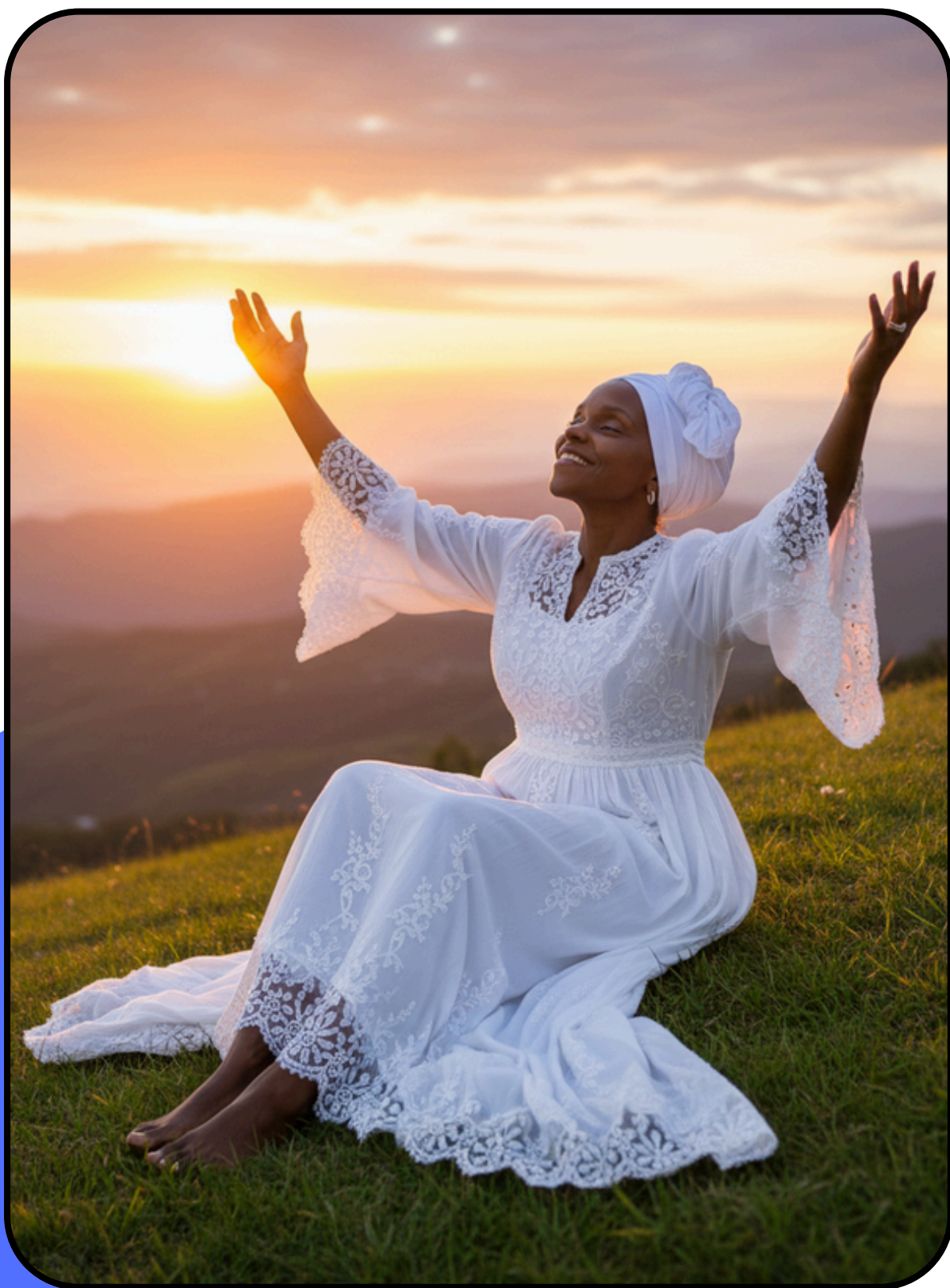


THE 7 DAY FREQUENCY RESTORER



crosses
their lives

Subhe **YOWKEBED S. YISRAEL**



Shalom and Praise Yahweh, this free guide is an introduction to the praise routines I had to do to restore my soul. I went through a terrible heart breaking situation in which certain family members tried to destroy me to the point of trying to leave me and my husband homeless. I gave them comfort and evil was returned to me for it. So, I had to endure with praise, fellowship and glorifying God Yahweh. When these young people had no where to go, we picked up the pieces, but there was no respect or gratitude. When we stopped giving because of the attacks on our character and blatant disrespect. They went to the extent of trying to take our home from us because we were kind enough to put their name on the house deed.

That was my biggest mistake I had sleepless nights. My body would tremble, they spoke to me with hatred, and even lied to my grandchildren and to others as they continued to destroy my home which they cared nothing for, because I paid for it with the sale of my previous home. They paid no rent to me for giving them a roof over their head in fact they locked me out of my own kitchen. I survived all of this by connecting to God Yahweh through praise and you can do it too.

7-Day Guide to Raising Your Frequency Through Praise-Filled Joy

Note: Within this manual the ancient original name for God is being used, that name is Yahweh. If you believe in another name I am not here to change your belief, call on The Most High in your way. Do the routines at least 7 minutes a day but you can do more if you like.)

“Let everything that has breath praise the Lord Yahweh! HalleluYah!”
(Psalm 150:6)

This guide is designed to tune your spirit, mind, and body to the highest frequency—the joy of Yahweh. Your voice and the spoken Word are the primary instruments. Simple percussions (djembe, tambourine, shakers) can enhance the rhythm, but they are never necessary. Your declaration of Scripture is the power source. Let's begin!

How to Use This Guide

1. **The Daily Theme:** Focus your heart on one aspect of praise.
2. **The Key Scripture:** Speak it aloud. Repeat it 5–10 times. Let it vibrate in your throat and chest.
3. **The Praise Action:** Use your voice (singing, shouting, whispering) or gentle rhythm (clapping, stomping, or an instrument if you have one).
4. **The Frequency Booster:** A short, intentional declaration to seal the joy.
5. **Remember:** Instruments are a bonus, not a requirement. Your spoken words carry creative power (Proverbs 18:21). When you utter Yahweh's promises, your frequency shifts instantly.





  **Day 1 – Awaken to His Presence** 



The Theme: Joy begins with awareness—God Yahweh is with you right now.

The Key Scripture:

“You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore.” (Psalm 16:11)

The Praise Action:

Stand or sit upright. Take 3 deep breaths. Then, with your voice, declare:

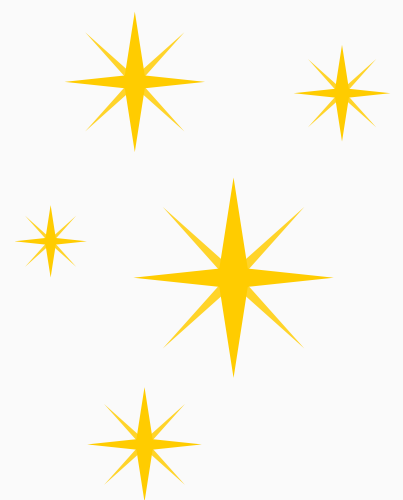
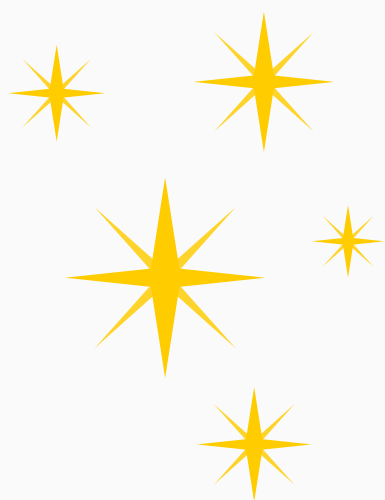
“Yahweh, I am in Your presence NOW. Your joy is my reality.”

Repeat Psalm 16:11 slowly, emphasizing fullness of joy.

If using a shaker, shake a soft, steady pulse while you speak.

The Frequency Booster:

Spend 2 minutes humming a simple tune—just a single note. Feel the vibration in your skull. That hum is your spirit tuning to His frequency.





Day 2 - Shout for Victory

The theme to remember: Joy is not passive; it is a triumphant sound that breaks chains.

The Key Scripture:

“Shout for joy to Yahweh, all the earth; break forth into joyous song and sing praises” (Psalm 98:4).

The Praise Action:

Open your mouth and shout! (or speak with strong volume) one phrase: Yahweh is my victory! Do this 7 times.

Between each shout, clap your hands or strike your djembe/tambourine with three firm beats.

Let your voice lead—the instrument follows your declaration.

The Frequency Booster: Walk around your room while loudly quoting: The joy of Yahweh is my strength! (Nehemiah 8:10). Speak it until you feel an energy within or even goose bumps on your skin.





 **Day 3 – Gratitude is a Frequency Elevator**

The Theme: Thankfulness instantly raises your spiritual vibration.

The Key Scripture:

“Enter His gates with thanksgiving and His courts with praise! Give thanks to Him; bless His name”! (Psalm 100:4)

The Praise Action:

List 10 things aloud—start with, Thank You, Yahweh, for... (breath, water, salvation, etc.). After each item, gently tap a tambourine or simply snap your fingers.

Then read Psalm 100:4 aloud, replacing His gates with “my heart.”

“Enter my heart with thanksgiving...”

The Frequency Booster: For the rest of the day, every time you feel a complaint rising, replace it with a spoken Thank You, Father. Words shift atmospheres.





Day 4 – Strength in Weakness (Joy That Overrides)

The Theme: Praise is very powerful when you feel depleted—it recharges your frequency, energy and vitality.

The Key Scripture:

“But I will sing of thy power; yea, I will sing aloud of thy mercy in the morning: for thou hast been my defence and refuge in the day of my trouble.” Psa 59:16

The Praise Action:

Even if you feel low, speak this verse with deliberate force—louder than your feelings.

Use a slow, grounding rhythm on a djembe or tap your chest with your fist (like a heartbeat) while you declare:

“Yahweh, You are my refuge. I choose joy over despair.”

Repeat 7 times, increasing volume each time.

The Frequency Booster: Write Psalm 59:16 on a sticky note or writing pad. Read it aloud every hour. Your voice reprograms your nervous system.





Day 5 – Faith Over Fear
(Praise as a Weapon)

The Theme: Praise silences the enemy and elevates you above circumstances.

The Key Scripture:

“About midnight Paul and Silas prayed and sang praises unto God, and the prisoners heard them.” (Acts 16:25)

Their praise broke chains and opened the prison doors. (Acts 16:26)

The Praise Action:

Identify one fear or worry. Now, aloud, overwrite it with praise:

“I do not fear _____, because Yahweh goes before me. I sing of His faithfulness.”

Clap a sharp, staccato rhythm (or strike a tambourine) after every sentence—like breaking bricks.

Sing a simple chorus: “Yahweh reigns, Yahweh reigns, let the earth rejoice!”

The Frequency Booster: Speak Psalm 34:4: “I sought Yahweh, and He answered me and delivered me from all my fears.”* Say it until your voice sounds joyful, with no fear or anxiety.





SDay 6 - Unceasing Praise / Rhythm of the Day

Day 6 – Unceasing Praise (Rhythm of the Day)

The Theme: Make praise a continuous background hum resonating and vibrating in your mind, not a one-time event.

The Key Scripture:

“I will bless Yahweh at all times; His praise shall continually be in my mouth.”(Psalm 34:1)

The Praise Action:

Choose one short phrase today—e.g., “HalleluYah” or “Worthy is the Lamb.”

Speak it softly every time you check your phone, take a sip of water, or walk through a doorway.

If using a shaker, keep it nearby and give it a subtle shake with each whispered praise.

At noon, pause and speak Psalm 34:1 aloud with full breath.

Frequency Booster: Record your voice saying “Yahweh, I praise You” on your phone and play it back—hear your own frequency. That sound is powerful.





Day 7 – Rest in Complete Joy
(Sabbath of Praise)



The Theme: The goal of praise is not performance—it is resting in the finished joy of knowing God Yahweh.

Key Scripture:

“Rejoice in Yahweh always; again I will say, rejoice!”
(Philippians 4:4)

Praise Action:

No aggressive shouting today. Use a soft, melodic voice.
Read Psalm 150 slowly—all 6 verses.

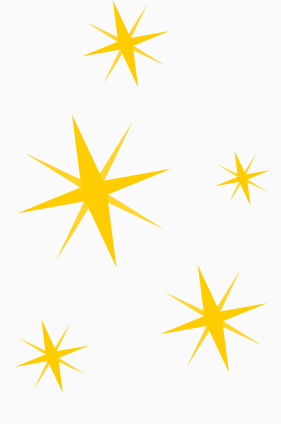
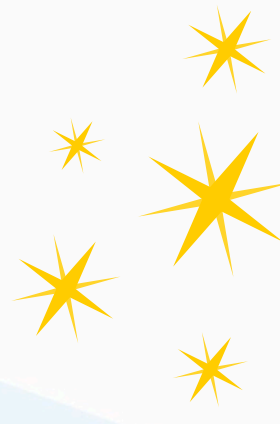
After each verse, pause and breathe. If you have a djembe, play a very soft, rolling rhythm—like gentle rain. If not, simply tap on a table or on your thigh, but focus on the word. End by whispering: “Yahweh, Your joy is my complete inheritance. I receive it.”

Frequency Booster: Sit in silence for 5 minutes. Let the words you have spoken all week echo in your spirit. That echo **is** your raised frequency.

Final Declaration (Speak This Every Morning):

“My voice is a trumpet of praise. My words are seeds of joy. I do not need instruments to make music—my very breath is worship. Yahweh, I speak Your Word, and my frequency rises. Today, I choose laughter, thanksgiving, and the sound of victory. HalleluYah!”

Remember: The most powerful instrument in this guide is your mouth speaking the living Word of Yahweh. Drums and shakers add flavor, but the Spirit moves through spoken faith. Use your voice boldly—and watch your joy become unshakable.



Peace to you all



Stay tuned for my full e-book which will empower you even more and give you more information on this very powerful topic which will elevate and restore your soul.

THE POWER OF PRAISE

Unlocking God's Presence,
healing and Transformation



Yowkebed S Yisrael