



Frequency & The Collective Consciousness



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Spiritual Guidance & Healing



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What is the difference between ‘vibration’ and ‘frequency’?

I'll begin by explaining the energy field: Your energy field surrounds you and permeates every cell of your body. It's within the body, and also outside of the body. It contains the chakras, the physical body and the aura (which are the different layers of the energy field that sits outside your body).

Your energy field vibrates in a constant motion. It vibrates at a certain rate, which is called its frequency. The faster it vibrates, the higher your frequency.

What affects our vibration?

Many things affect our vibration including your emotional state. The longer you spend feeling love, joy, gratitude etc, the higher your frequency. The same can be said about lower emotions as the emotions themselves have a certain frequency.

But our frequency is also affected by our state of consciousness. When we raise our vibration, this affects our level of consciousness too. In an expanded state of consciousness we can feel more love and peace etc, but we can also release our limitations, expand our perception and perceive our multidimensionality. This is generally a slow journey. We are in the process now of raising our collective vibration (see below) and this is due to us choosing to be more kind, loving etc and choosing to move away from lower frequencies. We're also un-learning our negative and limiting beliefs and programming, though things like shadow work. When we release the limitations we've placed upon ourselves, this opens our mind and our consciousness to new ways of perceiving our reality. This also increases your vibration - which in turn raises your frequency.

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



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.

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 help other people 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). And we are less 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 which include love, peace, compassion, kindness, gratitude.



Our individual consciousness affects the collective. If we can raise our own frequency, this in turn helps to raise 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 – how incredibly powerful!

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



About Melanie Stevens

Melanie Stevens is a Spiritual Teacher, Reiki Master and Tarot Teacher. Beginning her awakening journey in 2019, Melanie has learned multiple spiritual modalities over the years and she now shares these learnings with others.

Melanie teaches her students how to develop their psychic and intuitive skills, explore their shadow self and past lives, work with energy and frequency, expand their consciousness and develop on their spiritual journey. Students can also learn how to become an Energy Healer and Tarot Reader. Visit her website to explore her library of spiritual courses 🌟



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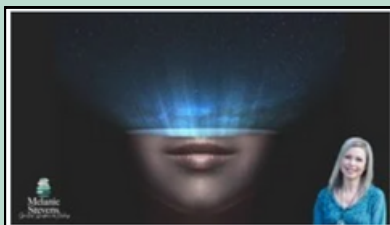
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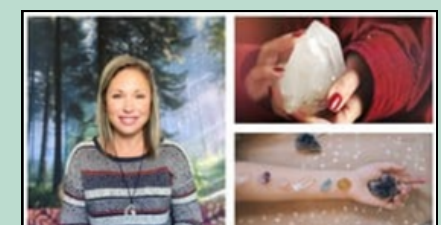
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