

Raise Your Daily Frēq



Written by
Paige Farrington
Published on
February 1, 2023

Leaving for a trip always puts me in energetic over drive because of everything that needs to be done before I leave. Don't get me wrong, I love to travel, but the actual packing of my suitcase and attending to the 500 hundred things that need completed, is my least favorite part of the process. I often feel anxious and stressed, like a squirrel running from task to task, not feeling fully present to any of them.

This is exactly what happened to me last week. So I decided to take a different approach. I wasn't enjoying feeling the adrenaline coursing through my body and the mental ping pong match that had me running from one thing to the next. So I decided to change my frēq, aka frequency.

There is a beautiful little wooded area not far from my house and fall's poetry was reciting itself that day as bright, warm sunshine and a vibrantly changing landscape. So I headed out my door and put my feet solidly on the earth, step by step, for 30 minutes. Orange and yellow trees flanked me, while the crunch of pine needles and leaves beneath my tennis shoes recorded my pace. With awareness, I breathed in the beauty that surrounded me. Gradually my adrenaline induced stress calmed and before long I heard myself actually sigh with peaceful contentment. This brief, change my frēq walk, was the perfect recipe for me to calm and center my previously frenzied mind.

I came home present and ready to focus my energy on each task. That simple 30 minute walk shifted my energy because it calmed my mind, which changed the way I was physically and emotionally feeling. The rest of that day flew by as I got it all done and headed to bed relaxed and ready for the trip.

Your thoughts and your feelings make you a second by second energy generating machine. If you want something different, change one of those things and you've changed the frequency of your day.

Going for a walk in nature is one of a hundred different ways to raise your daily frēq. But the first step is always choice, because you have to choose to take the small actions needed to instigate your energy shift. Listen to our 12 minute guided meditation. Try a quick morning yoga practice or create a calm state of mind and body before bed. Breathe in some essential oils for 3 to 4 minutes or try one of our carefully crafted sprays. Put some uplifting music on and have a dance party for one. Sit and just breathe for a few minutes. Read something positive or watch something funny. Or try my favorite and go outside and absorb nature's wonder.

It feels good to feel good. If you don't feel great then make the choice to take a small action that changes your daily frequency. It truly only takes a few minutes to get your frēq on.