



# 365 Ways to Raise Your Frequency: Simple Tools to Increase Your Spiritual Energy for Balance, Purpose, and Joy

By Melissa Alvarez

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Connect with your core spiritual self and increase your vibrational rate with 365 easy ideas quick enough to enjoy every day. When you use this guide to raise your frequency, you empower yourself to turn positive energy into happiness and abundance.

Elevated spiritual energy attracts purpose and joy into your life. Use these inspiring daily entries to create positive intention as you discover:

- How to identify your present frequency and build a foundation for growth
- Simple exercises for letting go of the negative energy that lowers your frequency
- Techniques for interpreting messages from your spirit guides
- Creative ways to use crystals, stones, and colors to attract positive energy

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### Editorial Review

#### Review

"... an eclectic and insightful perspective on the many ways we can connect to our core spiritual essence by raising our vibration emotionally, physically, mentally and spiritually. Some primary keys to success are to practice, trust and believe in your Inner Self!" ~ Dawn James, *Raise Your Vibration, Transform Your Life*

"...a must read for everyone who wants to move forward on the path of life. ...a daily roadmap for achieving happiness and success through simply shifting our vibrations. Not just another "how to" book, there are 365 engaging methods of doing so. Brilliant and highly recommended for all!"~Dyan Garris, author and New Age musician

"As a professional Tarot consultant, I am always on the lookout for other modalities that I can segue into my own work with Tarot. Melissa Alvarez has given me exactly what I need and 365 ways to do it. Deceptively simple, this book can help you on your own path." ~ Stephanie Arwen Lynch, President, American Tarot Association

#### About the Author

**Melissa Alvarez** is a bestselling, award winning author who has written ten books and nearly five hundred articles on self-help, spirituality and wellness. As a professional intuitive coach, energy worker, spiritual advisor, medium, and animal communicator with over twenty-five years of experience, Melissa has helped thousands of people bring clarity, joy, and balance into their lives. Melissa teaches others how to connect with their own intuitive nature and how to work with frequency for spiritual growth. She has appeared on numerous radio shows as both a guest and host. Melissa is the author of *365 Ways to Raise Your Frequency*, *Your Psychic Self*, and *Animal Frequency*. Melissa's books have been translated into Romanian, Russian, Chinese, French, and Czech. She lives in South Florida with her family, dogs, and horses. Visit her online at [www.MelissaA.com](http://www.MelissaA.com) and [www.AnimalFrequency.com](http://www.AnimalFrequency.com).

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