

Powerful Ancient Yogic Techniques To Activate A Higher Frequency For Positive Change

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RUMSON, NEW JERSEY, USA, November 13, 2014 /EINPresswire.com/ -- Many people want to stop their negative thought patterns and achieve the life they have dreamed of. [Master Kundalini yoga teacher](#) Karena Virginia teaches an effective 3-part practice, beginning with her miracle breath, to activate a higher frequency to attract love and abundance. For more information visit www.karena.tv

Deep breathing is one of most potent missing links in health and well-being. Using yogic breathing, combined with positive thought activation to charge the psyche, this higher frequency brings profound changes to attract a life of increased finances, healing, comfort, fulfillment, inner peace, joy or a relationship. She refers to this as "Activating the Love Frequency".

Scientific research has shown that breathing, yoga and visualization techniques, like those taught by Karena, have effectively healed imbalances in the mind and body. She teaches this to all ages and it is highly effective for children, to help with coping, anxiety, absorbing and retaining information, experiencing increased focus, happiness, better sleep...an overall better state of health and well-being.

"When you are in place of worry, stress or fear, you can't just change your mind to change your life. You have to take action. You have to change your vibration. Learning this effective practice will take you from a low to a higher vibration, from fear to love which is where miracles occur," states Karena .

The combination of these three parts is what activates the whole practice and consists of:

1. Miracle breath – Using a special trigger technique with the tongue, this ancient yogic



breathing technique balances the activity of the brain hemisphere to give you clarity, peace and shift out of negativity.

2. The "I AM" Affirmation – Set your intention by phrasing it as an "I am" statement plants the seed of the outcome you envision into your being. If you want money, you say, "I am financially prosperous." If you envision a life of peace you say "I am living a life of peace."

3. Frequency Keys – These six high frequency attributes increase the resonant frequency to activate the "Love Frequency". It is essential to be reached for dynamic change to happen Karena uses the word "Angel" so everyone can remember these six attributes.

- A – Align – connect with awareness to a higher frequency, Ask, using your "I AM" statement and visualize what that looks like.
- N – Now – Be here. Be in the present moment.
- G – Gratitude – Stop and think of 10 things you are grateful for. This brings you out of the scarcity mindset into an abundance mindset.
- E – Expect - [Expect miracles](#). You are not in control, you are co-creating with the Divine. Allow it to come. When our mind is in the frequency of expecting miracles, we are telling the Divine that we are expecting the best. Miracles are everyday occurrences. A miracle is something that can happen beyond our capacity to comprehend as human beings
- L – Love – Love melts away resistance and negativity and is the field for all possibilities. Love allows you to become a magnet to your deepest desires.
- S – Surrender – Let go, trust and receive. Don't ask how or try to control, just allow and give all your fears to the Divine

Continue to practice anytime negative thoughts occur in your life and anytime you want to create a miracle!

Karena Virginia is a Master Kundalini Yoga teacher certified in Hatha and Kundalini Yoga and teaches throughout the world. Teaching for over twenty years, she began her path as a spiritual teacher while working in the entertainment industry as an actress and model. Karena is an intuitive healer who brings accessibility and wisdom from these ancient teachings which utilize tools for attracting love, abundance and miracles. She is a wife and mother of two children. Karena has just released the highly acclaimed yoga video, "Abundance and Miracles." For more information visit www.karena.tv.

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