



## THE FOUR FREQUENCIES OF SPIRITUAL CONSCIOUSNESS

By Michael Bernard Beckwith

<i><b>FREQUENCY ONE</b></i>	<i><b>FREQUENCY TWO</b></i>	<i><b>FREQUENCY THREE</b></i>	<i><b>FREQUENCY FOUR</b></i>
<b>To Me</b>	<b>By Me</b>	<b>Through Me</b>	<b>As Me</b>
Victim	Law	Vessel	One
Forgiveness practices	Affirmations, Visualization, Vision Boards, Best case scenarios	Visioning Meditation Mindset of Openness, Receptivity, Beginners mind, Affirmative Prayer	Meditation, Visioning
The experience of having no control	The experience of the power to manifest	The experience of being a vessel or channel through which Spirit speaks and acts	The experience of Divine Oneness, Mystic Mind and of being One with Spirit
"Why does this always happen to me?"	"I can control my thoughts and my life"	"It is not I, but God, that does the work"	"I am one with God"
The opportunity to give up blame and shame	The opportunity to give up control and power	The opportunity to give up a sense of separation	The opportunity to experience limitless consciousness as Me

The Four Frequencies of Spiritual Consciousness is a guideline meant to provide a description of the evolutionary process, which itself is continually evolving. You may observe your life structures\* expressing at different levels within these frequencies. They are dynamic, not linear or static.

\*Spiritual, Ego, Livelihood, Relationship, Body Temple, Financial, Beliefs & Community.