

Frequency & The Collective Consciousness

What is the collective consciousness?

It's the combined consciousness field of all of our species – all of humanity. We have our individual consciousness, and the collective which every human being on the planet is connected to.

In addition to the collective human consciousness, we can break this down into smaller groups: individual societies have their own collective consciousness too. This includes a shared set of beliefs and values that people within that society have. It's essentially a 'group mind', encompassing the beliefs, ideologies and thought patterns of that particular society. It includes not only the beliefs of the present-day society, but that which came before them.

What is our 'frequency'?

You'll hear me use this term a lot – our frequency is our state of being, it's how we feel. If you are feeling happy, joyful and loving, your frequency will be higher than if you are feeling sad, angry or bitter. Checking in with yourself regularly to notice what you're feeling is a great way to monitor and adjust your frequency.

This article includes the [Frequency Chart](#) which is a clear, visual way to explain frequency.

How can we best serve the collective human consciousness?

The best way to do this is by working on yourself, on your own frequency. Putting yourself first. Contrary to what many of us believe (due to the collective consciousness of our individual societies), putting yourself first isn't selfish.

How can you possibly serve other humans if you are unhappy, burned out or exhausted, from constantly giving to others? Coming from a low energy space means you are more vulnerable to lower frequencies like anger, resentment, bitterness, hurt, or adopting a victim mindset. This doesn't serve you, or anyone else.

You affect everyone you come into contact with *energetically*. This isn't limited to the people you see in person, this means everyone you interact with, either in person, by phone, through social media, text messages, emails and video calls. When we interact with another human being, we are affecting them energetically even if this is simply by thinking about them. If we send people harmful thoughts this can affect them – and us (the law of attraction brings us more of whatever we give out). We are far more likely to think negatively about other people if we are coming from a higher frequency



ourselves. To get into a higher frequency we must focus on higher frequency states of being; love, peace, compassion, kindness, gratitude.

Our individual consciousness affects the collective. If we can raise our own frequency, this in turn raises the collective consciousness.

In summary

Every human being on the planet affects the collective consciousness whenever they take steps to raise their frequency to higher vibrations of love, kindness, gratitude. The more we rise up, the more we benefit all of humanity and that's incredibly powerful!

View my [Collective Consciousness You Tube video](#) on this subject.