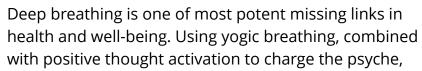
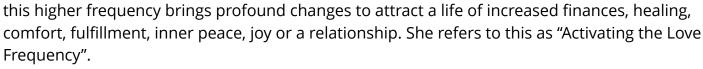


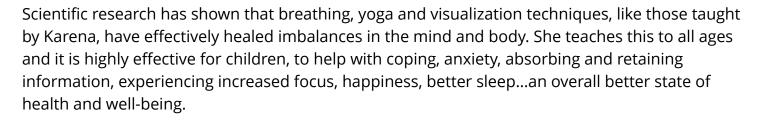
Powerful Ancient Yogic Techniques To Activate A Higher Frequency For Positive Change

Scientific research shows that breathing, yoga and visualization techniques as those taught by Karena, have effectively healed imbalances in the mind and body.

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 visitwww.karena.tv







"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.

For additional information on Karena Virginia, or to schedule an interview: Contact Michelle Galatoire 281.798-2002 michelle@nourishandbloom.com

Press release courtesy of Online PR Media: http://bit.ly/110R5m8

Michelle Galatoire Nourish & Bloom 281-798-2002

email us here

This press release can be viewed online at: https://www.einpresswire.com/article/234438428

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information. © 1995-2024 Newsmatics Inc. All Right Reserved.