naturally with higher frequency. This is our divine birthright. There is the spiritual law of free will that says we do not have to identify, engage, or resonate, that is to feel anything we don't want to. The issue is that we are feeling all kinds of energy that does not belong to us. It came from somewhere outside of us in the collective consciousness energy, or from other people's belief systems, their thoughts and beliefs that they carry, that we have picked up from being around them. This happens all the time and from my work as a professional intuitive healer since 2010 working with clients, the empathic energy people carry that is not theirs not only started in childhood but in past lives. We have a right to autonomous energy, energy that is sovereign, free from the chaos other people feel, and often world events create. We can be empaths but there is an energy we can embody that is more aligned to the divine. Empathy is an ability to feel other people's

feelings. This had been considered a form of sympathy, even pity. But these are not the highest of vibrational frequencies. We can go beyond empathy, that is feeling other people's feelings no matter if they are feeling angry, fearful or sad, and move into what I call noble compassion. Noble compassion is a frequency I discovered through working with people as an intuitive life coach, as guided by my higher self, the angelic realm and ascended masters and Source Consciousness. I was taught this directly in 2010 when people started ordering coaching programs with me out of the blue, with no advertising. Source was sending people to me to clear their energy so that they could discover their divine gifts and talents. I could work with people very effectively with energy healing and intuition as I was not taking on their challenges and difficulty from trapped emotions, but rather with noble compassion I could observe and witness what they were feeling, observe their emotions and instead of resonating with them, I stayed at a higher frequency where the noble compassion would emanate a healing into wholeness energy that assisted them in clearing lower vibrations and brought in more light. With more light they could vibrate in a higher frequency and connect with their soul's mission. The anger, fear and sadness that did not belong to them would dissolve, and the anger, fear and sadness that did belong to them but were not of a higher

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frequency would dissolve as well. When they could connect with their own true sovereign energy, that is a naturally higher vibration, they could connect to a higher frequency where their true purpose and soul's mission resonated. When likening to a radio channel, the FM stations are clearer, and AM stations more staticky typically. With this metaphor in mind, your sovereign energy and what you are meant to experience on your highest good path is on FM not AM frequency. Here are some ways to experience more of your sovereign energy and no one else's energy.

If you are now saying early in the day "Higher Self Guide Me" you are more apt to be aware of how you are feeling in any given moment. Your feelings are a barometer providing information to you about your inner state of being, your energy and vibration. Make a point to check in with yourself throughout the day so you can manage your energetic vibration effectively and resonate at a frequency that you would choose, not default to without your permission. Pause and observe your feelings. While there are a variety of emotions you can experience, let's work with the common ones of anger, fear, sadness, love and joy. What are you feeling? If it is not love and joy or a close version of those, you do not have to keep feeling them. I work with Archangel

Michael who guided me for myself and to share with others that when you feel any version of anger, fear or sadness you can stop and say, "Is this mine or someone else's?" When you do that Archangel Michael will automatically clear that from your energy if you resonate with this. This is your free will saying, yes please release from me all emotions that are not mine and he will, you can follow with then saying, "thank you, please infuse my energy field with unconditional love." Your well-being is your divine birthright. Your feeling your best, actually resonates to assist the collective consciousness, the field where all belief systems are held, often with unhealthy lower vibrational ones, and helps to lift not only yourself to a higher vibrational frequency, but that of the entire planet of collective consciousness. Someone around the world can feel better because you have personally transformed your own energy by lifting other people's energy from your energy field.

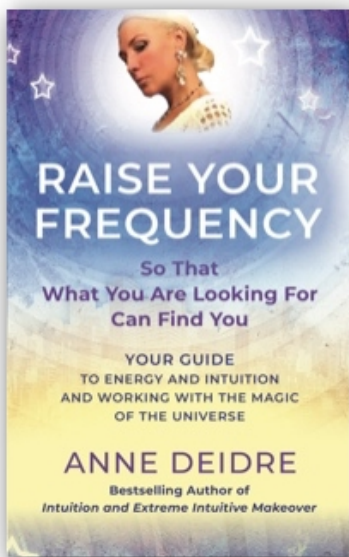
Along with connecting with Archangel Michael through the "Is This Mine or Someone Else's" question, you can work with the bind up and away exercise from Accelerator 1 exercise to integrate past life energy. Also, understand that by working with your higher self and following its guidance, you are accumulating an

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authentic sovereign energy frequency pathway, a trajectory that attracts and magnetizes more of your highest good to you. It's as if you are saying to the Universe "I am doing this, I am following my intuition, and every step I take resonates with more openings and expansion and ability for me to experience my highest good." As you move forward in your life from this place, you are signaling with frequency out to the universe more power with the laws of attraction and resonance. When you are emitting your own frequency of sovereign energy, chaos doesn't have to get in the way, delays not of divine timing are over. You build in momentum, spiritual power, and with divine flow, you can experience tremendous synchronicity, serendipity, and miraculous outcomes.

We are human beings, but many times we do not stop and just "be." Before we take action, it is extremely powerful to "be" the energy before the "doing." Think about something you would choose to create or experience and see it already occurring in your imagination, check in to see how you would feel if this came to be without any limitations coming from fear. Feel the good feelings about whatever it is, notice anything less than what feels right and discern, evaluate before proceeding. Discernment is different from

judgment, it's not a blanket right or wrong, but rather an exercise in energy evaluation. True right action that comes from empowered envisioning feels like well-being, you may notice some fear feelings, but the energy of authenticity is stronger. This way you are engaging in conscious creation and can be in the energy in advance. You can feel your highest good before it happens. More in later Accelerators on this. This is a Spirit guided divine feminine practice to become more fully aware of conscious choices and make them from a place of centered wholeness. When you become more embodied in your sovereign energy you resonate with the outcome before you even take an action step. It's that you become so full of true authentic energy, energy that is aligned with what you really want to create, would choose to create with awareness, and there is so much more power in that for what you want to come to fruition. You are then divinely guided with your steps, and you attract and magnetize what you want to you. When you don't work on your own sovereign energy your energy is more diluted, with energy draining away from you. Instead work with the sovereign energy recommendations above here, and feel more authentic power, and resonate with the frequencies of alignment and flow.



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