Introduction and Guest Welcome

– Hello. Hello and welcome to another episode of The Medicine of Mindset. I am your co-host, Dr. Anita Jackson and I am truly excited to have this conversation with my guest expert today.

Angelique Renae Trabal who is a licensed esthetician. But what you're going to learn about Angelique is that she is phenomenal when it comes to really explaining energy frequency and vibration, especially how it applies to frequency therapy, beauty wellness and anti aging.

She is one of my close friends and when I knew that this was a conversation you needed to have in regards to how energy of impacts the way you think the way you feel.

She was one of the experts that I knew had to be here so you can learn so much from her. So Angelique thank you so much for being with me today. – Thank you so much for having me. I'm excited to be here.

– Well let's start off by having you introduce a little bit of who you are, what you do and how you show up in the world. – Absolutely. Well, my name is Angelique Renae, I'm a holistic beauty expert, licensed esthetician speaker coach and trainer to other licensed professionals around the globe and I really take a powerful stand for beauty and wellness from the inside out. And one thing that I noticed years ago in the beauty industry in particular is we try to treat everything topically from the outside and quite often the treatments that are available really.

Women are running two to matt and cover up the fact that their lives are completely tipped out of balance and what they're seeing on the outside is an expression of what's going on on the inside. And so I really look at everything holistically.

You know, lifestyle hormones, diet sleep patterns, um you know, stress management, so many different things that can contribute to a person's appearance.

Because if you have energetic leaks, if you have things that are wearing you down, sucking career toxic relationships, no matter what it may be, then that level of exhaustion that you're seeing in the mirror is typically a soul level exhaustion. And there are times that people will walk through my door and they say I'm so sick and tired of just looking and feeling tired and they come to me because they want some magic treatment plan.

But the reality is, is quite often I'll look at them and say I'll start asking the questions to understand where they're at that holistically and then we can address some of those things and put those things back into balance.

Holistic Beauty and Inner Radiance

So that way, once they actually have beauty treatments, it's really just the icing on the cake in order to kind of polish up and bring out their inner beauty because the radiance actually comes from within, – You know, with everything you just said because right now obviously we're still dealing with the pandemic that we've been dealing with for the past, what? 2.5, 3 years almost now and all of us are still stressed out. You know, the gallup just recently did a World State of the World report and the first thing at the very top of this particular report says the world is suffering and it really talked about how we're so stressed and we're so um I'm just disengaged and we're so just overwhelmed. And when you said energy leaks, I'm like that's exactly what I think we're experiencing and that's why we're so tired or my favorite phrase book broke, busted and disgusted and time.

Yeah. Right, so go ahead. – No, I was gonna say you're absolutely right. You know, we have so many things pulling on our energy now, you know everything, especially in the age of technology and then you add media on top of that now we have social media and so many different things that are pulling our attention and our time in different directions that we are feeling depleted. And even just the E.

M. F. That's coming off of all of these devices and five G and wifi and you know, there's we're a constant state of attack in our energetic field and as those things leak and if we are not intentional and conscious about how we're managing our time and our energy then we become depleted and it's hard to be our best and give to others and give to our work and give to our families if we have these energetic leaks that we're not managing properly.

And that's why I'm so passionate about free frequency therapy because number one, I already knew I was, I've already been using frequency therapy in aesthetics to stimulate the skin. I understand how it repairs the body, I understand the history behind it. Number two, I understand healing energy, you know, I I have certified in multiple healing modalities and so energy healing and energy work makes sense to me.

And the if you take the ancient wisdom of our ancestors and you stick it in a piece of technology, then you've got something like the heli and it's like our technology is just now catching up to that and I have a lot of clients that may not be on the spiritual path and maybe because of their belief systems, they're not open to certain types of healing modalities, but if you put a piece of technology in their hands and explain to them how it works and that's really my gift of communicate and that's how to explain that to my clients, then they go, oh okay, and now you've empowered that person to take their own well being into their own hands and then play an active role in the process and in their progress and it's like you're giving them their homework because I can do what I do as a practitioner, but really I am partnering with my clients and I am supporting and empowering them to take the lead when it comes to their own.

– So you've said a lot here and I think there's so much for us to unpack. So I want to kind of go through it a little bit and I actually took notes because I knew this was gonna happen. I knew she was gonna give you so much rich information so that you can make some new decisions to change the way you're living your life. So when you're talking about energy leaks, you're talking about soul leaks. You're talking about E.

M. F. S. And all the different things that we are being attacked. Like we're under a state of attack over and over again. And then you talked about Heli I I have to say healing is a phenomenal tool of medical device and she'll go into more details about it.

That has changed my life as well and brought about healing. So right now if people can't get Healy which will explain shortly, how do we begin to heal or at least what kind of thinking or activities can we focus on that begins to heal our energy leaks. And then how do we use frequency therapy as a part of that process? – Yeah, that's a really great question.

So first and foremost, one of the things that can that can really help everyone is connecting with their breath. There's a saying 100% of doctors agree that breathing is essential to life connecting with bret is so important and it's funny because I had an acupuncturist years ago that I sat in his office and I was, I was going through divorce and I was going through career change redesigned in my life and I was suffering severe anxiety and he asked me to take a breath and I went and he goes, no, he's like, and he put his hand on my tummy and he put his hand on my back and he was like, I want you to breathe down into your belly. And he taught me breathing and just being able to connect with that breath and slow everything down was just, that's one thing that made a huge impact for me. Other things that people can do is kick off your shoes and ground, get onto the Earth, whether it's on the sand, whether you're on a rock on grass. It is scientifically proven that those negative ions help to reduce inflammation in our body, help to combat depression. And it re energizes and reinvigorates our body.

Energy Leaks, Stress, and Frequency Therapy

And it's funny because now they're making devices to help you do that. You know, we're constantly wearing shoes were const walking on pavement. So, you know, just really grounding and connecting with the earth is really important.

Another thing that was really helpful for me as I went through the most stressful period of my life was I found power in botanicals and essential oils, all of those have a unique signature and electromagnetic frequency that is measurable by science and those, those frequencies and those oils can actually penetrate our body and our system at the cellular level. So I had a stress management kit that I used to carry on my person when I was getting stressed out at work.

I dismiss myself and go to my car. I go to the bathroom and you know and I could and it was empowering because if I felt overwhelming because I'm a person that suffered very severe anxiety for several years and it allowed me to create to completely shift out of a state of overwhelm to a state of peace and serenity and calm where I could regroup and have clarity and focus and be able to come back and prioritize my task list without having all of that static in my energetic field.

You know because that's what happens. We get overwhelmed and everything goes on to hyper overdrive. And it was so bad for me at one point that I actually used to choke on my food at the dinner table.

I felt like I had an elephant standing on my chest. And so I know what it is personally to to deal with. That it was to the point my nervous system was so shot that it would take me an hour or two of nursing myself just before I could get out the door and go serve and support my clients.

So there is so much power in energy and and every organ, every tissue within our body has a measurable elect magnetic frequency. And if that is out of balance, we now have technology that can measure that to say, hey this isn't vibrating at the speed that it's supposed to be vibrating.

And now with frequency therapy we're able to then send this cocktail of frequencies to those organs and those systems to counteract that and get it up to the vibration of frequency that it should be in order to create homeostasis and back within the body. It's extremely powerful and it's not new.

You know, we're just now catching up to like I said, the wisdom of our ancestors. But in the technology space, you know this technology actually goes back to the 19 thirties. And so if I'm not sure if you've ever heard of Rife frequencies but Dr. Royal Rife. I think it was around 1939.

He was the first doctor to be able to show under a microscope that you could burst viruses, bacteria, leukemia cells under a microscope using sound waves and frequency.

Now of course, you know his data and all of that. All of that research was suppressed for a very long time. Then we started seeing the emergence in the 19 fifties in aesthetics.

So this is where my trade comes in where we now figure out, wow these frequencies, stimulate the body's natural electrical impulses. And in doing that you can increase the micro circulation which improves blood flow and the off oxygenation of the system which helps the body to repair.

You can actually repair at the cellular level. And so I'm able to go in and stimulate the muscles in the face, stimulate the different layers of the skin to produce collagen and elastin. And it's almost like you can just lift and reinvigorate the face of the skin. It's like a workout just like you go to the gym and you're going to work out, you can do that with your skin and your face and your muscles too. So you know, to take it steps further.

One of the things that I've learned throughout time, we're in the age now that now we're playing in the world of stem cells in the X. Zones. And you know stem cells, we lose 50% of our now just let me back up what stem cells are. Stem cells are responsible for repairing all the organs and tissues within our body. And we actually lose 50% of that production by age 35 we lose 90% of that production by age 60. That's why we don't heal as fast. That's why you know our skin doesn't regenerate as quickly. So there's two aspects to that I have ways that I can help kickstart the stem cell production with clients.

But the cool thing with frequency therapy is you can actually amplify and stimulate the stem cell activity. It's like you can wake them up so that way they go and they do their work and they can, you know, repair the tissues in the organs.

There's so many different uses for frequencies out there. I have a lot of colleagues that work in anti aging and regenerative medicine or functional and integrative and there are devices that are aligned with the meridians according to Chinese medicine. But also they use for say joint rehabilitation, it all helps with inflammation and pain.

You can break down scar tissue and to take it steps further from all of the data in Europe because we, you know the the medical devices in Europe, they've been you know, working in this arena for 20 plus years um and practitioners are seeing improvements in and things like depression, anxiety, you know, fatigue and energy, things like that and that's where I gained the most benefit.

It was funny because I got it just because I was wondering, I started really working with frequencies, wondering if I could offset the anxiety that I was feeling. And it was interesting because there's your basic programs which are gold programs um developed by noon.

Oh Nina in Dr. Nino Nina in Portugal I started running just basic balancing programs and it was about three weeks in, I hadn't even run an anxiety program yet that I was like wait a second, I haven't had to nurse my nervous system for several for like a week or so and I haven't even run an anxiety program. So it just shows how everything is interconnected. Your body is a computer circuit board and any time there's a disruption, any time that we have a cut or a scar or appear seeing our tattoo, whatever that may be that can disrupt the channels and our meridians where our energy and our neurological impulses flow and then when those get blocked then that energy can build up and manifest as pain and illness and other symptoms that were costing them to treating. And in Western medicine we look at and say, okay, I got a pill for that.

– Yeah, I can't tell you. I just like keep going. So right now, I'm sure a lot of people are wondering what's that on your shoulder that you're wearing right there on your chest and I can't wait for her to explain it to you.

I am one, I should have my onto, I don't, I forgot to put it on. But I know that this is something that you can talk at length and you've already kind of alluded to. It already talk about Heli and this beautiful, gorgeous device that you're wearing – Absolutely so Healy is really cool because it was the first device that I found as a practitioner where I can actually scan a client treat a client or a client can purchase it to use at home for their own personal use and use it on their families and pets and everything else. The parent company time waiver actually is over 20 years old and the software and the devices you used to go, you used to sit in a medic office hold two rods for polarity.

So you know it would create a circuit throughout the body. And they developed these frequencies and they cultivated just thousands upon thousands of case studies over the years of how it was benefiting the body.

And so what they decided to do is they took a look at it and Marcus Schmick is the the the founder of the company that looked at and said how can we pare this down for the individual you and in doing so. So now instead of having this robust software and a chair to sit in and all these things and depending on an appointment with your medical practitioner, how can people use this for daily use?

And so they said let's scale it down, let's create an app for our phone. Everybody's used to using apps now. And the original launch had 100 and 30,000 frequencies that were throughout the body. And what's cool is the different programs.

Everybody is different with the biofeedback component. You can run this two people could run the same program but you're gonna have a different cocktail of frequencies based on the bio feedback as to what your body actually needs and receives and how it responds to it. So there's a lot of really amazing everything.

How Healy Works and What It Can Treat

There's settings for you know relaxation for sleep for There's anxieties, headaches, pain, scars, skin and you know concentration there's things related to work and learning and and what's beautiful about it is there's the micro current aspect which delivers the frequencies to the physical body but then they have what's called the resonance.

And the resonance actually works with your energetic field. And your energetic field again is measurable by science because you know it's simply is all the atoms and protons and neurons that are you know moving around one another at a rapid pace that create this energy that creates this field around our body.

That that is our energetic field. And what's interesting is you can actually capture somebody's unique frequency and

vibration because we are all in the quantum field. We all have a unique vibration of frequency when you capture that that serves as your I. P. Address in the quantum field.

So then you can do a scan and a reading to see where your imbalances are. And then I could send frequencies to you to your energetic field separate from the programs you can run for the physical body. What's beautiful about that is you can have it running anytime anywhere. And you can also do distance healing and send people frequencies at a distance because it is simply based off of mathematics.

Sacred geometry. Quantum physics and I've actually been on the phone with some of the, it's a German technology, but I've been on the phone with some of the quantum physicists before. And you know, the Germans are very straightforward and it's like no nonsense.

They were like we are calculating, you know, the equations in order to make this possible. And we're seeing, you know, the results that we never thought possible, you know, because they're trying to calculate everything in their mind, but we're really just scratching the surface of what we can do at a spiritual, emotional and energetic level. And it was Albert Einstein and you know, you've got the wisdom of Nikola Tesla that just knew that the future of medicine is going to be measured in frequency and energy. And that time is now they even have a, a term that they point now called electra Sue tickles.

So yeah, you get it, you can go down the rabbit hole on that one. But yeah, we're seeing a lot of amazing, amazing results even pairing things like stem cell therapy with frequency therapy and um, you know, just especially for people that have early onset dementia, post traumatic brain injury. You know, we're barely scratching the surface on how we can use this to regenerate our bodies and bring everything back into balance.

– I absolutely, I'm a healing user as well and when it was introduced to me by one of our mutual friends of ours it was an immediate yes because I understood with a little bit that I understand. I mean Angelique Renae surpasses me in regards to what it what it's all about. But just having the knowledge that I have helped me really understand why this tool was so powerful.

So what would happen? What happens when a person makes the decision to pay attention on a regular basis to their energy, their frequency and the vibration?

How does that impact their mindset? How do you think that's gonna impact their life? – Yes, that's a really great question because it empowers us to shift you know and create shift in our own lives and to take personal responsibility for our life experience.

So if you feel that you're off, if you feel that you're feeling blue, if you feel that you're feeling scattered, maybe you feel anxious, you can choose to shift your own energy, You have the tools available to be able to do that.

What that can do is make you more grounded, present connected and it really will have a ripple effect. You know how you show up in the world is going to have a ripple effect in everything that you do everyone that you touch.

So if somebody is suffering, say A. D. D. And there's feelings scattered and everything being able to run a concentration program to say listen I need to prioritize my tasks and task list and really get busy. I've used that program before it works and I was like, I suddenly was able to knock out a whole bunch of stuff in such a short time frame.

And I was like, I was like, wow, that wasn't as difficult as I thought it was gonna be. And that was before, it was like, I just didn't even know where to start, you know, and sometimes we get analysis paralysis, right?

So having that ability to kind of narrow everything in. The other thing too is, you know, the ability to uh to repel electromagnetic frequencies that can be huge as well. I mean, there's people that live in apartment complexes, there are people that travel when you're going through an airport, you know, then all that wifi and all those things, you know, you're, you're picking up on all that stuff.

So if you can create that protective shield to where you're not gonna get drained is easily, you're preserving your energy. That's something that's, that's very important. There's even programs in there for positive thoughts. You know, say you wake up and you're feeling blue, you know, and it's like, man just, you don't know how to tackle the day and then you, you run a program for positive thoughts, then you're like, Okay, now I'm ready to get started. Now I'm ready to get my day going and it just it empowers you to do the work between your sessions with your license practitioners.

I'll give you an example for me. you know, I was already working with micro current in in aesthetics and even the latest development in 2003 was the ability to be able to penetrate plant based on peptide serums and cellular level without adding trauma and injury to the skin.

So like I already knew like how this technology worked. But by my clients, my clients would come in and say, you know, they're psychotic a would be acting up. So I'd want them to be comfortable on the table.

So I'd run a program to give them pain relief or maybe they had an issue with their ankle. You know, maybe that I was working on there skin elasticity.

There's programs for that were a scar that they wanted to break down. So between their visits with me, they were empowered to take this home and work on it themselves during the time that we are apart and it really collapses timelines.

They could get results so much faster and because at the end of the day, that's what I want. I want my clients to get results. I want them to be happy. I want them to be fall in love with their image in the mirror. I want them to feel great about themselves.

And there's even frequencies for things like inner beauty. So that radiance that I talked about. There's times where I remember one time I visited someone's house and it was my first time meeting her and when she opened the door she looked like an angel. I was like I want what she's having.

Like she just had this radiance about her that was so beautiful, you know, and it's like don't we all want that? Haven't you ever seen somebody walk in the room and captivate the room and you're like, I want what she's having Absolutely – Absolutely. By the way, Angelique Renae won't say this, but she's one of those individuals, that's my experience here. Like wow, here's this amazing woman and now we're friends and she's you just, just the information that you brought forward today has been phenomenal. And so two things one, how does someone, if they're not able to get Healy right away? I highly recommend that every single person do that. I'll have you tell them how they can connect to you to get that where they can connect to me as well.

What can they do before they get their hands on Healy to keep themselves regulated and balanced. – Yeah. So I know I mentioned a handful of options earlier today earlier in the call where I talked about things like grounding, essential oil therapy, breath work. You know, things like moving your body yoga is extremely helpful to get um stuck energy to move through your body. I know when I do yoga and start moving my body, I start my breath, you know you just start releasing so many things um making sure that you're bathing in sea salt you know to remove toxins.

That's really helpful? I know you know a lot of people like epsom salt but sea salt actually has a different chemical makeup and has a different impact on the body versus epsom salt. So you might want to switch it up and see how you try that you know and throwing some herbs in there is always good as well um drinking teas you know and making sure that um you're mindful of the things that can deplete your body of vitamins and minerals. A lot of people suffer vitamin and mineral deficiencies that morning coffee is one of the first things to flush those b vitamins right out of your system and then and then you're wondering why you're like on edge later and then it's like you go up and then crash and you know so you know making sure maybe you wanna um substitute that for other healthier beverages that are gonna support you may be things that are adapted genic even to support you with how you handle your stress load throughout the day.

So you know the nutritional components are really important. I feel that we have as a society gotten a lot better

about trying to live a cleaner lifestyle, making sure that we're not using you know toxic household cleaning products, making sure that we're eating better and the nutrition is better but I feel like we've kind of gotten to this point in our evolution where our physical bodies are asking, but what else can I do?

Mindset, Coherence, and Daily Regulation

You know, where I'm tired of taking a countertop full of just a bunch of supplements and it's like, well what's next? And that's where frequency really does come in and working with those energies. And again, you know, it's so funny because I remember when all of that stuff used to be like out left field, like, like a witch doctor, woo woo, you know, like, and not everybody resonates with that and that lifestyle, it's okay. It's okay if you do Absolutely.

But for those you don't, you know, just know that there is, you know, scientific proof and technology that can support us if you're not wanting to play in that arena necessarily. And then as practitioners too, we have this tool available that we can use in our practice and provide for our for our clients. So, it's a, it's a process, you know, when you find yourself in the most challenging times in your life and in your career and life is overwhelming. Then you really have to take an inventory of your life and and see what's not working for you and piece by piece and you make these, I say it's the micro shifts that create the macro results because piece by piece, you start to reclaim yourself, you start to reclaim your time and you start to reclaim your energy. It all adds up over time to where it becomes a lifestyle. And then you wake up one day and you're like, oh my gosh, my life was so much better. Now. I'm glad those tough times are behind me not to say that times are not challenging, but I will tell you the way that I deal with stress today is so very different than what it was five years, 10 years ago.

And things don't get me as ruffled as they used to. And I've learned to say no to a lot more things and you know, try not to over commit myself. And just focus more on doing the things that bring me joy. And I think that that's one of the big things too, is when it comes to presents. You know, even if you're on your daily walk, pay attention to the wildlife, the animals, the plants, they, you know, whatever is around you, the sky. You know, we used to that used to be something to do. Let's lay on a blanket and look up at the sky, you know, or let's go look at the stars. We've really gotten away from that.

And I think that, you know, for those of you that have elders in your family, I have a 96 year old grandmother and uh you know, I I talked to her about what it was like back when she was growing up and she used to live in the country on this river and she's like and I asked her, I said what would you do when you sit by the river?

And she's like I just take my shoes off and you know, I just uh soak my feet and I would just think about things and you know, and it's like we need to create the space for that to get back to that level of simplicity, you know anything that you can simplify, automate, delegate or scratch off the list altogether.

Those are things that are going to serve and support you in getting balanced and grounded overall in your life – And I think that's really what I wanted you to and you've nailed it is, it's now time for us to make a very powerful decision to create a new lifestyle, you know everything about this pandemic has turned us upside down to bring this awareness forward that we have to start living our life very, very intentionally from a spiritual perspective, energy frequency, vibration, the relationships we keep the food that we eat, eat everything that we do needs to become more intentional than it ever has been in our life before. Even before we got on to this particular interview, Angelika Angelika and I were talking about this this heart issue like dealing with our heart, really honoring our soul, really honoring our body and that's how we're going to start to live life having their coherence absolutely actually let's before we close actually talk about why coherence is so powerful in regards to mindset and be well – Yeah, so you know, especially for those of us that are more academically minded than you know, we tend to get all up in our head right, where were intellectuals, were we sometimes get analysis paralysis, we're just, you know, over the, I actually went on a date one time and had somebody tell me, I was like talking to an Excel spreadsheet, so that being said, you know, it is important for us to drop into our hearts, you know, and be able to have a heartfelt heartfelt conversations and um connect our head and our heart and that's very much what coherence is that is connecting our head in our hearts. So when it comes to getting ready to do our work for the day, when it comes to serving patients or serving clients during the day, when it comes to showing up in the world, if we can just drop into our hearts and stop being in our head and I know for those of you that had the corporate background because I ran into this corporate marketing, it's like you know the vibration and frequency that comes from that vocabulary alone

and how you talk to people um its surface level and it doesn't really connect genuinely to another human being and when I actually got out of corporate, I had to learn an entirely different vernacular in order to be able to help heartfelt conversations and really genuinely connect and that's the reason I got out of corporate was because I'm like, I just want to have genuine conversations with people and to really be able to personally connect with people.

I was tired of strategizing my converse just to get contracts signed and you know, and all that and I'm like, I just want to be able to connect and to speak.

You know, genuinely and authentically and coherence will help you connect your head in your heart. So that way um you people feel that vibration, they can hear it in your voice. They can tell when you show up on camera, they can tell in your appointments, you know, I can't tell you how many of my clients tell me they've been to doctor's appointments lately and they've had to ask the doc Or their practitioner uh to look away from their computer and say, can you please do you know the color of my eyes, can you please, you know? And unfortunately our system has been set up that way to where they're seeing patients every 15 minutes, you know, and and it's like, well I'm telling you everything like algorithms are for computers, that's just a baseline when it comes to humans, we're not we're not all an algorithm, we are a case by case basis and please like look me in the face and talk to me, you know? Yeah, so that's why it's so very important is because we are craving connection now more than ever you know we're living in this agent technology. The pandemic really isolated a lot of people we were able to keep connected through technology but what I'm finding is that everybody is craving that that personal connection, that individual connection and wanting to get out in the community more and and and everything else.

Using Healy and Closing Thoughts

And I think that the people that are solely reliant on just connecting through technology especially our younger generations are really kind of suffering as a result of that because um everything is kind of a I related rather than personable you know in that human connection.

So so yeah it's it's a very important time to have those tools. – Well Angelique I absolutely loved our conversation and how rich you have information and knowledge and the skills and the strategies to really helping us get incoherence, get grounded in our energy so we can live an optimal life in every area of our life.

So if someone wanted to say I'm really interested in Healy how do they go about connecting to you for that and how do they connect to you dis directly if they want services with you. – Absolutely. So my website is Angeliquerenae.com R E N A E dot com. So all of my contact information is on there, my email, my phone number. Typically if somebody wants to inquire just send me a message and then I can connect with them and set up a call.

Typically they have questions as far as ordering Healy. Usually I will send out a link that they can order. True but there are different versions everything from the practitioners, there's the basic level up to the practitioners level.

So if people have questions about which might be the ideal fit for them, I can help talk you through that based on your individual needs and desires and and yeah, you know it's an exciting time. Once you get in the mail you just sync it up with your phone, you fire it up. I always tell people start with your basic programs first. Just run a few programs a day.

Don't go crazy because I did that when I first got my, I was just running back to back frequencies and after a couple of days I was like I feel weird so you don't want to over too much of a good thing.

It's not good for you. Like I had this whole people and I was detoxing and you know just all kinds of stuff. So you know definitely you want to kind of ease into it as your, as your, be gentle on yourself, Be gentle on your soul and be gentle on your body and ease into it. But we are here to support you if you have questions about it and especially if you are a licensed practitioner and you have questions about how to integrate such technology into your practice and how to serve and support your patients. You can reach out to me for that as well because it has been a huge blessing for myself and for my clients and came at the perfect time.

It was during the pandemic and it was like you know all these things are going on in this world and there's so many

things that we can't control but we can, what we can do is manage our own energy in our own time and our own frequency.

So you know, it's just our job to be the best version of ourselves that we can be and that's what we were inherently designed to do and this will actually support you in doing that – And I couldn't agree with you more. I use it for myself, I use it for my family, I use it on my dog, I use it on my clients just as well.

And every single one of them that I have worked with has had an amazing response just like yours. So I am so thank you so much Angelique for being here with me to sharing your wisdom for really turning us on to paying so much more attention to our energy frequency and vibration and why it's essential to living our best life.

Thank you so much for your time and energy. I absolutely absolutely love you. – Thank you