Interview with Dr. Kimberly McGeorge

October 3, 2012

Vibrational Catalyst: 
Raise Your Vibration, Change Your Life!
Hello everyone and welcome to *Energized Living Today*. I’m Cindy Kubica and I’m so grateful that you are connecting with us today. That is our theme this season – *Make the Connection* and it is wonderful to connect to so many of you out there. Today you are in for such a treat because we have Dr. Kimberly McGeorge with us and she is going to talk to us today about *Vibrational Catalyst Raise Your Vibration and Change Your Life*. She is a vibrational catalyst and changes your frequency by just being in her presence. She can actually change it over the line today while we are talking and she’s incredible. She has a quite a story and I’m going to tell you a little bit more about in just a moment.

For those of you who have questions and I know that there are many of you who would like to ask her a question just go to [www.energizedlivingtoday.com/event](http://www.energizedlivingtoday.com/event). Scroll on down to the Q&A box and put your questions and comments in there. We love to hear your questions and comments. Then after the call we would like to hear from you as well on our Facebook app, which is at the bottom of the page and also our Facebook like page as well. Just make your comments there. We love to hear from you and let us know what you think about what you heard here today and how you can use it in your life. I just love getting comments from everyone.

Now I’d like you to pull out a sheet of paper if you will please and get another sheet and write ‘judgment’ across the top. One is for notes the other one’s for any judgments that might pop into your head. If you have a judgment that shuts you down, that says, “I can’t do this, I don’t understand this,” I want you to just write it down and push it to the side so that your mind can be wide open and available to this great information that you’re about to receive. Right now, I’d like everyone, if you will, to just quiet your mind, quiet your body. Sometimes after the end of the day or at the end of the day we feel like we’re buzzing. Just relax your body and just allow yourselves to quiet your mind to quiet, take a deep breath in and out, one more time.

Now, let me tell you a little more about Dr. Kimberly. As I said, she’s an incredible person and she discovered at a very early age that she had strong empathetic and intuitive abilities. She really uses those abilities. It’s interesting because I’ve found that people that are gifted with these things often go through a lot of tragedy in their life and she certainly has. She experienced a lot of tragedy. She’s had a lot of sadness in her life, including a near-death experience where she actually died on the operating table. She’s a single mom. She has four beautiful daughters. She has suffered financial setbacks. I know that many of you can relate to this. She’s been in abusive relationships, near-fatal car wreck, years of suffering from depression, anxiety, health issues, all affected every area of her life.

At the darkest point when all hope was gone, she reached a point of complete surrender. It’s when she surrendered that all of these gifts started really flowing to her.
She has discovered an important secret and she’s going to share that with you today. Now some of you may know her from radio. She’s got a new book out now that she’s going to talk about as well. Dr. Kimberly, I am so grateful that you are here today. Thank you for joining us.

Kimberly: Thank you, Cindy. It is my privilege and my pleasure to be with all of you.

Cindy: Now you have been through much in your life and can you just share with everyone, just so they know where you’re coming from, what has happened that brought you to where you are today?

Kimberly: Wow and we all have such journeys. The major thing, I think the way I could describe it would be I grew up believing in the Walt Disney fairy tale, to be honest. I knew you’re supposed to grow up and go to college and meet the man of your dreams and get married and have children and live happily ever after. I was groomed for it as many of you are. That’s how it was supposed to happen and quickly, quickly starting in college, I discovered, Cindy, that wasn’t really how it was going to be for me. I had a broken engagement in college and a little bit of a rough start, although, I had many amazing things happen there as well.

I met my husband and got married and marriage didn’t turn out to be quite so happily ever after for me. He cheated on me basically the whole time and was unfaithful and I know it. I wasn’t even in denial. I knew it, but I was brought up believe in commitment and believe in marriage and I kind of stuck it out. During my marriage is when I started having, as we all can do when we’re in our physical reality, we’re in uncomfortable situations, we can all start showing symptoms in our emotional bodies and our physical bodies. That’s what happened to me.

I started becoming very ill physically. I started becoming very ill emotionally. I suffered from, as you mentioned, depression and anxiety and a very obsessive-compulsive aspect to everything. I was constantly living with the pain of failed relationships. At that time, I didn’t really realize I was choosing to stay because I didn’t really recognize I had a choice. Coming out of that, I was looking for solutions, of course. I wanted relief from my pains. I sought it in counselors and I sought it in religion and I sought it in doctors and conventional medicine and none of it worked.

That’s when I started investigating alternative medicine. Thank goodness, right, you guys, for the internet. I got on the internet and I started researching and I found out people found relief by using herbs and natural supplements so that’s the direction I first kind of went into. Eventually, because of my skill in solving, to a degree, a lot of my own physical and emotional problems with natural supplements and herbs I decided to go get some formal education, which I did and I opened a practice.

Now it’s funny because my children will tell you. They were very young at the time. They’d say, “Why do all your clients cry?” That’s where I so clearly saw the connection...
between what was going on in people’s physical bodies and their emotional state. That was the first connection I made that was really kind of more of a mystical spiritual connection. I continued to struggle up and down with my health in many different areas. I kept asking and I love questions because it opens up possibility as we know and I kept asking God or the universe or whatever you guys believe, Source. I said, “There has to be more. What’s underneath all this? What’s the next answer? There has to be more because I’m not living this life that we’re promised that we can have of bliss and financial ease and peace. I’m still kind of pretty miserable, really.”

I kind of was given the answer and looked into homeopathy, which we know is a form of energy medicine. It’s actually just frequencies captured in a bottle and I really didn’t even know that then. I had always been brought up that things like that were New Age witchcraft. For me to open my mind, which I love what you do with the exercise at the beginning, and even consider that there be possibilities that I hadn’t been taught in school or been taught by my parents or my friends or my university, it was huge. Just to open your mind is such a great first step and I love, love that you went through that little exercise. That’s just really great.

I opened my mind and I thought I’m going to try this and, as a matter of fact, homeopathy and a biofeedback machine have saved my life many times over – three or four times – which is another story. I fell in love with energy medicine and I started instituting it in my practice. I had people driving from all over the country when I had more of a physical practice to see me and I seemed to specialize and here’s where my intuitive gift came into play.

I specialized in the cases where nobody else knew what was wrong. Of course, that was kind of what I’d just been through. The doctors after years after years just really didn’t know what was wrong with me. I kind of specialized in, like I said, the mystery cases and I’m telling you every single mystery case, I did not believe that the answer would come to me and every single time it did. I think that’s important also to keep ourselves humble and, once again, that we don’t have all the answers no matter how many times we’ve done something.

Well, long story short, like I said, I fell in love with energy medicine and I started practicing and it evolved from using homeopathy and even having my own homeopathy line and my own herbal mail-order company, it evolved into just pure frequencies. I no longer use a machine and I no longer use anything. It just evolved into the ability to open myself up as a pure conduit vessel to Source and allow all those great vibrations of light and love to flow through me to you and to anyone that I work with or work on.

As we know, energy can travel over any distance, which is why we’re talking right now and all of you are listening. I’ve been blessed with the ability to raise everyone’s vibration and that happens, in this situation, it happens through my voice instead of me
putting my hands on you. Although, I can work in each of your energy fields if that’s the direction we choose to do as well.

Cindy: Well, today at the top of the hour we will take one or two live calls, if that’s okay with you?

Kimberly: Oh, I would love that.

Cindy: Okay. Anyone that might want to ask a question live to Dr. Kimberly then just raise your hand by pressing *2 and we will get to as many people as we can. Again, we probably won’t have a lot of time, but we could take one or two calls if we have the time for it, so that’ll be great. I want to tell everybody about you because you’re quite amazing and your gifts are far beyond what you even tell people. This woman is quite incredible and her gifts will just transform your life. I’m just grateful that you’re here sharing your gifts with everyone.

Kimberly: Oh Cindy, you’re so sweet and what she’s not telling you is Cindy is equally gifted and equally amazing, but I really appreciate the opportunity. As a matter of fact, I just want to share. Those of you that are familiar with me are kind of like, “Why is she kind of stumbling over her words?” I’ll tell you guys Cindy’s energy is rocking me a little. So I’m trying to stabilize, so Cindy, stop it.

Cindy: Okay. Well, I think that when like meets like sometimes the energy has to adjust to each other. Do you think that’s right?

Kimberly: I do think that’s right and it’s funny because you just stumbled over that so perfect illustration.

Cindy: Yes, yes. I find myself doing that and I just thought it was jet lag. Now you really help people raise their vibrational levels. One thing that we’re going to talk about today and I just love this is personal empowerment because today that’s big for most people. Many people do not feel empowered anymore. In fact, I think that they feel a little crushed by the world because of things that have happened to them. Like they may have lost their job in this economy or they might not be able to find a job if they left their other one. Maybe their relationships aren’t working out or they’re not experiencing the abundance that they would like to have in their life. I think that this is just a perfect topic.

Kimberly: Well, let me share a brief story about kind of how I discovered the beginning of my journey of personal empowerment was when I decided to get a divorce because that’s the first step. I remember my ex-husband said to me, “There’s no way you’re going to be able to make it in this world as a single mom with four little girls.” Obviously, I have ten years later. That’s not the whole story, though. I took that step and I got a divorce and then I came up with this marvelous, amazing plan and here’s my plan. I had a great alimony settlement, so I was able to stay in my house for about two and a half years. I
thought, okay, I have a house. I just have to pay basically my electricity and water and all of that and food, so here’s my plan. It’s great. You’ll love it.

I’m going to get remarried within two years and have a man take care of me. That was my plan. That is really what I thought and I dated a lot. It was so funny. I had about seven marriage proposals and I kept running out of men. I’m like, no, hopefully a better one will come along, hopefully a better one, maybe this one won’t be married on and on. What I finally realized close to the end of those two years, even though I felt the panic and the anxiety and the fear that so many of us feel with everything going in the world today, but I finally came to the realization no one is coming. No one is coming.

My parents, well, they offered to rescue me and I turned them down. I had a number of opportunities and I turned them down and no one is coming to rescue me. That is when I decided to rescue myself and to empower myself and so up to this point I had never bought a car on my own. I’d been very spoiled and very blessed in a number of ways and I’d been married for such a long time. I was used to everybody else kind of taking care of me, so I could float and do my own thing. For all you creative people out there you know exactly what I’m talking about.

It was actually very empowering. Instead of kind of sitting there like a deer in the headlights, I kind of took the bull by the horns and I thought I am going to do this and I’m going to do it in an amazing way. Again, one thing I love about the energy bodies and frequencies is when we open up to a new possibility or a possibility of a new reality, it changes us in every aspect of our vibration. It even changes our DNA. Just opening up to a new possibility changes your DNA. That’s, again, why I love so much what you did at the beginning of the call because so many of us are stuck in these small ways of thinking and we kind of go around with eyes wide shut. We’re like, “Yeah, I’m open-minded, I’m open-minded,” but we really aren’t.

We’re really used to doing things a certain way and considering the world to be a certain way and we’re creatures of habit. Sometimes to get that shift or shake it up and get where you’d really like to go, you definitely have to consider another way of doing things.

Cindy: If somebody’s out there right listening and they’re thinking I want to feel empowered and I don’t. How can you help them?

Kimberly: First of all, I should talk directly. You have every power, every element of power within your own being because you might not be in control right now of your relationship or your financial situation or your job or a number of other things or your house, but you do have the power to become self-aware and to be aware, that you can do things as I teach as simple as raising your vibration. You can bring vibration up, as your vibration comes up and even on this call…it’s funny just saying S&D, this time, I’m going to reveal it. I don’t always. I wrote down your vibration and at the end of the call, I’m going
to test you again and see what your vibration is. Even on this call, even listening to things like this, listening to empowered powerful healers, your vibration will start coming up.

As your vibration comes up a lot will become possible that wasn’t possible before. I’m sure you’ve heard teachers say, “You can only manifest or bring into your physical reality what you are being.” What does that mean? It’s kind of like this airy-fairy, huh. Well, it sounds really great, but how do you do that? How you do that is by being above or equal to the vibration of every single thing that you want to draw into your physical reality. Everything boils down to frequency, absolutely everything, everything from the physical to the psychological to colors to diseases to just absolutely everything.

Cindy: Well, you have a wonderful way of describing our frequency. For those people, I think most of our audience is very aware, but there might be a few people that don’t quite understand and can you describe that? Just go into that a little bit more and talk about what you mean by our vibrational frequency.

Kimberly: Absolutely. Well, David Hawkins, who is a spring board for my work and a lot of other people’s work in Power vs. Sports, has a scale. Now most healers in this new energy do not go by that scale any longer because he puts a cap a little bit on vibration. Just like everything else, there are limitless possibilities for everything. There’s no cap on how high you can vibrate. Well, there kind of is because if you vibrate too high, you’re going to disappear from this reality and some of us aren’t quite ready for that yet.

If you start the scale of consciousness, which some of you might have heard the steps before, begins really low – zero, one to twenty, thirty, forty and those are the lower frequency emotions. We’re talking about shame, guilt, apathy, grief, fear, anger and even desire, interestingly enough. Desire is a lower-level frequency vibration because desire is the sub-vibration of want. We all know you’re supposed to stay away from that word ‘want’ like when you’re doing your I Am statements and things like that.

Then the higher frequencies start even in the 200s. They start to be higher like the courage and, oh, let’s say all the way up to love, which is 500. You want to get from those lower frequencies that we tend to play in, we tend to have friends that play in those. You’ve heard the saying, “Birds of a feather flock together.” Well, they do. Instead of surrounding ourselves with people, Cindy, that we would like to emulate, we tend to surround ourselves with people that make us feel comfortable that are in the same vibrational frequency as we are. Each of you has a specific vibration down to a certain number outside of what I’m talking about, which is vibrations of kind of the spiritual aspect of things.

What’s really interesting is people will say, “Well, he’s angry,” and I’ll say, “No, he’s not. He’s bitter,” because there’s so many sub-frequencies, which many of you will eventually as this energy is so supportive of things like this learn to read frequencies in
yourself and others and people you come in contact with and eventually remotely, which is an ability we all have you learn those little nuances. Each person is so rich in information all of you throw out.

Not only do you have a specific frequency you vibrate at continually well and up and down and if you go through a spiritual enlightening or a shift experience, you’re going to change, but you also emit thousands of frequencies every day. That’s how people like me that can read frequencies or that’s what the intuitives pick up. If you go to an intuitive or you get a reading, they’re picking up those frequencies or those combinations of frequencies that you’re emitting.

Even a certain sentence or a thought has a frequency and can be read. It can be read by machines that interpret those frequencies and it can be read by people that interpret those frequencies. You guys think everything’s locked inside your head or locked inside your body, but it’s really not because we’re all emitting those thoughts and those feelings even the diseases or the viruses that run through us down to very, very specific things. That makes sense?

Cindy: It does and I really like what you said that many people think that they’re basically living in their own world, they’re keeping their thoughts and their feelings to themselves, but they really aren’t. They are emitting a certain kind of energy and even if that’s a low energy, it’s still an energy that people can pick up on.

Kimberly: I’m going to give them a basic example then I’m going to give a very empowering example. We all have walked into a dinner party or a hotel lobby or a meeting, as you do, Cindy. We’ve all walked in and we naturally gravitate to the people and we don’t know it, but imagine if we tested their frequency. We all naturally gravitate to the people that are lighter, brighter and coming up in those higher vibrations and have more of those in their energy field as well.

We all know what it’s like to walk into a room and you can feel…maybe you’re going over to your friend’s house for dinner and they meet you at the door they’re smiling and laughing. You can feel that something happened right before you got there. You’re feeling those frequencies of what happened energetically and got stuck in their energy field or even got stuck in the environment of their home, including in their walls.

You talk about empowerment. I’ll give you an empowering fact for the day. One person, one person who vibrates at 600 on the scale of consciousness or above will pull up the vibration of six million people in the world. If you guys don’t think you affect other people, I am telling you, you do, every single second that you breathe. You have the ability to negatively affect the world whether it’s your micro-world or your macro-world, yourself, everybody around you. You absolutely have so much more power than you know.
Cindy: I love that and you can test that theory. This is what I love. I mean I shouldn’t say theory. It’s truth and it’s easy to test just for those of you who are operating at a higher level. Go and stand in a crowd that might be hurried like at the airport or like we were just at Universal Studios and everybody’s standing in line and people are frustrated and they’re hot and you feel this. Just allow your energy to emit, like you were saying, and all of a sudden you can just experience their energy changing. You can feel it changing.

Kimberly: That is so, so true. Like my girls say, “Why does every single person in the entire grocery store talk to you and why do you have to talk to them?” Well, it gets worse because then they say, “Why do you have to touch every single person in the grocery store?” That’s just me. It’s my little secret gift. I’m like, okay, I’m going to charge you up, charge you up, charge you up.

Cindy: Now when you work with someone to help them raise their vibration level, can you describe that a little bit exactly what it is that you do?

Kimberly: It’s a ton of fun because I offer kind of two distinct – and sometimes they melt into one – different experiences. One is people come to me as an intuitive life coach. So as we talked a little about earlier I have the ability to go back what I call backward and forward in some of the time lines because all time is now. What people come and are so hungry for is what’s going to happen to this relationship, am I going to meet anyone, what’s going on with my job, is my child going to be okay, that kind of thing.

I work with people from an intuitive life coach aspect to kind of help them chart their life and give them such encouragement that if they continue on the path they’re on it might happen. The beautiful thing, of course, is we have free will. So that information can be very useful because maybe we need to adjust our frequencies or change the path that we’re on. That’s one way I work with clients.

The other way I work with clients is more I go into the energy field and sometimes I pull out negative blockages and things that are going on, readjust things, really, really work on those chakras. I’m a big fan of enlightenment and blowing up in your physic abilities, so I really like to help people expand their crown chakra and open up their third eye because that connection to Source is just where it’s at.

Really, the coming to the end of ourselves and realizing that we don’t have all the answers, not only do we not have all the answers, we actually don’t have any of the answers. Plugging into the light and that universal beautiful conscious mind where we have access to all information and all truth all the time is just a much better way to live. It’s a very comforting, a very secure way to live and trusting that the universe does have your back because it absolutely does.

I have a quick little story illustrating that and, of course, I live in this reality and I have normal things happen to me. They don’t happen to me in a normal way. I had an appointment to get my oil changed in my car last week on a certain day. For whatever
happened, I moved it to Friday. On Friday, I drove my car to the oil change place took my keys inside and he said, “I need to get your mileage. I’m going to go out and start your car.” He went out and started my car. The battery was absolutely dead at the mechanics. So you ask do my batteries die. Yes, I probably fry them out quicker than most people, but it just happened.

Things like that happen, like you get in these upper frequencies and you are divinely protected, not that people in the lower frequencies aren’t divinely protected, but again, it’s that law of attraction and that law of resonance is that if you’re vibrating at the vibration of peace, you’re going to attract peace. You’re going to attract love. You’re going to attract miracles. You’re going to attract all those things that you guys hunger and I can feel it in your audience. I think they think I’m crazy because we’re not taught that we can have those now.

Even a lot of our spiritual, our religious institutions and our churches, they teach us that that’s something that you have to wait for. You have to suffer down here and then someday you’ll either be reincarnated or you’ll go to some amazing place. Then you can experience wealth and bliss and happiness and love. That is not true. That is not true and if I hadn’t an experience for myself, I’d probably still be believing what most of the population of the world believes, but it is possible to have that little slice of heaven now and even better is to be able to give back and be that heaven or that light and that love to others.

Cindy: I love what you said a moment ago and you’ve said this a couple of times, which is coming to the end of yourself. When you say that…am I saying that right?

Kimberly: Oh absolutely.

Cindy: Coming to the end of yourself, yeah. When you say that do you mean the egoic self?

Kimberly: I mean basically where there is no separation between you and everything else. So every aspect of yourself, all levels of yourself – physical, mental, spiritual, all the astral bodies, every part of yourself – where you stop trying to figure it out in the mind and you start plugging into your heart chakra through your third eye and through your crown chakra.

It’s so hard because I just want to give this to you guys. It’s being life. It’s not figuring out life. It’s not analyzing life. It’s not writing down life. It’s not planning life. It is being part of this miraculous, wonderful, still so amazing world that we live in. It’s almost a merge, like we were talking about. It’s almost that same concept you and I were discussing earlier. It’s kind of like a merging with the universe. Again, going over to your higher self – I don’t know the answer, so I’m going to connect to something that works and someone that knows.
Cindy: Well, we had a caller, well, actually several callers or listeners write in and they are saying that there are people who feel very often oppressed when they’re around other people who are abusive or just higher up on the food chain. How do they protect themselves energetically from these situations because it’s really pulling their energy down?

Kimberly: Wow, I love that because it’s something that’s been brought to the forefront of my practice lately, which I would kind of group that under the physic protection, which is protecting yourself against all forms of energy that kind of rock your world. The simplest and you’ve probably heard this before is the kind of white-light bubble. It’s something you can do in the morning before you leave. You just imagine yourself surrounded in white light or yellow light and you take it a little bit out from your body and you just imagine yourself protected like that, but better than that and there’s actually many things you can do. I’ll give you another really cheap inexpensive thing you can do.

When I had my troubled, troubled, horribly sick and confused and disturbed clients in my practice one of the things that I would use to break them open when all else failed, like sometimes I couldn’t even test them when I was using my machine. They just wouldn’t crack open their energy fields, wouldn’t let go of all the frequency information I was talking about that I could help them. One of the things I would do is I’d say, “Okay, we’re going to regroup,” and I would give them the frequencies of…believe it or not, gems and crystals have very, very powerful effects on the physical body and the emotional and mental body and the spiritual body of us as humans. They do a lot for us very quickly.

One of the things that you can do as silly as it sounds is to get – quartz is especially good – white quartz or rose quartz because that will help lift your heart chakra open, too, but you can just get a little piece of quartz from a metaphysical store or a gift shop or really, really cheap at a number of places online or eBay, for goodness sake. All my children, now we carry even weirder things, but we all carry a number of gem stones in our purses and in our pockets and often you probably won’t find a day where I don’t have some form of a crystal near me or on me.

I have 700 pounds of amethyst actually in my bedroom, so I strongly believe in the force field of crystals. Carrying a quartz crystal has been found to increase your auric field or your energy or your frequency. It’s all kinds of ways of saying the same thing like two to three times. It just gives you that boost and the physic protection and just kind of throws out your aura and says, “Don’t mess with me,” and give you a little form of protection against the invasiveness sometimes of energy vampires or that negative frequency.

I tell you the best way – you guys are going to get sick of me saying this – is to raise your vibration to the point…like those lower frequencies, do I experience negative people? Absolutely. Do they affect me? Not very long. It either goes through me, I just
let it go through me or it just bounces off of me. It just doesn’t resonate with where I play in the frequency scale.

Cindy: Can you help people today raise their vibrational level?

Kimberly: I am. I have been for the last – something minutes – 35 minutes. I’ve been raising the energy.

Cindy: Yes, you have and what they’re asking me is can you work with them directly? That’s what they’re asking me.

Kimberly: Absolutely, I can work with them directly and I do want to share one of the things I have done today for you who are listening right now and you who will listen to the replay for however long that is, I’ve aligned your vibration with the frequency of abundance, prosperity and wealth and I’ve put in specific frequencies of things – diamonds and gold and things like that. I’ve thrown you guys some specific frequencies to kind of amp up your prosperity and it’s very possible you’ll start seeing something surprising. One of my favorite things to do – I don’t know if we talked about this, Cindy – is I love for things to show up in my client’s reality.

It’s like Christmas. Everyday people call me up. I just sold my house. I just met the man of my dreams. I just won the lottery. I just got this surprise. I just love it. I love it because it works. Like I always say, you know how the seeker says the universe is your magic genie? Absolutely it is and everybody is like, “No, it’s not. I ask for things all the time and I don’t receive them.” Well, they leave out a really important second half of that sentence, which I would finish as being “the universe is your magic genie if you’re vibrating high enough” and then the world is truly yours.

Cindy: I love that. That’s beautiful. Well, Angel wrote in from Raleigh and she said, “One time you told her that she has a rare frequency.” What is a rare frequency?

Kimberly: Wow and I talked to…oh, that’s interesting. Someone that knows me wrote in, a rare frequency. I usually say that, to be honest. If I said that it was probably referring to an intense psychic ability or level of psychic ability that I picked up. Like I would say to you, Cindy, you have a rare vibrational frequency.

It’s for people that, well, you come along and you read so many people and you see so many frequencies and if we haven’t done the work or if you haven’t done the work – I’m speaking to the audience – then you’re going to kind of fall in a certain range, but every now and then I stumble across people in my work that like my head literally snaps back. So usually I say that when I discover an intense physic type of ability or intuitive ability, meaning someone’s chakras are really thrown open and they’re playing on some upper levels of vibration and frequency, I would say that. So that would be my guess.
Cindy: Okay, alright. Well, that’s great. Well, what I would like to do now, if it’s okay, is let’s go ahead and just take one of our callers, one of the questions. We have quite a few people actually raise their hand and I would like to start with…it says Johnny from Raleigh, North Carolina. I’m not sure if that’s who’s on the phone. Hi, this is Cindy.

Angel: Hi Cindy. This is Angel and you have just asked my question.

Cindy: Oh, it’s Angel, okay. We’ve got you covered.

Angel: I just spoke with Kim yesterday and I was so excited. We got disconnected and I’m just I’ve been like, “Oh my God, am I ever going to talk to her again.” How are you, Dr. Kim?

Kimberly: I am wonderful and, yes, that is what I meant about you and she knows that she has extremely developed natural born through the DNA, through the family ancestral lines physic ability so that’s what I was referred to for everybody.

Angel: Would I need to raise my vibration or what is it that I can do to help me overall?

Kimberly: You do need to raise your vibration, but just like I spoke with you yesterday, because of the level of your abilities you really need to be mentored like we discussed. I saw that you emailed me and I will respond. You really need to be mentored by someone a little further along in the path and given kind of some exercises and some practice things and just some help in maybe channeling some of that ability. If you have the kind of abilities you have and they’re kind of unused, they’ll kind of go haywire and make you kind of how you are because I know how you are.

Angel: Yes, yes. You know exactly how I am and I’m just like, oh my gosh, I’ve literally have been restless since I spoke with you last and I’m just like, okay, I have to figure out how to get her how to find her. Do I need to drive to Idaho?

Kimberly: Oh, to Idaho, well, I’m not going to be driving to Idaho. So don’t drive to Idaho. I will respond to you. I did get your email just so you know and I will be in touch shortly, but thank you so much for listening to this show. I really appreciate it.

Angel: Thank you and you are wonderful. You are wonderful. Thank you all so much.

Cindy: Thank you Angel for calling in and thank you for joining us today.

Angel: Absolutely.

Cindy: Now we have we have another caller here and I think they’re calling in from London, it looks like. Is it Bridget?

Bridget: Yes, that’s right.

Cindy: Hi Bridget, how are you?

Bridget: I’m very well thank you and yourself?
Cindy: Oh, I’m doing great. What question do you have?

Bridget: I have the topic going on being at a crossroads. Now to cut a long story short, I in my early 20s allowed myself to be talked out of having an artistic career and two decades later I decided to retrain and become an actor. I’ve had a couple of minor successes and recently received an award in LA at a small film festival. My soul is calling me to come to the US and also in meditation, I feel drawn to have the blueprint for a couple of films and be more creative in acting and writing. I’m not sure what to do, what my next step is. How can I intuitively decide what the right way to go is for me and how can I be guided?

Kimberly: This is what I can tell you. The beautiful thing about this life is that you have a choice. You can choose and I love it because I call it…you choose. If you don’t like what you choose, you choose again and if you don’t like that you can choose again. While I can see in your energy field there are quite a few frequencies of…and I don’t mean this offensively it’s sometimes hard for me to put words to frequencies. So I don’t mean to offend you, but you’re very, very talented and you’re very high strung so there’s a little bit of a frequency of anxiety and fear in your energy field.

I think you’re very driven and intense, but yet, it’s almost like a horse that charges and then sees something in its path and it rears up. That’s the picture I’m being given for you and rears back. I think you do tend to be intense and you commit, but then you kind of back away sometimes and not always even with the big things. This is what I say to you. This is my encouragement to you. It looks really good for you here. I don’t know if that helps, but it’s looking really good. Whatever you need to do, whatever choices you need to make, it looks really good, very energetically compatible and it’s looking really good for you here.

Bridget: Thank you and because I’ve started collecting documents for my 01 visa and things seem to be going okay, but then I’m thinking, oh my God, I’m spending a lot of money and don’t know anybody in LA and how am I going to get the first manager and da, da, da this and da, da, da that and all the rest of it. I’m scared stiff at the moment.

Kimberly: That’s exactly…did you just hear what you said? It’s exactly what you did. You started collecting and then you kind of drawback and that’s the energy I was reading in you. I am telling you, you need to breathe. You’re one of those that you have to tell all the time…like me, people tell me this, too. We’re the kind that we need to breathe. Do you do any form of meditation or breath work right now?

Bridget: I do meditate, yeah. I do, yeah.

Kimberly: There is a book I’m being told to tell you to read, so I’m going to tell you. It’s called *The Tenth Door* by Michelle – forgive me, Michelle, if I’m pronouncing your name wrong – Hebert. I believe it’s H-E-B-E-R-T. That book will change your life. You need to read it.
Bridget:  *The Tenth Door.*

Kimberly:  Yup.

Bridget:  Okay, that’s fine. I can get that.

Kimberly:  That’s for you, but from my guide, so you are loved. They are supportive of your career and get that book and I think you’re to find your way to the United States. This is a loose timeline I’m going to give you. Hold on. Within the next year you’ll be here. Look me up.

Bridget:  Thank you very much.

Kimberly:  Oh, thank you. Thank you so much for listening and thank you for calling and blessings to you.


Cindy:  I sense an exciting path for her, too.

Kimberly:  Oh, you got that as well. Oh yeah, I need to bounce it off you. We need to do like a twin super power sister reading. I forgot, yes.

Cindy:  I’ve got to tell everyone that Dr. Kim is saying, “Cindy, you need to develop that. It’s so strong in you and you need to really embrace it,” and so she’s really encouraging me and I thank you for that.

Kimberly:  You’re welcome.

Cindy:  I am going gingerly towards it.

Kimberly:  Can I share something really quick about that since we’re on that. I want to encourage all of you, you may think, ah, that’s so cool. You may watch the paranormal shows and think like I wish I was a medium. I wish I was physic or I wish I had these abilities. Really, all of us do, now just for individuals, just like I could teach all of you to play the piano, you would have different degrees of success in the actualization of it. Well, you all have latent physic abilities. Some of us are just more aware of them or we’re at a little different place or we’re born at a different lay line than the other ones or whatever it might be, but all of you, as you awaken, will become more intuitive will be able to read minds, will start to see things.

The invisible world is really the reality and the physical world that we’re so distracted and deceived by is really the illusion. I know a lot of you...oh, I love the resistance. Not as much as there was before, so I can tell some vibration raising is going on, but we have a hard time believing that because we’re programed the exact opposite way. You’re thinking kind of needs to get turned around you need to start opening up the energetic possibility that you just might not really understand a lot of how the real world works, but once you do, it’s not just Cindy. It’s not just me. It’s not just these other...
healers. You all have a magical gift or what we would consider extraordinary abilities outside of just being smart or a good artist or good at music or good at math. You all have these same physic abilities in one degree or another.

Cindy: Well, Tamika wrote in and she says she has a real problem with fear and anxiety and she’s tried a lot of different things only to see minimal results. What would you recommend for her?

Kimberly: I’m going to work on her right now, but I mean you can keep talking and I can talk. I’m just going to work so you can just ask me questions because I’m going to work on her right now. We can still interact, though.

Cindy: I think that Tamika is speaking for more than just herself. I think that there’s a lot of people that have fear and anxiety, as we were talking before, with the economy, the way that it is and just corporate America, if you live or work in corporate America, how that can be the stress of having a family today. All of those things can create this fear and anxiety.

Kimberly: It can. I’m going to be a little harsh here, Cindy, and I’m going to be a little blunt. That is a choice I think my mom sponsors with her TV watching the Lifetime movie channel, if everybody knows what that means. Constantly, everyone I meet is going to come in and murder me and my girls in our sleep and that is her world view. We all have a mesh or grid of how we view other people, how we view the world, how we view reality. That is a choice. That is not my reality. If I watch the news, according to the news, I should be having the worst year of my life financially. We have all these diseases. I should be broken physically. I should be living in these frequencies of fear and anxiety because that’s what everyone else is doing.

Why are you guys choosing to live like everyone else? Why are you conforming to the masses? You are created for so much more. We are infinite beings of light. Each of you has the same ability to raise your vibration, the same ability to have gifts like Cindy and I have, the same ability to channel healing and all sorts of amazing things. We are not chosen or special. We’re all chosen. That is what we were made for. We were made to be fantastic. We were made and brought to this earth at this time for a purpose. If you have not discovered what your purpose is, that’s a great distraction from the news and the doom and gloom and that would be the first thing I’d say.

Take your eyes off what is going on around you and maybe you need to close down your world a little bit and bring it into your family or bring it into yourself and instead of reflecting who you are off of what the news says...I don’t watch the news. I Yahoo and internet my news, which is probably really distorted because it’s only the home page of Yahoo. So I get all the good celebrity stuff and all that, but I still know what’s going on, but that’s not my reality. My reality, Cindy, is what I choose to create. My parents think...
I’m crazy. They’re like, “Oh yeah, this economy blah, blah, blah.” I mean that’s not my reality and they think I’m crazy, but I don’t care because that isn’t my reality.

I’m sorry I didn’t mean to yell at your guys, but really, that is choice so when you watch the news from whatever time on whatever shows, those are frequencies. Those images have frequencies. When you learn to read frequencies, one of the beautiful things is you can instantly discern a truth from a lie. A lie has a certain frequency and truth has a certain frequency. A lot of what is said on the news is twisted truth and lies. It just is. It’s their perception and you guys need to open your eyes. What would the world be like if we were all empowered in these high vibrations with our abilities fully activated? Who would be able to control us? Who would be able to stop us? It would be a beautiful, beautiful place. I’m sorry. I do not mean to yell.

Cindy: No, you didn’t yell. I think that what you said is very accurate. This leads me to Michelle and there’s a couple of other people that wrote in as well who have children who are very sensitive children, so that they don’t get plummeted with the world’s view of what’s right and what isn’t. She absorbs energy from around her and has been struggling with emotional outbursts and health issues lately. What would you recommend? I mean she really is a sensitive child and for those parents who have children that are sensitive like this and absorbing that kind of energy?

Kimberly: Oh, you just hit a high card. That’s such a warm…oh, I have such a passion for this question. Thank you so much for asking that. That is such an important question. Our children, I believe, are being born in this time to kind of light the way for us and remind us of who we really are. Most of our children, many of our children are being born with extraordinary abilities beyond our own and…sorry, I got distracted. I have four children that are extraordinarily gifted in many of the physic abilities. All different, although, it’s neat when they have some of yours and you can really relate to that.

The first thing that you do is affirm those abilities as their birthright because it’s your birthright. Even if you guys aren’t aware of it, like my children when they went to school because they were home schooled for a while, when they went to school, they were like why doesn’t everybody talk about this weird stuff that we do at home? They didn’t even know it was weird until they went to school. They talk about energy and they talk about frequencies and they talk about ghosts and they talk about auras and they talk about all sorts of things because, again, we live in a different reality.

We live in the reality of the invisible, but because we live in the reality of the invisible absolutely everything’s possible. I believe the greatest gift that you can give your children and probably why they were being born to you because a parent that would even ask that question is an awakened, enlightened, beautiful conscious parent. I applaud you for that. The greatest gift you can give them is empowerment. That one of the ways you can twist in that fear and anxiety into empowerment is to directly speaking.
You are incredibly special and you have these amazing abilities and anytime you want to talk me about it, no matter what you see, no matter what you hear, a lot of our children are clairaudient, you need to remember, so they're hearing things. You need to come and tell us and I even with my abilities, sad to say, my oldest daughter came to me when she was five. I didn’t know until she was five that she saw spirits 24/7 and could see the aura around the human body. She came to me and said, “Mommy, I need to go to the eye doctor. Something’s wrong with my eyes.” I said, “Why do say that?” She said, “Because I see colors and shapes around you,” and I’m like, ah, tell me what my aura looks like. Some people would have...I was thrilled, but that’s me.

You guys, if you’ve been given these children that means you have a high calling and a high purpose as their parent, but I think you’ve been given these children to awaken and empower you. It’s like this mutual beautiful support system. Like I said, affirm your children’s ability and then empower them. One of the ways, again, is with the crystals, is by taking them to a store and saying what do you resonate with because children are so cool. They’ll be like, “Oh, I love this rock. It burns hot when I touch it,” or “It burns cold when I touch or they can pick out their own.

It's not that it keeps them safe. I'm not saying rock protects them or keeps them safe, but it’s a way of empowering you. Give them an item that they can put under the pillow or they can hold in their hands and things like...I'm launching and I didn't mean to bring this up, but there are items that are put together with certain elements that create their own protective shield. It's a frequency thing. I'm telling you guys if you can just get that one word, like drill that into your mind – it's a frequency thing. I’m going to like make t-shirts with that.

Cindy:  It's a frequency thing, I like that.

Kimberly:  We make these beautiful products and we have them all over our home. I just have to say this because there are things, including my mp3s, which we'll talk about, that can vibrate at a certain frequency, physical objects, and you might have had some other people on your show – I’m not sure – that you just sit and forget about it and it changes the energy of your home. I didn’t even discover these until this year. I've been given this and discovered and been playing around with it, but since I've had these objects in my home, my girls – I’m just going to be honest – even in my super enlightened conscious high vibrating home used to fight like cats and dogs.

I mean I have they used to physically fight. People don’t think girls physically fight. I’m telling you, they do. Anyone who has girls knows they do. It used to be kind of crazy and I felt like kind of a failure as a conscious mother like what am I doing wrong. Well, since I've instituted some of these things, again, frequency devices in my home, the fighting has gone down 90% and, wow, it’s a frequency thing. I’m telling you, you guys. The final thing I would say to her to get back to her question is your daughter...did she say daughter?
Cindy: Yes.

Kimberly: Your daughter, I felt daughter energy, so I didn’t remember if she said it or not. Your daughter needs a mentor and if you don’t feel that you have that ability to be a mentor, ask the universe or God or whatever you believe in. Put it out there. I mean I’d like a mentor – I would call it a spiritual mentor – for my daughter and bring in older women or even a younger woman or someone that is psychically gifted that does have these abilities that can that your daughter feels comfortable talking to if it’s not you. Then please, please that is one of…get your children a mentor because they really need to learn how to deal with these abilities.

Some of your children are so powerful they can move objects with their mind. I’m telling you those are the kids that are being born today. They can move objects with their mind. They can manifest instantly. My youngest daughter, she doesn’t do it as much anymore because she’s older, but she never met a machine where you guys put the money in and then the little rings and plastic things come out at the grocery store, a bubble gum, every single one she touches it falls out. She never puts money in them. She believes that’s how they work, so she manifests that they work that way.

Cindy: Wow. Now for Michelle’s daughter, she’s going through these emotional outbursts and the health issues. All of this is related to the abilities. This is what I’m understanding that she’s picking up. Is that what you’re saying and that’s why she needs this training?

Kimberly: No, I’m going into her energy field. Her electrical system, which I’m going to translate as nervous system is being, in essence, fried out. In a physical way, it would be like if she was constantly sticking her finger in the electric socket and getting little charges so she’s constantly kind of…I feel like she’s – I’m going to say – freaking out just because that’s what’s coming to mind. She’s constantly frying out, freaking out and I am telling you the ones that have the highest abilities do this the most.

My oldest daughter, we used to…and even worked with counselors for this before we understood what was going on. I have wrapped my arms around her while she had absolutely raging physical tantrums fits. She couldn’t connect to the world consciousness. Can you guys imagine what it’s like being two, five, seven, nine? I mean we can barely handle it as adults when it happens. Can you imagine having all this power packed in that little body and no one’s helping you, tell you what it is or is it normal or what to do with it or how to? There are ways of learning to control that and learning to balance that and self-soothing.

One of the things I recommend for her – it’s simple, but it works – I would be giving her if not every night, every other night sea salt or Epsom salt baths. She accumulating – I’m going into her field – a lot of negative energies in her auric field and it needs to be stripped out pretty regularly. For her, I’m saying water, water, water, water, showers, pools, swimming, ocean that water, water, water is going help. That’ll soothe her a lot.
Again, my mp3s would be good to soothe her, soothing music. Oh these children love… I know it’s not popular anymore with this generation. Classical music soothes the savage beast – always has, always will, very, very good for that children with those abilities.

Cindy: Well, you brought up the mp3s and we have so many questions that where people really want to work on this and really raising their vibrational levels, their intuitive abilities themselves and really self-empowerment and that’s what your package that you’ve put together for our *Energized Living Today* community is all about. What I’d like everyone to do right now is go to [www.energizedlivingtoday.com/event](http://www.energizedlivingtoday.com/event) and right below Dr. Kim’s picture if you’ll just push the special offer button, then a new page is going to open and you can follow along or you can also go to [www.energizedlivingtoday.com/kim](http://www.energizedlivingtoday.com/kim) and it will also get you there.

What you have here is a wonderful package that you put together and this is a 93% discount off the regular price and what I’d like to do is talk about the first thing that you have here, which is a live group coaching call. The topic that you’re going to cover is *Bringing Wealth and Abundance into Your Life Now*. If this is something that you’re struggling with, here’s an answer for you. Here’s an opportunity for you to work with Dr. Kim personally. You want to go ahead and tell them a little more about that?

Kimberly: What we’re going to do on the call is take as many… it’s going to be – I should call it – rapid fire live group coaching call. I’m going to try to answer as many of your questions live or typed in – however you do it – as humanly possible in two hours. We are going to dump frequencies. We are going to put in frequencies. We’re going to amp up the vibration and I’m going to give you tip and tip after tip after tip energetically and otherwise that you can do to bring wealth into your life now. I’d like this to be really practical.

I expect amazing testimonials from you all when you all get rich and famous after one coaching call with me, but no, I love what I do because this is the miracle shop in people’s lives and then what’s amazing is you start seeing little things happen. One of my friends listened to this and she started winning things all of a sudden. Winning contests, winning books, getting free things and then the free things got bigger and bigger and bigger and she just manifested herself a new roof, which is like $7,000.

What’s so cool is it’s like a staircase. You might get more and more confident and then you get kind of cocky and then before you know it, you forget about it because it’s just happening. Your life is just changing. It all has to do with attuning yourself to these frequencies of love and abundance and just get shifting out of where you’ve been. Again, remember, you also have to unplug from this 3D reality and start playing in the higher dimensions. So that’s what we’re going to be talking about in that call.
Cindy: Now the second item that you have there, the ascension activation, this is with brain entrainment technology. Can you talk about what that is?

Kimberly: Really briefly I will. There’s basically, well, there’s more than that, but these are the three basic ones. Don’t write in and tell me there’s more. I know there’s more. Beta, alpha and theta are pretty much what we’re playing in most of us every day and just really briefly, like in waking daytime the beta is where we’re at. You have to be kind of conscience and you’re processing information.

The alpha state is more a light trance state. It’s what most people that have psychic abilities are able to either go from beta to alpha back and forth at will or people like me because of pluses and minuses kind of float in alpha all the time. We don’t really turn it off. That’s where you can start to access those psychic abilities in your brain waves low down in their cycles. You’re still really alert, but you’re kind of like in this just pleasant little blissed out feeling kind of plugged into energy. That’s the alpha state.

My ascension activation for daytime puts you into that alpha state. I wouldn’t be surprised if you guys have never been exposed to something like this if all of a sudden you’re like, “I don’t know if I like this because I think I can read so-and-so’s mind,” or you’ll start getting visions. All sorts of fun things can happen. You can just kind of start waking up. The other beautiful thing about that is if you need to study or you need to be alert, it’s very good for the creative process. If you’ve been stuck in writing a book or on a project or trying to figure out a problem, the alpha state plugs you into something bigger than yourself and you’ll start kind of getting more inspiration, so I love that.

Then the night time plugs you into more of the beta state where you’re in deeper. You’re going to kind of, again, be open to the universal mind, but in a more sleepy way at a more subconscious way. Just like theta healing, I’m sure you’ve had some theta healing healers, Cindy, on your show one time or another. That plugs you into that theta healing state, which they’ve told you is really great for regeneration and all kinds of things. I’m not going to dwell too much on that, but that’s definitely not something you want to mix because not only does it have brain entrainment in it to put you in those states, but it also has beautiful vibrations to raise your frequencies both while you sleep and during the day.

These are just music, so these are the ones that you’d like to turn down and loop. You don’t even have to listen to the music. That’s not important because we know that frequency is absorbed through your whole being. So if your outer energy body is into your physical body, you’re good. They just go out into the air and, in fact, actually everybody in your house. You can play those low. You don’t have play them loud, although, some people really…the night time music is a taste thing, so that’s that.

Cindy: Is this good for the children as well?
Kimberly: Oh yeah, beautiful for the children, absolutely. They really resonate with it except my children who are sick of the whole thing. I mean most children, yeah, it’s actually beautiful for raising vibration in children. I just want to make this point really quick. Children vibrate naturally phenomenally high. We start putting them in boxes. We start — what I call — throwing mesh over their chakra systems and shutting them down and that’s why…oh, I’m just so glad, so whoever you are bless you, bless you, bless you because it’s so important to encourage parents to allow their children to fully function in that more conscious awakened state, so thank you again. Sorry. I know I keep going back to that.

Cindy: I think it’s wonderful that they ask us, too, because my grandson is very attracted to crystals and stones, certain stones. He’ll just even pick them up off the ground and say…

Kimberly: I’ve information. Hold on. He’s a healer. Just so you know, he’s a healer, he has tremendous healing abilities. Sorry, okay, go ahead.

Cindy: Oh, he does? Okay, he’ll just even pick them up off the ground and say, “This one feels like…” and he’ll tell you.

Kimberly: Yup, I love it. I love it.

Cindy: He started doing this pretty early seven, eight years old is when he started really voicing it and he still does at 12 and Michelle’s daughter is seven, so it’s the same sensitivities coming through.

Kimberly: Yeah, it’s beautiful.

Cindy: Now the next item that you have here and I think that this is great. This is about wealth, money and abundance. This is a series, a manifestation booster that you have. You want to talk about this a little bit?

Kimberly: Yeah, well, a lot of us know how to manifest. We know that we’re supposed to run the movies in our minds or some of us use the mind movie program. We know kind of the mechanics of manifestation. We’re just not quite getting there. These, again, have a lot of frequencies that are going to build on what you’re already doing either out loud in your statements or in your mind. It’s going to help you manifest into your physical reality what you would like faster. It’s not going to do it for you. It’s going to help draw it towards you quicker.

If you know you don’t even dare…maybe that’s the first step I was told. Maybe you guys need to start to dream again and hope again. Don’t just hope and dream small. Dream as big as you can possibly imagine because, seriously, I have been where you have been in many different aspects of my life; again, please just open the door that it might be possible and then once you get that door open and you feel comfortable being there,
please just dream as big as you can possibly imagine because totally everything is absolutely 100% possible. That’s what that’s supposed to do and then wealth, money and abundance into your life, that is, again, we have to wealth to attract wealth.

All these mp3s and I kind of hesitate before I release them because if you can’t come see me or you can’t work with me on the phone or through email, this is a way of cheating. It’s a way of cheating doing the work. Now, of course, ideally you want to be all frequencies and you aren’t going to have to play something all the time. So it’s not permanently cheating. What I’m trying to do is give you guys a taste of how ultimately delicious life is and can be through your own self and your own power and raising your vibration and learning how to read these frequencies and be these frequencies.

This is just supposed to give you some gifts that start showing up in your physical reality like, “Wow, that woman’s not crazy. Like this can really happen. I can really have a different life,” So that’s what these are for. They are a little bit of a crutch, but they’re to hopefully encourage you to keep doing the work and keep dreaming and hoping.

Cindy: Then the fourth one that you have here, Secrets to Love Series, there are two mp3s in this one also. The first one is Attract Love into Your Life and this is something that we had a lot of questions come in. How do I attract love into my life? Well, here’s your answer.

Kimberly: The first step is and when I plug into some of your energy fields and I’ve been there, you have to be open to receive. So many of us, when we say we would like love in our life, it’s the push/pull. You know what’s so funny? I’m reading some of the audience. We say we want love and some of you have love in your life. I want this. No, I don’t. I want this. No, I don’t. So there’s a lot of push/pull going on. Again, there’s a little of that surrender piece and that open, she received. Well, a lot of us are afraid to love because we don’t want to get hurt and that’s where that push/pull resistance comes in.

You can’t manifest what you’d like into your life or what you’d like to attract with that resistance energy, with that resistance frequency. This softens you up and a lot of homeopathic frequencies, it has a lot of gem frequencies. It has a lot of beautifully essential oil frequencies. That’s where I’m different again, Cindy. I don’t know. A lot of people channel or put through frequencies of love and search in the hearts and all that and I can do that as well and I just like…we’re generally lifting the vibration of certain things in general.

One thing that makes me different is these are specific frequencies that I’ve been guided to put together that are actual scientific that you guys can look up. It falls under the realm of quantum physics or advanced science, really cutting-edge science, but this technology is based on the same technology as an MRI or an electrocardiogram machine. This is science. This isn’t like me going woo-woo, I’m going to throw you some frequencies. These are actual frequencies of these things, so I’m gifting you the
frequencies of gold and silver and platinum and diamonds and rubies and the things that are going to draw that great stuff.

Then the added benefit is a lot of those frequencies have protective elements and different things as well, which is another story, but anyway, so that’s what that is. It’s kind of supposed to break up and soften you up a little bit and get you open to receive. There are a lot of Australian flower remedies that things that work on your outer energy bodies and you’re subconscious, in your mind and your emotions, just get you in that really great place where you’re like, *yes, the universe is a safe place. Yes, I will attract the person that is a compliment to me and that is not abusive, etc., etc.*

Then the self-esteem course, in order to have love, you have to have a passionate love relationship with ourselves because you can only attract, again, who you are or who you are being. You can attract people with a lot less than you are being, but you cannot attract that amazing person with all those spiritual qualities we all desire. As a matter of fact, usually we end of attracting people that are kind of the flip dark side of us. I mean they’re actually elements we have in our own personality. They just seem to have them to a little more extreme.

This helps you love yourself and, again, raise your frequencies into those higher vibrational frequencies. You’re going to start attracting more quality people and this doesn’t just have to do with love. This has to do with family support. It has to do with the right people to guide and mentor you. It has to do with friends. It has to do with job or bosses. This is just attracting love into your life in whatever way that supports you. It’s not specifically romantic, so to say.

Cindy: I love that. The next one to me just really supports the previous one on love because spiritual abundance to me is so important. It is so important and awakening your higher consciousness and really tapping into those frequencies and then supercharging your intuition. If you’ve wondered how to tap into the universal consciousness, right here, this is an answer for you. Yeah, you want to talk a little bit about this, too?

Kimberly: I specifically designed this because…and it’s funny, a lot of the calls and a lot of my client questions I’ve been seeing have been about how do you connect with Source and awakening your psychic abilities. So I made these to address those questions. Again, to throw open the crown chakra and to open up the third eye and just start connecting. This is about connecting to what I was talking about, that wisdom outside of yourself and plugging you into that. That’s what these will do specifically. Awaken higher consciousness through the crown chakra, supercharge your intuition, is your third eye, so starting to develop all those abilities that have to do with opening up your third eye and stripping off that mesh that a lot of us have had on for so many years and clearly seeing and learning to discern the vibration between a truth and a lie and even starting to see in the invisible spaces. Don’t call us and complain if you start seeing spirits because that’s part of it. Get used to it.
Cindy: What about the next one you have here, which is the abundance of health series and there are two here to boost your immune system. What a perfect time as we set into fall. This is great. I love it. Then perfect sleep.

Kimberly: Right, boost your immune system is absolutely that, of course, if you have a strong immune system and this is a little side check, but actually, we have seven parts of our body that are part of our immune system. We are made to be able to take any virus, any disease into our mouth through any of our orifices, through our skin and survive. This is where we’ve been lied to. We are super amazing machines, you guys. It doesn’t take much.

Your body would like to come to help, would like to come to mental, emotional, spiritual, physical balance more than you do. The body is a 100% of the time always going to go for homeostasis or balance, so this is what that’s doing. It’s boosting that natural beautiful ability of your body to heal itself and bring you to balance. A key part of this when I used to practice I knew, I’m like we’re in for it, another one. That’s not sleeping.

If I had to give up everything else and say you can just give one piece of advice, I’d work on sleep. Sleep is where it’s at. We astral travel, dreams are astral travel many of the times. Not all of the time. Sometimes they’re visions and sometimes they’re other things, but most of the time they’re astral travel. You really don’t get to that level of where you’re really doing great and amazing things while you sleep on the different plains of existence in different dimensions if you aren’t getting to the proper sleep levels. If you’re awake at three and four in the morning watching TV, you’re probably not astral traveling. If you really want to open and blow your world up, you need to get a good night’s sleep and that’s what this is to help you do. It’s all sorts of things.

I’m going to tell you guys, if you know something about frequencies versus even alternative medicine like vitamins, herbs – oh, I love that – and sleep medication that might be prescribed by your doctor, the beautiful thing about frequencies is your body takes in just enough of what it needs, so it’ll adjust the amount. If it doesn’t need a frequency it won’t absorb the frequency. It’s not harmful, so there are so many things in there. No matter what your sleep problems are, believe me, it’s probably covered in there whether it’s melatonin or whether it’s something in your outer energy bodies or whether it’s your hormones. There’s everything in there for that.

Cindy: Then the next one is the opening your chakras and I think this is really important. This is a series and you have two here.

Kimberly: Yeah, we didn’t break this all out and, yes, so I started at one with the root chakra and that is the security. It hits us with so much of the energies are flying around that you guys were talking about that you see on the news is hitting you in the root chakra. It’s your stability. It’s your safety. It’s your financial security. It’s like how am I going to feed my kids, how am I going to pay the bills, that is what that’s addressing. So we’re
grounding you to this peaceful, beautiful place that the world is a safe place, that everything is going to be okay.

We’re throwing that open because when you start having these fear and anxiety frequencies and just as we know these machines that take pictures of our chakras, they literally shrink. They lose their light and they get distorted and they muddy in their color and they shut down and then we wonder why are we feeling fear and anxiety, why are we always worried. It’s the opposite.

It's like everything’s on mine. It seems to be truly, truly where you think you would shut down to protect it. It actually leaves you vulnerable because you aren’t getting the information that you need to have to stay safe and secure. It’s opposite. You need that chakra wide open and functioning so that you are getting all the information you need to make the decisions at the right time at the right place. Again, keeping that vibration up and attracting what you need to be safe and secure.

Of course, the sacral chakras, the second one and that has to do... people think it has to do with sexuality. Absolutely it does, but what it has more to do with is sensuality. We were created to be these multi-sensory beings in this multi-sensory world. Again, we’re so shut down we’re afraid to feel. We’re afraid to feel too much. We’re afraid to express our full sexuality. We’re afraid to be truly feminine and truly masculine and there’s just a lot of fear.

Let’s just strip those fear frequencies out, open you guys up and here’s what you guys will love, I know, about these. Money flow is very tied to first and second chakra. If you’d like more money and abundance in your life, you need to have those chakras open so that’s that.

Cindy: Okay and then you have a bonus item here, which I love, I keep getting this bliss message and I don’t know what it is, but it keeps showing up. The word ‘bliss’ keeps showing up for me. I’m not sure why, but I saw this and it just hit me that this is really an important thing. Can you talk a little bit about bliss?

Kimberly: It is. That’s why it’s a bonus item because it’s kind of a fun item because who doesn’t want more bliss or some people don’t have any bliss. Who doesn’t want some bliss in their life? What is bliss? It means different things to different people, but I have things. I have days I’ll call happy days and those are my days of bliss. It doesn’t matter what happens, I am riding high and it’s kind of like surfing. You’re just riding on this. It’s almost like you woke up for the first time into this magical enchanted world and everything is amazing. Again, we have to go back to that childlike wonder and to me this mp3 takes you back to that childlike wonder and there are people that say they listen to this 24/7. I’m like, “Really?” I mean they love it. They love it. It gives you a little bit of that spiritual buzz, I guess.
Again, I know and I struggle. I’m like, “We’re cheating. Oh well,” because I’d love for you guys to capture that without listening to my mp3s. My desire is that you use these mp3s kind of like as a cord to plug into source, but then as you start to taste how delicious, like I said it is, you get rid of these or do whatever you want with them, but then you’re going to like forget that crutch. Give me the direct hit. That’s my wish and intention for all of you that these are just meant to be temporary until you realize how powerful you are to create your reality and raise your own vibration.

Cindy: Then the last bonus item that you have here, which I’m very, very excited about, this is the secret to everything and this is your brand new eBook that you have.

Kimberly: Right and I have to admit, it’s not quite released yet. It’s being proof read, so it’ll be out this week, but you can get a little taste of it here. These, again, are very similar. I’ll be talking about some of these principles in the wealth coaching call. They’re really practical principles, including…and I’m working on this. This is what’s kind of stalling it is I’m putting in a phalanx of hundreds – are you guys hearing me, don’t lie about money – hundreds of ways you guys can make money on this site, easily pick what your power is about.

I’m trying to be real practical. I know you guys think I’m a little airy-fairy today, but I’m really plugged into what your needs and concerns are and I know that is where people are trying to pick up some extra money. I think even if you don’t do the specific thing it’s so cool because if somebody’s reading something, it will trigger something else. You’ll be like, oh yeah, I could do that or I could do that or I could do that. Again, I’m all about opening up possibilities so that’s what’s holding that up is I’m going to give you hundreds of ideas for some extra income, so I’ll be real practical.

Cindy: What a great package you’ve put together for us and the discount again is 93% off, which leaves us…this is over a $900 value for $97. This is through Energized Living Today and I just so appreciate you putting this wonderful, wonderful package together for us.

Kimberly: I do want to mention that some of these products we brought out are brand new and have not been released except on this Cindy show.

Cindy: Thank you so much. That makes me feel so special. I love it. These are all the questions that are coming in here. You’re answering the questions that people have and that’s what I really love about what you’re doing. How can I open my chakras, how can I tap into my body’s immune system, natural immune system, and boost that immunity and get better sleep and awaken my higher consciousness and really supercharge my intuition. I mean look at these titles here. It’s a wonderful thing that you’ve put together. These are the questions that you’re asking out there and here are the answers for you. I just so appreciate it.
Now there’s a couple of people that still have some questions that I would like to get to and, by the way, did you have another process that you wanted to do for us here today before we take the questions?

Kimberly: I think I'd just like to answer the questions because I've been working on your guys the whole time.

Cindy: The whole time, okay. Well, I could definitely feel it. I just wanted to…

Kimberly: Well, I was thinking about putting everybody into an alpha state, but I kind of feel like they are anyway and I was thinking about a meditation, but the time of day, for where I’d put you, I'm not sure it would be the best serving. So bring on the questions and I'll just keep working on my own thing.

Cindy: Okay, great. Well, I would like to take one question here live and this is from…let me see. Is it Ellie? Hi there, this is Cindy, Ellie

Ellie: Yes. Do you understand me?

Cindy: Yes, hi there.

Ellie: Hi.

Cindy: What question do you have?

Ellie: Well, I didn’t expect it, but I want to get open, open my chakras because I’m 80 years old and I think I am spiritual, but – I don’t know – because of lack of confidence people don’t believe me.

Kimberly: Oh wow. You definitely are spiritual and you definitely are very wise and…

Ellie: Sorry, sorry.

Kimberly: You are very wise, a very wise person.

Ellie: Yes.

Kimberly: Sometimes being spiritual is a lonely path to begin with. It’s important to stand in your truth and stand in the power of who you are and, again, you’re a little bit like…I don’t know if you heard the woman from England call in. You’re a little bit like her except you’re a lot more tentative. They’re showing me the picture of a gopher, so really, you’ve been underground a long, long time and occasionally you stick your head out and look around and then you kind of go underground. Really, I feel that people surrounding you are more bouncing off what you are showing them. If you came out and just stood, you don’t even have to move.

You just need to stand in the power of who you are and I am working on your chakras, by the way, right now, but if you would just stand in your power, as you change, as your
vibration rises, you will even appear to be on the outside a different person. Cindy and I were talking about that. Sometimes you even look physically younger on the outside or you have a new light about you or people, they squint their eyes and they say, “Why do you look different?” The first step is often just kind of coming out of where you’ve been hiding and standing and you do not allow anyone else to define your reality or define who you are. You know who you are.

Ellie: I’m starting to know it. I’m listening a lot to internet. I’m Dutch, so I sometime have some difficulties with English, but I’m feeling…I’m changing, but still I could lack of self-confidence and I like healing. I like to heal and I know have energy in my hands. I’m very scared that…well, I’ve got a problem with being put away because I’m just entered in between two sisters and they always took my word, so I just withdraw.

Kimberly: That is so common. That is a common, common problem, but it doesn’t matter how old you are, it is never too late to stand in your own power.

Ellie: Yeah, I know that. I know that, but I don’t…I lost the words that I want to say. I quickly withdraw myself, so people push me away. I have the feeling that they push me away. I think that’s it.

Kimberly: Yeah, I think that is your perception and, to be blunt, you have nothing…and none of us do, but we lie to ourselves and tell ourselves that we do. None of us have anything to lose. We’re always so worried about what our family thinks and what our friends think and what people around us think, but really, most people are pretty concerned with themselves. Although, we can greatly affect the universe with our power, people aren’t always looking at us. They’re really consumed with themselves.

A lot of your fear there is opposing frequency forces in this world that wants to keep light down and keep light dim and keep your light dim. That is your choice you have really and, again, I’m not trying to be harsh, but you have chosen how you express yourself to the world based on possibly somewhat of a guess or an imaginary viewpoint and that’s how people are reacting to you. In the end, in the end, what we do in this life, I believe, carries us whether you believe in reincarnation or whether you don’t.

Ellie: I do.

Kimberly: I still believe what we do in this life carries into the next life or lives, whatever your belief is and so this is a unique time to step into your power. We are all being called and I know you know this, but you’re going to carry pieces of this in your auric field for thousands, millions, billions – none of us know – trillions of years what happens now, what happens this year, what happens this month, what happened in this lifetime in all your years and so would you not want to be known throughout the universe as someone who has brought and assisted us now into these higher vibrations and that is your calling. It’s such a beautiful calling.
At this point in your life you have a freedom some of us don’t really feel we have. You’re only responsibility is probably to yourself. You actually have the freedom, my dear, to play and explore who you are in a more intense way than some of the others of us have. My encouragement to you would be to boldly step out. I’m not even going to push you into something bigger, but just standing in who you are and you might be particularly surprised. You may attract a whole new circle of friends or people that are attracted to you as your frequency changes.

Ellie: You fell out. You fell out.

Kimberly: Ah, interesting, as you change who you are, who and what you attract into your life as your frequency changes.

Ellie: Can you see if I’m going to change in short time or you can’t see that?

Kimberly: What I can see is that it is your choice. If you make the decision to change, you can change this moment. You can change in the next week. You change in the next month. I do think that it’s very good for you, specifically to keep listening to these teachers and because when I’m plugging into you, I don’t feel you have a very strong support system. Go ahead and let Cindy and people like her be your support system and the healers that speak. Let us be your support system until you get into your world a support system. We’re all connected no matter how old you are or where you are. We are connected to you. Use that resource of the internet and the radio and the television and books. Use that to help you stand in your own power.

Ellie: Yeah, yeah.

Cindy: Thank you so much, Ellie, for calling in.

Ellie: I don’t know how, but when I look at your face I feel very connected.

Cindy: What was that, Ellie? I’m sorry, I was talking over you there for a moment.

Ellie: I feel connected, Cindy, one other way. I don’t know. When I look at your face I feel connected.

Kimberly: That’s sweet.

Cindy: Oh thank you. Thank you so much.

Ellie: I can’t help it, but that’s what I feel.

Cindy: Oh, that’s so sweet. Thank you and thank you so much for calling in and asking your question. I think that, Ellie, your question and the information and the answer that Kimberly gave you will appeal to a lot of people. I think you were speaking for a lot of people, so I really appreciate that.
Ellie: Thank you, Cindy. Thank you, Dr. Kim.

Kimberly: Thank you for calling.


Cindy: Bye. Now there’s a couple of questions that I want to get to that people wrote in and I know that we’re about out of time here, but these are such great questions. Sharon wrote in, “Is it possible to charge crystals with Dr. Kim’s mp3s?”

Kimberly: Oh I love that. Oh my goodness, that is an amazing…you guys are amazing. You have a great audience. I love your audience. You guys are great.

Cindy: Aren’t they wonderful?

Kimberly: You’re giving me hope for the world. I love it. Oh, what an intelligent question. Absolutely, as a matter of fact, you can be specific. So while you can use all of them to charge...depending on the size, sometimes some of the crystals can only hold so many frequencies, but that’s another chat. I would do specific ones so, for example, I’m just going to give you some ideas. You can do whatever you want. I would do like rose quartz for the love one, so I would try the crystals that have the natural frequencies that are compatible with what you are charging them with.

The rose quartz often works on the heart chakra and I would do that with the relationship. I would use probably some amethyst or some quartz, white quartz with clear quartz with the opening your third eye and the crown chakra, things like that and I’ll let your own intuition be your guide. I don’t want to speak for you and what you feel or resonate with. By no means are you limited to that. That would just be my suggestion that you try to pair the elements of the crystals with the vibration of the mp3s, but yes, absolutely.

Cindy: Oh wonderful. Then Kelly wrote in. She’s struggling to keep her vibrational level high and stay positive after focusing on her career and her goals for so long with no results. I think this is another one of those questions that many people have. How do you keep your vibration high when things aren’t manifesting as you want them to?

Kimberly: There’s no shortcut for this and I know this is going to sound like a cop-out answer, but practice. When I first started playing in this arena I wasn’t where I was and I was where many of you are, to be completely honest. I would attain a certain vibration and I would slip. I would have hundreds of planes or thousands of planes and I would slip. It’s funny because I would feel the slip in my emotional or mental bodies and then I would test my vibration and it matched. I didn’t do it the reverse. I would feel rays or I’d be depressed or whatever frustration and I’d test and I’d be like, oh dang it, I slipped. This is where I can’t speak enough.
The more you guys can get rid of your preconceived ideas in your reality and get your vibration up, entertain the possibility that it’s even possible to be tremendously high vibrating and have all these great frequencies running through you all the time, the quicker you can do that. When you slip and you vibrate in the millions or hundreds of thousands, you barely feel it. Now when you’re in the 100s or the 50s or the 90s, of course, you’re going to feel it because you’re playing in those lower vibrations. You’re going to crash a little harder and you’re going to feel it.

The quickest to learn to hold your vibration is to get it up really high and then it’s just practice and it’s that feedback loop between, again, seeing your life change and it just gives you confidence and then you’re putting out the positive frequencies. It’s like instead of so many of you are caught in this negative feedback loop and you’re just stuck in the same rut of the same frequencies, what we’re trying to do in calls like these or with my mp3s or with working with me or other healers is trying to shift you out of that into another frequency level.

Then it just becomes a way of life. You wouldn’t even be asking that because then once you get out of those lower frequencies then…and this is where I don’t think this is the only place I think you guys are missing it when I plug in. You can create your own reality. How much of the time? A 100% of the time, as a matter of fact, you do. You just don’t realize it because you’re getting the negative feedback reality. We need to change and get the positive. You guys are already great manifesters, just not enough in a positive way.

Cindy: Okay, there you go. If you can manifest in one way, you can manifest in another. That’s what I feel. You’ve already got the skill.

Kimberly: That true. That’s great. I love that.

Cindy: The last person that I would like to take here is live call and this is Debra and she is calling from Shanghai. Debra, are you there?

Debra: Hello.

Cindy: Debra, are you there?

Debra: Yes, I am.

Cindy: Hi there. What question do you have for Dr. Kimberly?

Debra: Well, Kimberly, thank you for working on our energy. It’s come up tremendously.

Kimberly: Oh, thank you for the feedback. I appreciate that. You’re welcome.

Debra: I asked a question of you several weeks ago about mushrooms on an email and I’ve been doing okay, but the last couple of days I’ve just really been stuck. I’m stuck
energetically. I’m stuck physically and I’m sort of just wading around in the muck. Can you give me an insight?

Kimberly: This is what I’m hearing and I’m going to tell you what I’m hearing and I don’t totally know in all the aspects you’ve been doing this, but they’re saying that you’ve been relying too much on physical things and you do what they’re telling us to watch out for, so you switch. You start off on a spiritual path and then you switch out to a 3D reality path or to this reality. Then you kind of stop wading around in that and you get back on the spiritual path and I’m not meaning this insultingly. I’m meaning it lovingly.

They’re showing me an instability in your energy field and I have to talk to you further to really get to the root of it, but they keep saying switch out and I understand. I can feel your energy, so I understand kind of what’s going on. Since I do have your email or you do have my email, I should say, if you would shoot me an email. I have my radio show, believe it or not, at 7:00 right after this, but then I will get to your email in the morning, if you send me a new email and we and can dig a little deeper.

Debra: Oh, thank you so much because there’s a lot of stuff going on right now for me.

Kimberly: Yeah, I can feel that. I feel your pain and before I start my radio show, I will do some more work on you. I just want to make sure it’s focused energy and I’m going to do that off air when we end. Send me an email just so it’s on the top even if it’s a couple lines and I’ll get to that tomorrow for you.

Debra: Oh thank you so much for the energy work.

Kimberly: Thank you.

Cindy: Well, this has just been just a wonderful over an hour and a half now that we’ve been on and as I told you when we were talking earlier, we’ll just go until it feels right, until we’ve done what we’ve come here to accomplish and I think that we have done that today. You’ve helped so many people and I’m just so grateful for your willingness to spend this extra time and help so many people out there.

Kimberly: Oh no, it’s so much fun. I love it. I applaud you guys for the hunger and desire to learn. It’s beautiful and I just really appreciate each and every one of you and I know your time is important and precious and you have families and jobs and thank you for letting me plug into your energy and thank you, Cindy, for giving me this opportunity.

Cindy: Well, it’s just been wonderful.