



Understanding and Elevating Your Vibrational Energy

Neville Berkowitz

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Neville Berkowitz

personalempowerment.co

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Understanding and Elevating Your Vibrational Energy

What is vibrational energy on earth?

Let us begin with a few definitions about vibrations and energy, which are two interrelated terms in this context:

Albert Einstein stated *Everything in life is a vibration.*

According to *Wikipedia*, a vibration means *quickly moving back and forth (or up and down) about a point of equilibrium. The vibration may be periodic (having a pattern) or random.*

Einstein, in his famous equation of $E=MC^2$, proved that light and matter are the same and are all energy, thereby implying energetic vibration, as he stated that everything is a vibration.

Another quotation from Einstein about energy deals with physics and not philosophy, however, when this quotation is compared to the spiritual understanding of *the Law of Attraction* as described by the *Teachings of Abraham*, a non-physical energy, channelled through Esther Hicks (Abraham-Hicks.com), Einstein's physics is spiritual philosophy.

Einstein stated, *everything is energy, and that is all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be said no other way; this is not a philosophy; this is physics.*

Abraham defines the *Law of Attraction* as *"that which is like unto itself will be drawn."*

If you are reading a spiritual book such as this one, you will be familiar with the spiritual concept of 'your thoughts create your reality.'

This book is not about proving that vibrations exist or proving that you are vibrational energy as a soul. I will leave that to those with scientific hypotheses.

I have a belief and an experiential knowing that souls exist in Spirit, and certain souls, as vibrational energy, have occasional visits to the earth plane of existence where they inhabit physical bodies for what we know as a lifetime.

If you intend to benefit from this book and learn how to elevate your vibrational energy to lead a more frictionless life, and hopefully know more Love, peace, joy, and bliss, then you need to accept the following:

Everyone and everything, everywhere, is energy vibrating at varying levels of fluctuations and frequencies. Our soul is energy vibrating extremely fast in Spirit,

where it is formless. Our soul's vibrational energy slows down substantially to become the slower moving vibrational soul energy within a denser form of a physical body on earth. When our heart stops beating, our soul's vibrational energy leaves the body, speeds up its vibrational frequency and returns to Spirit as formlessness, and re-joins our Higher Self/Soul, which is part of Oneness with our Higher Power. All that the soul has experienced while on earth accompanies it into Spirit. Those experiences also become recorded in what some people call Akashic Records.

It is important to note that the vibrational soul is eternal and immortal. There is no death of the soul, merely a change from form to formlessness. Like water becomes a vapour or gas.

In truth, all we ever are is points of vibrational energetic Beings of Light and Love in an infinite and eternal stream of Consciousness of Unconditional Love and Light. We choose to call this infinite and eternal stream of Consciousness our Higher Power/Source Energy/God and many other names. We are All One, and far from ever being alone. You are me, and I am you, as we are all the same infinite Unconditional Love and Light at our eternal essence. We are Oneness. We are God.

In Genesis 4:9, when God asked Cain, *"where is your brother, Abel?" "I don't know," he replied, "am I my brother's keeper?"*

With this question, the Lord was asking and telling us that we are all our brothers' keepers, as, at our eternal essence, we are all One.

We come to the earth plane of existence as an energetic vibrational frequency as a soul that enters a body. Over time, we forget we are a soul, and we become an ego-based body.

This free book, and all my other 24 free books I have written so far, and published on my websites, personalempowerment.co, and guidespeak.com, are reminders of who You really are as part of Oneness, the eternal stream of Consciousness of Unconditional Love and Light, some call God.

You are Unconditional Love and Light always, and in all ways. Such Love and Light is the absence of fear, as fear is ego-based, and EGO- Edging God Out- is an illusion. Only God is real, as God is Love, and so are You at your essence. Now it is time to live that knowledge as experiential knowing.

You may have already experienced a truism of attunement and alignment with your Higher Beings. When the 'you' of your body/ mind/soul is connected to the 'You,' the larger part of your soul, your Higher Self/Soul in Spirit, which in turn, is connected to your Higher Power, you then experience an overwhelming sense of GAIN- God And I Now. Conversely, when you are separated from God through your EGO- Edging God Out- you experience LOSS- Leaving Our Self Sad.

At a vibrational level, your energetic frequency, as part of GAIN, is elevated to its highest level, and you can attain the 'Likeness of God' and become Godlike. You will then know true POWER- Present Only When Ego Removed. Biblically it is said that we are made in the image of God; it is this 'Likeness' we can attain to emulate by being Godlike in our thoughts, words, and actions.

Einstein says its physics in matching the frequency of the reality you want to experience, and Spirituality says, 'that which is like unto itself will be drawn.' This is all you need to know about elevating your energetic vibrational frequency to its highest position – simply be Godlike in your thoughts, words, and actions.

For many reading this book, becoming Godlike, maybe a bridge too far to leap in one go. So, I have broken this ability down to achieve this objective of elevating your vibrations. There are over 50 ways, as topics below, for you to read through and implement. Additionally, to begin with, I have included some other understandings to help you attain your goal of elevating your energetic vibrational frequency to its highest position possible.

At present, most of us focus our energy on making a living and climbing the totem pole of so-called success. These are ego-driven motivations, and when you return to Spirit, what you did on earth to make a living will be irrelevant. Only how you behaved in doing so will be relevant, but more of that later.

Living as vibrational energy in Spirit

As a soul in Spirit, we are part of a Soul Group with all the souls vibrating at similar energetic vibrational levels. This Soul Group is part of a hierarchical structure based on energetic vibrational fluctuations. The varying levels within this hierarchal structure are determined by the speed of energetic vibrational fluctuations of each of the Soul Groups. The highest level is closest to the vibrational level of our Higher Power/Source Energy/God and numerous other names.

The greater part of our soul, our Higher Self/Soul, remains in Spirit always. We, as a soul, are a sliver of this Higher Self/Soul. Our Higher Self/Soul is part of our Higher Power, which some call God/Oneness/Source/Source Energy and a myriad of other names depending on our religious or spiritual upbringing. This is what we know as Oneness.

In Spirit, Light from Source Energy is received at different frequencies of brightness depending on which level our souls emanate our energetic vibrational frequencies. The depth of Unconditional Love from Source Energy varies when received at these different levels of energetic vibrational frequencies, where we reside in Spirit.

Elevating energetic vibrational frequencies receive more Light and Love, and, conversely, decreasing frequencies have reducing Light and Love available for use.

I see this as a pyramid structure with varying horizontal levels of frequencies. Source Energy at the apex is shining down Light and expending Love energy. The elevated or higher frequency levels closest to the apex receiving brighter Light and stronger Love, and those frequency levels at the base of the pyramid knowing mainly darkness and little Love, if at all.

In my understanding, this would be the definition of heaven and hell, as some people call these imagined places in earth terms. Most souls are in energetic vibrational frequency levels between these two extremes.

Our eternal quest is to elevate our energetic vibrational frequencies to increase the amount of Light and Love we experience as souls. In this way, we progress up the hierarchal levels in Spirit. Our ultimate objective is to become closer to our Higher

Power, the Source Energy of such Light and Love. Our quest on earth, as an eternal soul, is to become more Godlike in our thoughts, words, and actions.

I have been told in a channelling that one soul's efforts on earth influences the entire Soul Group's progression, or regression, on this hierarchical structure. No pressure mind you!

I have written a free book, *Finding and Knowing God Within You* found on personalempowerment.co, which details this process of spiritual enlightenment and growth. This book is a journey of finding Oneness within you.

When we were in Spirit with our Soul Group, we planned an intricate programme of Soul Contracts to assist each other, as Soul Mates, on our forthcoming incarnation to the earth plane of existence. However, not all Soul Mates participate in each incarnation on earth.

I have also written a free book, *The Purpose and Meaning of your Life in terms of your Soul Contracts*, found on personalempowerment.co, detailing this process and implications for you.

Living as vibrational energy on earth

As a soul or an energetic vibrational frequency of Light and Love, we chose to enter the body of a specific baby on earth. In this manner, we chose our parents and the type of life we intended to live for the highest growth of our soul. Our energetic vibrational frequency then had a physical body we chose and an opportunity to experience the duality of the contrasts of opposites, as well as sensuality, both of which are unique to the earth plane of existence. I have been informed that the earth plane of existence is one of the harshest places to live but also the one place that allows a depth of contrasting experiences and sensualities to be experienced.

This sensuality occurs through our five senses. We crave to use each of these five senses for their variety, and feelings they allow us to experience. Each of these five senses is wholly reliant on energetic vibrational frequencies. Sight is a vibration of different light frequencies. Sound requires vibrating frequencies to hear. Touch reflects vibrational frequencies movements of different surfaces. Taste reflects the vibrational frequencies emanating via the tip of the tongue. Smell attracts the different vibrational frequencies in the air.

Regarding experiencing the duality on earth, or the contrasts of opposites, the elevation, or growth, of our soul, is often dependent on the extremities we experience in these contrasts of opposites. We usually first need to know what we do not want through our experiences, to know what we do want. To put it in extreme terms, sinners become saints! These contrasts of experience we need to go through to make a better choice is a major factor why judgement should always be withheld, as explained later under the topic of judgement.

When we chose to come to earth as energetic vibrational frequencies of Love and Light, we wanted to expand our consciousness, our soul's experiences. We set

ourselves extensive experiences as, while in Spirit, without fear, we knew no limitations of our desires, needs, or wants. Fear is ego-based and does not exist in Spirit. In Spirit, we only know differing levels of Unconditional Love and Light from our Source Energy. In Spirit, Love is the only emotion we experientially know. Hence, my frequent statement that ‘nothing matters except Love.’

In choosing to experience extremities of the contrasts, or the dualities, that exist on earth, we wanted the expansion of our soul and the expansion of our Higher Self/Soul that always remains in Spirit. As a soul on earth, we are aligned and attuned to our Higher Self/Soul. This Higher Self/Soul is part of our Higher Power, part of Oneness. The expansion of the experiences of our soul, which remains connected to our Higher Self/Soul, become the experiences of our Higher Power to become All That Is. We are helping God become All That Is!

On earth, we may judge any experience as good or bad, but in Spirit, every experience creates an expansion of our soul, of our Higher Self/Soul, and of All That Is. There is no judgement in Spirit, merely total acceptance of the experiences of All That Is.

Every experience on earth is valid and not to be judged as good or bad. For example, a great wedding may turn into an ugly divorce. Was the wedding a good or bad experience? The wedding was an experience. It assisted in the expansion of you, your Higher Self /Soul, and All That Is. The divorce experience also expanded you, your Higher Self/Soul, and All That Is, too. I will deal with judgement as a separate topic later.

We wanted to come here for all these sensual experiences and to know the feelings of the contrasts of opposites. Feelings are the language of our souls. We knew it took tremendous courage to come to earth as a soul within a body because life on earth is an emotional roller coaster ride of note. We also left our high spinning energetic vibrational frequencies in Spirit awash with Unconditional Love and Light and chose to come to slower-moving energetic vibrational frequencies on earth, where matter is heavier and darker, and far less Unconditional Love and Light is evident.

On earth, we may experience the highs and the lows of emotional and physical life. We may experience great health and devastating illness. We may know wealth and poverty. We may love exquisitely and suffer grief through the loss of one we loved. We may taste delicious food and maybe know hunger and starvation too. We may experience the profound and the profane. We may hear the murmurings of endearing love and may know the pain of divorce and the separation from our children. We may smell the rose in bloom and may smell the decaying bodies in the street. We may know the tenderest of caresses and may know the pain of an emotional wound inflicted by one we loved. We may know trust and may know dishonour by ourselves, and others. We may be moulded by the love of another, and we may know the fire of our enemies. We may know the journey from an acclaimed hero to experience becoming a “zero” in the public’s eye, or worse, in our eyes, too. Through these contrasts of opposites, we will know life on earth. We will know the expansion of our consciousness as a soul, our Higher Self/Soul will know this expansion, as will our Higher Power too.

Those of us who live our lives on the edge of these extremities may envy the person whose life seems effortless and carefree. However, one thing I have learnt is that

what happens on earth is often seen oppositely in Spirit. Those choosing a meaningful soul's growth path on earth will know these extremities, while those needing a "vacation" from their eternal soul's growth path will experience the more effortless and carefree existence on earth. *First, the labour then the reward*, as stated in Corinthians 3:8.

What is important through these experiential processes is HOW we behave. I seldom ask people what do you do for a living? I often ask them, "how do you do what you do for a living?" I am really asking them whether they come from soul-based Love, or do they operate from fear-based ego. It is a real conversation stopper! Usually, they drop their eyes and look for an excuse to get away from my probing eyes!

I believe it's not WHAT you do, but WHY and HOW you think, say and do in life that will determine the growth of your eternal soul, that of your Higher Self/Soul, and, ultimately, the growth of your Higher Power's experience to become All That Is.

We came to experience everything we chose in Spirit, with all the delicious sensuality of sight, hearing, smell, touch, and taste. We knew that we could not fail, but only enlarge our eternal soul's experiential knowing, our Higher Self/Soul's expansion and enlarge the experience of God within us.

We are always an eternal energetic vibrational soul, and we have experiences on earth when we visit. We call these experiences by our name, by our roles as spouses or partners, by our parental role, by our job descriptions, by our sports and hobbies and so on. We are always who We are, not what we call our experiences on earth. We are always an eternal soul, not a vocational title, or parent, or even a murderer. That is WHAT we are on earth, not WHO we are eternally. There is an Italian proverb which states: that, *"after the match, the pawn and the king go back into the same box."*

Everything we chose to experience is a vibration and becomes causal of nature. What we sow on earth is what we reap, this time on earth, or possibly in another soul incarnation on earth.

Choice as a vibrational energetic Being

In every instance of every experience, we have an omnipotent power- the power of choice.

CHOICE- Can Help Overcome I Change Energy.

We can choose what we become as vibrational energy in a body on earth.

We are vibrational energy that can choose through our attitude, thoughts, words, and actions. Your choice will always be either-

- (1) To Be Love Now, or to be fearful
- (2) To be Soul-like/Godlike, or to be ego-based - EGO-Edging God Out

These earth-based choices will determine whether the eternal vibration that you are is elevated or lowered in terms of the hierarchal structure in Spirit. Whether you experience more Light and Love as you move closer to the God within you now, who

is also your Higher Power in Spirit; or whether your eternal energetic vibrational frequency experiences a dimmer Light and reduced Love in Spirit.

Your Soul Mates in Spirit are found at the level which you all resonate your energetic vibrational frequencies. As postulated earlier, the earth terms, heaven, and hell do not exist in Spirit but may be used to illustrate that bright Light and depth of Unconditional Love which could be termed as heaven, while hell maybe the lack of Light and lack of Unconditional Love at the base of the hierarchical pyramid I described before.

Souls who have lived a life on earth of uplifting others in Love, kindness, generosity, compassion, gratitude, integrity, and peace will find themselves together in Spirit. The murderers, rapists, adulterers, and others who have committed similar free will offences against others on earth will find themselves together in Spirit, too.

I am distinguishing contractual soul arrangements from free will actions in this example. In terms of soul contract arrangements, the role of a murderer, rapist, adulterer, and others, as Soul Mates, are roles agreed to be played out for the experience and growth of the so-called victim, a Soul Mate. In these instances, the role of the perpetrator is a brave one as they are likely to face negative consequences on earth for agreeing to play these roles. They will experience being pariahs on earth, and this could also be part of their soul contracts too. However, free will choices made to act like a murderer, rapist, adulterer, and others on earth will have eternal consequences in Spirit.

Where free will choices are concerned; we are not born as a winner, or as a loser, but as a chooser.

Choose wisely as an energetic vibrational frequency human being on earth!

What isn't a vibration?

Nothing!

What is the highest vibrational energy?

The highest vibrational energy is what we term our Higher Power. Source Energy who creates universes. The Emitter of Light and Unconditional Love of the highest frequencies. For simplicity sake, we use the name God, but this Higher Power has over a hundred different names. In the Judeo-Christian bibles alone, this Higher Power is named in over seventy different ways. Depending on one's religious or spiritual affiliations, the name you call this Higher Power will have meaning for you.

I also use the term Oneness to denote the Unity beyond all the diversity of beliefs, faiths, and religions that man has created. Even more so, this Oneness is All That Is and encompasses the various kingdoms on earth of animal, vegetable, and mineral.

What is relevant for this book on understanding and elevating energetic vibrational frequencies is that the vibration of this Higher Power is what we aspire to attune to, and align with, as the highest energetic vibrational frequency.

This attunement to, and alignment of, this Higher Power will be referred to throughout this book as the highest form of energetic vibrational frequency for which we all strive in our own way.

What is the lowest vibrational energy?

I would assume that something like a pile of sand, or a common rock, would emit the lowest vibrational energy. Considering that a natural rock has been around since the dawn of time, it may have witnessed all the evolution of earth within its 'being' for all we know?

The study of crystals shows that different crystals emanate different energetic vibrational frequencies. Those crystals used in crystal healing processes have specific properties to align to our own vibrational energy that may be needing this correction through such energetic vibrational frequency healing. For those sceptical people reading this, my advice would be to try it first before you judge it. I have experienced such healing processes, and it is a widely held experiential belief system for those who practice it, and those who participate as recipients of such crystal-based healing.

Whether the common rock has any higher vibrational qualities is unknown, but the thoughts on this are that they absorb energy from the sun during the day and heat up and absorb cold at night while cooling down.

For illustrative purposes, let us assume that a common rock has the lowest vibrational energy.

Am I a vibrational energetic Being?

Are you ever! As a soul, you are an eternal energetic vibrational frequency, and these vibrations move up and down when in a physical body on earth. This is due to your emotions as you experience them on earth, based on whether you experience soul-based Love or ego-based fear or hope. When you are connected to your Higher

Self/Soul and your Higher Power in Oneness, your emotions are at their highest enjoyment and, conversely, when you are separated from this Oneness, you will experience low levels of emotions and feel sad. Earlier on in this book, I used the acronyms of GAIN- God And I Now, and LOSS- Leaving Our Soul Sad to illustrate these emotions.

Picture the scene. You are at a party and having fun with your friends. Everyone is laughing and dancing and enjoying themselves. Energetic vibrations are high, and every one is said to be in 'good spirits.' Unexpectedly, you all hear a siren outside, and you see that an ambulance is attending to people injured and killed in a car crash. You all rush outside, and you see the senseless loss of life as bodies are strewn on the road. All your energetic vibrations fall to a low level as you contemplate this horrific scene. These are the energetic vibrations that exist within your subtle body and through your energy centres. These two energy conductors are discussed later.

At an emotional level, your energetic vibrational level is high when you are connected to your soul, your Higher Self/Soul, and your Higher Power. This may be spiritually experienced when you are in a place of worship, and especially if in song with the congregation and choir if one exists. It may also occur during prayer and meditation too. It may occur when you are living a soul-based Love experience. Your emotional response is to feel uplifted, and you experience an emotional "high."

When you feel separated from your soul, your Higher Self/Soul, and your Higher Power, you move away from this energetic vibrational high, and you feel emotionally low. This feeling of separateness from your soul, your Higher Self/Soul and your Higher Power creates a feeling of being alone, vulnerable, defenceless, weak, afraid, helpless, and fearful. Your emotional response is to feel low in vibrational energy.

In the above example of the party and the accident, laughing, dancing, and having FUN-Find Upliftment Now- elevates your emotions as your energetic vibrational frequency is raised and you feel joyful. When confronted with the senseless accident and needless loss of life, your paranoid EGO- Edging God Out- feels this loss as a potentially permanent loss of your life, and your emotions, and vibrational energy, plummet with that thought. It is only after that initial paranoid ego-based fear and emotional shock do you feel compassion and empathy for those who lost their lives, and for those people left behind to mourn those losses.

At the scene of an accident, fire, or other calamity, crowds of onlookers are drawn and remain transfixed to the horrific scene as egos contemplate their good fortune of not losing their host body while commiserating with those bodies loss of their lives.

As a soul within a body on earth, you are most often not taken into consideration by your host body and their mind. Most people are driven by their ego, which, as explained above, means Edging God Out.

The ego I am referring to is what I call your "bad" ego. This is the pride/fear/hope-based ego, and not the "good" ego which is needed to protect your self-survival. From now on, my reference to ego is the pride/fear/hope-based ego, the "bad" ego, hence EGO- Edging God Out.

When you allow your ego to manage your life, it does so by offering you hope and fear, and sometimes both in successive thoughts! I use the terms Soul/Love, and ego/fear/hope to differentiate between these two opposite creators of your attitudes, thoughts, words, and actions.

Your vibrations are influenced by either Soul/Love or ego/fear/hope. However, fear usually dominates hope, in terms of thinking time spent, so I use ego/fear for simplicity sake.

If you seek to elevate your energetic vibrational frequency and seek attunement and alignment with your Higher Power's energetic vibrations, you can only do so by operating from Soul/Love.

An especially important part of this attunement and alignment process to your Higher Power is via the larger part of your Higher Self/Soul which always remains in Spirit. Your vibrational communication channel is to and from your soul and to and from your Higher Self/Soul, which, in turn, is connected to your Higher Power. Your Higher Self/Soul is continually sending your soul, high vibrations of Love and Light, but you can only resonate with them when you are operating from Soul/Love. You cannot find 101.1 FM (soul) on your radio when you are on Medium Wave (MW) (ego).

Because God is Love and Light, and your Higher Self/Soul is connected to this Higher Power in such Love and Light, these vibrations are all your Higher Self/Soul can send you as vibrational energy. Ego/fear is unknown in Spirit. By being Soul/Love in your attitude, thoughts, words, and actions, you attune and align into these higher based Love and Light energetic vibrations. This becomes your vibrational energy in this moment of Now.

When you operate from your fear-based ego, you are not on the same vibrational wavelength as your Soul/Love. You will never receive these higher vibrational energies of Love and Light from you Higher Self/Soul flowing to you, and through you, when operating from fear-based ego. High positive emotions and energetic vibrations are only accessible as responses when you are coming from soul-based Love.

What is reality?

The following may be difficult for you to interpret because most people see themselves as bodies. A few of us remember we are souls in bodies too. Most people consider that the world we live in is a physical reality, and because we can experience life through our five senses, this must be what reality is.

If we go to an art gallery and we see a picture of a landscape, or soldiers in a battle, we know that it is not real. The pictures may depict scenes as seen, or envisaged, by the artists, but we know that reality is us looking at the pictures.

Now, what of our so-called reality as seen through the awareness of Unseen Beings in Spirit. In Spirit, the reality is based on much higher energetic vibrational frequencies and instant movement of thought into reality, of communications via thought and other 'sci-fi' ways of being.

So when these much Higher Energetic Vibrational Frequencies look at the earth, and our individual and collective trials, tribulations and triumphs moving at a snail-like pace, is it not akin to us looking at an ant colony, which ants see their entire world as their colony. To these ants, their reality is not you driving your car as they cannot envisage what a car is. Our concepts of reality are similarly blinded by our lack of awareness or consciousness of what we cannot see, hear, touch, taste, and smell.

There is so much happening beyond our limited five senses that are experienced by Unseen Others as their reality. As William Blake said in *The Marriage of Heaven and Hell*,- *If the doors of perception were cleansed, every thing would appear to man as it is, Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.*

What we consider to be our reality is but 'a dream within a dream', as Edgar Allan Poe named his famous poem.

My intention introducing the questioning of your concept of reality is to enlarge your consciousness and awareness of a reality that is both eternal and infinite.

We are now going to begin a journey of practical steps. The intention is to show you how to elevate and sustain your energetic vibrational frequency levels.

Understanding an infinite, eternal reality is the initial step.

My younger son Jonathan, when aged around four years old, was watching an old black and white movie on TV and he asked me, "when did colour come into the world?" Many of you reading this concept of infinite, eternal reality may be equally perplexed!

Your energy centres

In the world of so-called complementary medicine, and stemming from the East thousands of years ago, the concept of energetic centres, known as chakras, exist in a vibrational energetic 'subtle body' which surrounds the physical body.

For those who want to find out about chakras in more detail, the Internet has as much information as you will need. I am going to summarise the subject with the intention that you understand that these chakras do exist. Allowance and resistance,

you give to your life's issues, either unblock or block the flow of vibrational energy within your energy centres. The unblocking enables you to be more energised via the much-increased flow of vibrational energy, and the blocking up of this energy flow depletes you of energy.

In a nutshell, we revert to the basis of all my writings: feeling and expressing either Love or fear. Soul-based Love is allowing and unblocking these chakras, and ego-based fear creates resistance and the blocking up of the flow of energy through these chakras and other energy centres.

I found this simple explanation about Chakras via an Internet search and the source is:

<https://www.zenlama.com/the-7-chakras-a-beginners-guide-to-your-energy-system/>

What on Earth is a Chakra?

In many spiritual and healing disciplines, and in the world of complementary medicine the word Chakra pops up quite a bit. That's fine if you know its meaning; not so great, and I must say pretty confusing, if you don't. Here's our simple summary of the 7 Chakras that covers what a Chakra is, and what the Chakra System is all about.

The 7 Chakras are the energy centres in our body in which energy flows through. The word 'chakra' is derived from the Sanskrit word meaning 'wheel'. Literally translated from the Hindi, it means 'Wheel of spinning Energy'. A chakra is like a whirling, vortex-like, powerhouse of energy. Within our bodies, you have seven of these major energy centres and many more minor ones. [Deepak Chopra](#) says that each of the seven chakras is governed by spiritual laws, principles of consciousness that we can use to cultivate greater harmony, happiness, and wellbeing in our lives and in the world.

You can think of chakras as invisible, rechargeable batteries.

They are charged and recharged through contact with the stream of cosmic energy in the atmosphere in much the same way that your home is connected to a central power source within a city – the only difference is that this cosmic energy source is free.

Imagine this, a vertical power current rather like a fluorescent tube that runs up and down the spine, from the top of the head to the base of the spine. Think of this as your main source of energy. The seven major chakras are in the centre of the body and are aligned with this vertical "power line."

Chakras connect your spiritual bodies to your physical one.

They regulate the flow of energy throughout the electrical network (meridians) that runs through the physical body. The body's electrical system resembles the wiring in a house. It allows electrical current to be sent to every part, and it is ready for use when needed.

Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' cannot flow freely, it is likely that problems

will occur. The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance.

This image shows where the main chakras are located in your body. You can read a brief, yet full explanation for each chakra below.



Chakra 7 – The Crown

Its colour is violet, and it is located at the top of your head. It is associated with the cerebral cortex, central nervous system and the pituitary gland. It is concerned with information, understanding, acceptance and bliss. It is said to be your own place of connection to God, the Chakra of Divine purpose and personal destiny. Blockage can manifest as psychological problems.

Chakra 6 – The Third Eye (or Brow Chakra)

Its colour is Indigo (a combination of red and blue). It is located at the centre of your forehead at eye level or slightly above. This Chakra is used to question the spiritual nature of our life. It is the Chakra of question, perception and knowing. It is concerned with inner vision, intuition, and wisdom. Your dreams for this life and recollections of other lifetimes are held in this Chakra. Blockage may manifest as problems like lack of foresight, mental rigidity, ‘selective’ memory, and depression.

Chakra 5. The Throat

Its colour is blue or turquoise and it is located within the throat. It is the Chakra of communication, creativity, self-expression, and judgement. It is associated with your Neck, shoulders, arms, hands, thyroid and parathyroid glands. It is concerned with the senses of inner and outer hearing, the synthesising of ideas, healing, transformation, and purification. Blockage can show up as creative blocks, dishonesty, or general problems in communicating ones needs to others.

Chakra 4 – The Heart

Its colour is green and it is located within your heart. It is the centre of love, compassion, harmony, and peace. The Asians say that this is the house of the soul. This Chakra is associated with your lungs, heart, arms hands and thymus gland. We fall in love through our heart Chakra, then that feeling of unconditional love moves to the emotional centre commonly known as the solar plexus. After that it moves into

the sexual centre or Base Chakra where strong feelings of attraction can be released. When these energies move into the Base Chakra, we may have the desire to marry and settle down. Blockage can show itself as immune system, lung and heart problems, or manifest as inhumanity, lack of compassion or unprincipled behaviour.

Chakra 3 – The Solar Plexus

Its colour is yellow, and it is located a few inches above the navel in the solar plexus area. This chakra is concerned with your digestive system, muscles, pancreas, and adrenals. It is the seat of your emotional life. Feelings of personal power, laughter, joy, and anger are associated with this centre. Your sensitivity, ambition, and ability to achieve are stored here. Blockage may manifest as anger, frustration, lack of direction or a sense of victimisation.

Chakra 2 – The Sacral (or Navel Chakra)

Its colour is orange and it is located between the base of your spine and your navel. It is associated with your lower abdomen, kidneys, bladder, circulatory system and your reproductive organs and glands. It is concerned with emotion. This chakra represents desire, pleasure, sexuality, procreation, and creativity. Blockage may manifest as emotional problems, compulsive or obsessive behaviour and sexual guilt.

1. the Base (or Root Chakra)

Its colour is red and it is located at the perineum, base of your spine. It is the Chakra closest to the earth. Its function is concerned with earthly grounding and physical survival. This Chakra is associated with your legs, feet, bones, large intestine and adrenal glands. It controls your fight or flight response. Blockage may manifest as paranoia, fear, procrastination, and defensiveness.

Source:Zenlama.com

Subtle Body's Energy System

So, when we talk about energetic vibrational frequencies in this book we need to understand that it's the subtle body's energy system aligned to your physical body and the role that the energy centres, or chakras, play in that energetic vibrational system. The subtle body is also referred to as the Auric field around and within your body.

Perhaps an example will help you better understand the flow and blockages of your energetic vibrational frequencies and how they rise and fall.

All the energy you will ever need is within you now. Unlike food and liquid, which is required by your physical body to replenish energy levels, your energetic vibrational levels are always full. What determines whether you feel energised, or depleted of energy, is the flow, or blockages, of the vibrational energy through your energy

centres or chakras. The unblocking, or the blocking, of these energy centres or chakras, are based on soul-based Love of allowing, or ego-based fear of resistance.

For example, you set yourself a task to do and with passion, enthusiasm, commitment, and persistence you tackle this task. Your energy level is high. For some reason, sometimes even beyond your ability to control, you fail to complete the task. You feel upset, disappointed, and discouraged. You feel like a failure and negativity overwhelms your thinking. You forget that failure is an event and not a person! You lose your appetite, and you feel lethargic, very low on energy. Getting out of bed in the morning becomes an effort. You may slide into an emotional decline or even an emotional depression. Your energy level plummets, and you are overwhelmed with self-pity, feeling useless and redundant.

All it took for your high energy level to plummet was the inability to complete your desired task. Where did the energy go? If you always have the same amount of vibrational energy within you, where did your energy go? It is held within the blockages constricting your energy centres or chakras. The resistance based on ego-based fear of not completing the task, and the ego-based feeling of being a failure, creates these blockages.

Out of the blue, whatever the event or issue preventing you from completing your task has now been resolved. Nothing is stopping you from completing your task. Suddenly, you feel more energised with this news, and you leap out of bed and get to complete your task. With the return of your high energetic vibrational frequency levels, your passion, enthusiasm, commitment, and persistence returns, and soon after that, you are raising a glass of champagne toasting your successful completion of the task.

A further example is if you have an emotional roller coaster love relationship, as so many do, then you can also relate to the flow and ebbing of your energetic vibrational frequencies. You may experience feeling loved, and then, subsequently feeling rejected by the other in your love relationship.

As we go through this book, I would like you to remember these two examples of unblocking and blocking of your energy centres or chakras, of allowing and resistance. The impact of feeling soul-based Love, and ego-based fear, as the primary motivators of having high vibrational energy levels, or of having depleted vibrational energy levels.

Why do my vibrations shift?

As always, we revert to the two basic issues of Love and fear, and soul and ego. Love and soul-based thoughts, words, and actions elevate one's vibrational energy and ego-based fear lower one's vibrational energy.

Positive and negative thoughts, words and actions follow the same patterns of elevation and falling vibrations, respectively.

Power and force also follow these patterns providing POWER is:

Present Only When Ego Removed.

If power is ego-based, as force is, then both will lower your vibrational energy level.

Allowing and resistance follow these patterns, respectively. Allowing comes from TRUST and resistance comes from fear.

TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally

The shifting of your vibrations can be summarised as:

LOVE- Let Our Vibrations Elevate, and FEAR- Falling Energy Around Resistance

How do my vibrations shift?

To reiterate what was stated at the outset of this book:

Einstein stated, everything is energy, and that is all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be said no other way; this is not a philosophy; this is physics.

The Teachings of Abraham- *The Law of Attraction* states, *that which is like unto itself will be drawn.*

Any and every attitude thought, word, and action attract similar issues and events into one's life. The timing of such manifestation is dependent on reaction and response at a physical level. Additionally, from the timing of manifestation at a spiritual level viewpoint, other energetic vibrational issues and events come into play. We should be thankful for this; otherwise, every negative attitude and thought would attract immediate negative consequences for us.

Usually, the motivations and reasons for sending out any vibrations are not relevant. You may be experiencing something or someone at a sensual level of sight, sound, taste, touch, or hearing. You may be remembering a past event or projecting your imagination into the future. All these events create a vibrational response. It is WHAT that vibration is that you send out via your attitude, thoughts, words, or actions that will find a resonating vibration in Spirit, which will be manifested for you.

There is no judgement in Spirit stating you should, or should not, have thought, said, or done that which is your vibrational message. There is only the echo effect of resonating like for like as the manifestation of that vibrational message.

Using the echo metaphor is probably the simplest way to show this non-judgemental nature of Spirit. You reap what you sow, as you do when in an echo chamber surroundings. Saying "I hate you" will not rebound to you as an echo stating that, "I

Love You.” You take out what you put in. If you put vegetables into the pot on the stove, you are not taking out meat!

Vibrations shift up or down depending on the attitude, thoughts, words, and actions you use. Coming from soul-based Love will elevate your vibrational level, and coming from ego-based fear will reduce your vibrational level.

Now it is a matter of the frequency, (excuse the pun), and the impact of your attitudes, thoughts, words, and actions of each vibrational fluctuation you send out into the Universe that affects what you will attract. Additionally, how the balance, (once again excuse the pun), of “good” versus “bad” vibrations, affect the resulting ultimate response you will receive. The “good” and “bad” I am referring to are soul-based Love as “good”, and fear-based ego as “bad”.

I assume that there must be some form of “scoring sheet” to assess the values ascribed to the impact that the “good” or “bad” vibrations score in terms of the number of times they occur, and the impact they create. For example, helping a little old lady get across the street as a “good” vibration cannot be equated to murdering someone as a “bad” vibration. In my view, the impact of vibration counts far more than the number of times, or frequency, of “good” or “bad” vibrations.

So, I would conclude that the impact of the vibrations created initially, and their resulting manifestations would be computed, somehow, to determine the shifting of vibrational energy levels for each soul.

As souls creating soul contracts in Spirit, we also have free will when on earth. We can countermand our soul contracts and go off at a tangent in another direction to the one we had originally planned. Every free will decision will have causal and experiential consequences. Each soul contract or free will decision adds to the expansion of our soul’s experience, the expansion of our Higher Self/Soul’s accumulated experiences, and our Higher Power’s too.

The shifting of your vibrational frequency is in your hands, and more specifically, in your attitude, thoughts, words and actions.

Maintaining and elevating my vibrational level.

So, let us assume that you have decided that you want to maintain and elevate your energetic vibrational level, and your visit to earth as a soul is an opportunity to return to Spirit at a higher energetic vibrational level.

Obviously, using and applying the well-worn maxim, “What would Love do now?” will steer you perfectly on that course of maintaining and elevating your energetic vibrational level.

Consciously ensuring that your attitude, thoughts, words, and actions come from soul-based Love will accelerate that process too.

The ability to remain focussed in such consciousness will be the driver of such intentions.

Now, let us discuss the environments and challenges where you may find yourself, and the depth and intensity of applying such focussed consciousness.

If you are living in an environment where it is easily conducive to Be Love in every moment of now, then the “scoring sheet” may not be heavily weighted. For example, if you were living in a monastery, or similar environment, with like-minded people, without the daily struggle of economic survival, then the ability to Be Love now should be easier to achieve.

At the other extreme of such community living, where you are a prisoner with hardened criminals as your companions, to Be Love now, maybe much harder to achieve. Any sign of kindness will be targeted as weakness in this testosterone-filled environment. Winning through by Being Love in that environment will be much tougher to achieve. To reach others with Unconditional Love, you will have to break through their years of hardened self-protection required to survive as a criminal in these surroundings.

We know that each person is a soul in a physical body. Theoretically, it is possible to break through the self-protected hardened exterior to find the soul within of even the most hardened criminal. However, building trust and finding a way to break through to such self-protected hardened criminals will be a journey of note. For those who can become a symbol of Unconditional Love and Light in such a prison environment, then the growth of one’s eternal soul will be elevated meaningfully.

You are likely to find yourself between these two extremes. So, using the maxim of “What would Love do now?” and consciously focused on coming from soul-based Love with your attitude, thoughts, words, and actions will find you maintaining and elevating your energetic vibrational frequency level while on earth, as a soul within a physical body.

Harmony and balance

it is necessary to have harmony and balance within you to maintain an equilibrium of energetic vibrational frequency fluctuations.

Please picture a high wire trapeze artist walking slowly while balancing with their hands holding the balancing rod and no safety net below. They can maintain balance and remain on the high wire by ensuring that their body functions correctly. This is external balancing and relies on the mechanical processes of the body functioning perfectly.

Internal balancing is within the mind, and preferably a state of no-mind, and this is dependent on their inner mental harmony to stay on the narrow high wire.

There is a story told of a Rabbi and his students watching a high wire trapeze artist. The Rabbi was unduly fascinated by this act. His students asked him what fascinated him so much? He answered, *“I don’t know what he is thinking, but I assure you it’s not how much money he is making for being up there. If he did, he would fall.”*

We can state that balance is external, but harmony is internal. Harmony is mental agreement or accord, while balance is the equilibrium of opposing forces.

Once we know who We are, as an eternal soul within a body, and what our priorities are in life, we can attain both harmony and balance. We need to find the harmony of our inner world, and the balance of our outer world.

Once again, we revert to being soul-based Love and fear-based ego. When you are soul-based Love, your inner harmony enables an agreement or accord to exist within your positive attitude and your mind-based thoughts. Your mind has found inner peace. No matter what is raging outside of you that you cannot control, your inner peace keeps you in harmony. Only you can control this harmonious inner peace, or lose it, via your attitude and your thoughts. You manage your MAP-Mind At Peace. Immaterial what is happening externally, with this inner harmony, your actions with the outside world remain in balance. It’s an ‘inside out’ approach of living a harmonious and balanced life.

You may witness this when an ego-based person is ranting and raving at you, and you do not rise to the bait of ego, and do not retaliate from an ego position as they are expecting you to do. Instead, you remain calm and centred in harmony and balance, and you smile at this drama unfolding as if you do not have a care in the world. You detach yourself from the ego-based drama as if you are watching a show on TV. Your detachment usually infuriates the ego-based person further, and they may explode in rage. Of course, this is their issue and not yours to be concerned about.

If you can become the Watcher of your life instead of being knee-deep in its dramas, you remain emotionally detached. Obviously, the ego is then absent, and soul-based Love is your driver. By becoming the Watcher is a way to maintain a mind at peace, inner harmony, and external balance.

Once you know what you need, and you have prioritised these needs, you can then decide what you do not need. Finding this harmony and balance requires inner strength, fortitude, and courage to say no if someone or something is going to imbalance your life and create disharmony.

Once you know how much is enough of anything to maintain your inner peace of mind it becomes easier to say, “no thanks I would prefer to keep my peace of mind in preference for that.”

An important part played by such vibrational energy harmony and balance is at the level of health. I will discuss that in more detail below under the topic dealing with health.

Disharmony and imbalance

Regrettably, there are many more people who experience energetic vibrational disharmony and imbalance, than harmony and balance, and the reason is simple- EGO- Edging God Out.

While the ego is usually fear-based, it is also hope-based too. Expectations can be a killer of harmony and balance. If expectations have a sound basis of manifesting, and they require acceptable effort and patience, this could be done while in harmony and balance. However, most expectations require extraordinary efforts to manifest and impatience is usually experienced. So, once again, you must look at your prioritised needs and implement those if you want to experience harmony and balance. Regrettably, most people are fear-based, ego-driven, and they only know energetic vibrational disharmony and imbalance in their lives.

When gripped by fear, the body's functioning system is negatively affected. Trillions of vibrating cells, working to the minutest of efforts, and timing, are thrown out of attunement and alignment with each other. Equally importantly, these fear affected cells are out of attunement and alignment with the Higher Power within each of us, which Higher Power created our magnificent bodies and minds. This misalignment and affected attunement of these interconnected trillions of vibrational cells begin misfiring, and the body's immunity effectiveness is impaired through such fear-based ego.

We can draw an analogy of putting a grain of sand into an engine each time we experience any fear. The accumulation of that sand will eventually render the engine unworkable.

The energetic vibrational frequencies that are created in your mind through negative worry and anxiety look to find their negative vibrational counterparts to connect to in your body. Remember, Einstein and Abraham- our thought-based reality is mirrored back to us.

The worry and anxiety created by this fear negatively affect our attitudes, thoughts, words, and actions. We stop trusting, and we begin to force. Physiologically this generates excessive adrenaline and other chemicals in our continual fight or flight response. These excessive chemicals become harmful to the body. While your body's biological defence system goes on high alert to repel the thought created invaders generated through this worry and anxiety, your body's immune system is compromised. The body's immunity defenders are fighting imaginary enemies, while the real threats to our immune system slip through undetected in this weakened immune state. As we will see later on, the subtle body has an ideal megahertz vibrational frequency range, and if the subtle body's vibrational frequency level drops below 58 megahertz, then disease occurs at this level where viruses, bacteria and the like resonate and are attracted vibrationally.

Pressure and stress are the hallmarks of negative energetic vibrational frequencies manifesting disharmony and imbalance within your mind and body. I have written a free book- *Managing Your Stress Effectively*- found on personalempowerment.co. It deals with the major stresses within society identified by an annual survey in the

USA undertaken by the *American Psychological Association*. My solutions are both practically based, as well as spiritually based, for each of these major stresses.

I have also recently written a free book *Reducing Your Worry and Anxiety* found on personalempowerment.co. I wrote that book as a response to the global pandemic of Covid-19 virus which became evident in early 2020 and had the potential of creating a global economic recession, or even an economic depression, let alone potentially some 1 million deaths.

Worry, anxiety, pressure and stress as negative energetic vibrational frequencies manifesting disharmony and imbalance in one's health, may appear too simple to accept by certain people. However, such negative vibrational disharmony and imbalance is the precursor to ill health, both mental and physical. As stated above, I will deal with this topic under Health below, but the word disease stems from being ill-at-ease becoming dis-ease.

Causality affects your vibrations

I touched on causality under the previous topic of choice. Sowing and reaping are the causality of choices made, usually in this lifetime, and maybe in another lifetime too.

When you drop a stone into a still pond, the causality is the ripples of water that follow. These ripples do not judge the reason the stone was thrown into the previously still pond. They merely send out an energetic vibrational pattern on the water because of this action of stone-throwing.

When choices are made to think, say, or act in a pre-determined way, these choices have similar energetic vibrational responses. Newton's *Third Law of Motion* is *that for every action, there is an equal and opposite reaction*.

Using the example of the stone and the ripples, the vibrational energy displaced by the stone hitting the water is reflected by the energetic movements of the ripples of the water as they reach the edge of the pond. This is known as kinetic energy in physics. A large stone will create larger ripples and a small pebble much smaller ripples of displaced energetic vibrations or kinetic energy.

Now imagine your negative or positive thoughts as that stone. Deep and prolonged thoughts, or small and once-off thoughts, whether negative or positive, must go somewhere to dispel the energetic vibration of the thought. I have read in spiritual literature that no thought is ever lost. It goes somewhere. I believe it goes to someplace in Spirit where it connects to other similar thoughts via the *Law of*

Attraction where Like attracts Like. Depending on the maturation of manifestation, these thoughts eventuate as your reality in future, or maybe in another lifetime.

Words expressed as energetic vibrations, whether negative or positive, usually have a reaction or a response in a more immediate time frame with resulting causality.

Actions expressed as energetic vibrations, whether negative or positive, may also have a more immediate reaction or response with resulting causality.

Thoughts, words, and actions expressed are all energetic vibrational frequencies of either elevating one's vibration or seeing it fall to a lower level. Obviously, positive thoughts, words and actions see an elevation in vibration, and negative ones see a falling to a lower level.

So, what happens when you think a negative thought but say positive words or do positive actions. I think that the combinations of these three forms of energetic vibrational expressions at cross purposes to themselves, in the various formats, may see a fall in energetic vibrational frequency as one or more of these expressions are unauthentic to one's soul's integrity.

There is another form of causality of both negative and positive energetic vibrational thoughts, words, and actions, and that is how these vibrations affect one's health and well-being. In the scope of the mind-body-soul approach to life, your attitudes; thoughts; words, and actions create the inner reality of your health and well-being. By attuning and aligning your thoughts, words, and actions to either soul-based Love, or ego-based fear, your mental and physical body will reflect those choices.

I am hoping through this process to show you how powerful you are as the co-creator of your life and how your life turns out for you. As outlined in my free book *Finding and Knowing God Within You*, I believe that God is also your Co-Creator, but you have free will to determine your choices and the causality that results.

Ideally, you should attune and align your energetic vibrations through soul-based Love choices with your Co-Creator, who is Light and Unconditional Love, but you have free will to make a choice and to know the causality of such choice.

Imagine if you could live your life from your soul-based heart centre and know that you are Unconditional Love and Light. You know that truth is Love. You speak the truth without any fear as you are Love always, and in all ways. Imagine living without the fear of any consequences that may result as your only thoughts, words, and actions are Love based. Imagine having such TRUST- To Release Unto Spirit Totally and then, To Rely Upon Spirit Totally. Imagine having no ego, no fear, no concern about any consequences, simply being LOVE- Let Our Vibrations Elevate and TRUTH- To Reach Unto The Heavens.

Imagine?

Being affects your vibrations

My belief system is that you are an eternal Being, as an eternal Soul, and you are currently housed in a body known as (your name).

In time your body will cease to exist as a living person, and your Being will return to Spirit.

We call ourselves human beings, but most of us are ego-based human doings. Those who achieve the status of Love-based human beings are few and far between.

It is remembering that we are human beings, and acting accordingly, that will see our energetic vibrational frequency rise.

As I always point out in my various books, there is a foolproof way to act like a human being. Before every choice is made, ask yourself "what would Love do now?" My acronym for CHOICE- Can Help Overcome I Change Energy.

The unblocking of all your energy centres, or chakras, occurs when you use Unconditional Love and Light as your North Star to guide you in every choice or decision you make. You are then fully energised.

Doing impacts your vibrations

I am distinguishing doing from being and using doing to illustrate an ego-based approach to making a choice or a decision.

As stated before, the ego is motivated by both fear of the future, and hope for the future. In my free books, *How to Live in the Now*, as well as *Ego=Failure*, both found on personalempowerment.co, I deal with the ego in more detail.

From the perspective of energetic vibrational frequencies, I am illustrating that an ego-based approach to life, as a human doing, will see energetic vibrational frequencies flowing both upwards and downwards more often as the vicissitudes of gain and loss occur.

In the long term, ego-based endeavours will inevitably fail as the foundation stones they are built on are insecure. However, for many, if not, most people, they are unconcerned about the long term, and they usually focus on either instant gratification or the short term consequences which may bring them something to gain without the cost, as yet, becoming evident. For example, an illicit affair may

bring short term gain in satisfaction, but, perhaps in the long term, a divorce and damaged children may result.

Emotional roller coaster rides usually occur when ego-based people are involved. For this reason, the vicissitudes of gain and loss are more frequent and commonplace with ego-based people than soul-based Love people.

It is possible to move from Doing to Being at a vibrational level. Here is an unusual example which occurs in certain parts of South Africa. There is a tribal custom known as Ubuntu, where a wrongdoer in the village is not reprimanded for his or her actions through the process of crime and punishment. The Villagers believe that everyone is good, and any mistakes or wrongdoing is a cry for help as they have moved off the path of goodness.

Instead of punishment being meted out, the person who has gone astray from goodness is brought into the centre of the village. He, or she, meets with all their fellow Villagers. For two days, this person is addressed by their fellow Villagers. The Villagers take it, in turn, to remind everyone, especially the person being addressed, of all the good actions performed by this person. They praise their accomplishments and state how valued they are among the tribe and the village. They encourage the person to return to their true nature of goodness within.

The belief system is based on the premise that unity and affirmation have more power to change a person than punishment and isolating the person from society. Ubuntu is showing humanity to others.

Obviously, this is easier done in a village environment than in a city of millions of people. However, the Ubuntu principle of moving from Doing to Being through unity and affirmation is something we should try and emulate in smaller environments like a family home, neighbourhood, workplace, or school environment. I believe if this process of Ubuntu was practised in these environments, the person who has gone astray might be rescued from a life of reduced self-worth and the negative actions resulting from there.

The process of Ubuntu will raise every involved person's energetic vibrational frequency, and especially the person being addressed who has gone astray in the past.

To have peace in the world, you first must have peace within you. The vibrational energy that resonates with peace for 7.5 billion people has to begin with one person, one family, one neighbourhood, one suburb, one town or city, one province or state, one country, one continent and then onto the world. It starts with moving from Doing to Being of one person and radiates outwards. Light the fire and watch the vibrational energy fan the flames.

Faith elevates your vibrations

FAITH- For Alignment In To Heaven

Rabindranath Tagore stated *Faith is the bird that feels the light when the dawn is still dark.*

By its very nature, faith is a result of belief. A religious belief is an unproven thought you continually think to be true. If proven, it would be a fact and not a belief. When we boil faith down to its essence, we find HOPE- Having Optimistic Positive Expectations.

Believing something we want to be true does not necessarily make it so. Faith is required to make belief a living thing. We could say that belief is a noun, but faith is a verb. Faith elevates belief into being.

Faith is trust without any reservation. It is a knowledge within the heart, and some believe that the heart is where God within us dwells. With such faith, the requirement of proof is seen as unnecessary doubt. Where such faith exists, it is not selfishly for us to receive something we require, but for the God of our understanding to do what is Godlike for God's purposes, not ours. Most people who have faith expect to see their faith rewarded in some identifiable way, preferably so they can attain what they require. Is this faith, or is it a subtle shopping list? A few people who have faith want that faith expressed as a desire for God to do what is Godlike, whether it impacts them or not. *May thy Will be done and not mine* states Matthew 6:10.

Real faith is trusting that God's Will for us will ensue, even though, and especially so, when our darkness becomes even darker, but knowing that it is always darkest before the dawn. Having such real faith does not detract from the fact that we are the co-creator of our life with God. We must have the desire, intention and action required to kickstart that faith into being. Having such real faith will elevate our energetic vibrational frequency.

Faith is emotive and not logical, as our brains are limited. I believe there is a world out there that we cannot experience with any of our five senses. Because we cannot experience it, does not mean it does not exist. Let us use the horizon at sea as an example. Our vision is limited to some seven miles, but we know that the sea covers some 67% of the world. We have faith-based on belief and knowledge that there is more sea beyond the horizon which we see standing at the shore.

Attempting to explain faith through a logical, or provable approach, only creates limitations on us, as human beings. It does not impose limitations on the Unseen Entities that surround us, and many other spaces, including Spirit. These Unseen Entities do not have faith; they have experiential knowledge of their Higher Power. We use our limitations to expound that there cannot be something "out there" or "up there" when we are deficient in having the ability to experience that which is beyond our five senses ability to perceive.

Once again, I bring in William Blake's famous quotation, *If the doors of perception were cleansed, every thing would appear to man as it is, Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.*

Faith is the invisible cord attached to the highest energetic vibrational frequency that we cannot comprehend, and we name God and many other similar names for this Higher Power.

I will leave the last words on this topic to Thomas Aquinas (1244-1274), an Italian Doctor of the Church, *to the one who has faith, no explanation is necessary. To the one without faith, no explanation is possible.*

Trust increases your vibrations

As expressed in the previous topic, faith is trust without any reservations. I have used the following two acronyms for trust for decades:

TRUST- To Release Unto Spirit Totally, and then, To Rely Upon Spirit Totally.

A requirement here is that Spirit/God/Source/ and so on, is within you as your Co-Creator, and this implies you are your co-creator too. As the Hindu proverb goes, *trust in God but row away from the rocks!*

Having such trust, while doing all you can do for improving your situation, elevates your energetic vibrational frequency. If you believe, as I do, that you are a soul within a body on earth, and that the much larger part of you, your Higher Self/Soul is in Spirit, and is part of what we usually call God. Through such trust, the attunement and alignment of your elevating energetic vibrational frequency to these Higher Entities is not only possible but likely. The depth and sincerity of such trust are likely to determine the height of the elevation of these energetic vibrational frequency levels.

Trust, in the spiritual terms outlined here, is likely to be developed across rocky terrains in your life. You are most likely going to be tested in extreme situations to assess whether your spiritual trust is based on sincerity or not.

This sincerity test is likely to be one of many such tests. Both lack and loss of people and issues in your life are to be expected to test your faith, where your trust is without any reservations. You may also be tested by having power and seeing whether you can be trusted in terms of the acronym for POWER- Present Only When Ego Removed.

Stating, *"thank you God for everything that happens to me"*, and when what is prized, and maybe even loved by you, is taken from you, could be such a test. This belief, as stated above of, *"May your Will be done, and not mine"* (Matthew 6:10) puts such trust in place.

As spelt out on the home page of personalempowerment.co, my constant prayer is:

“God will give me what I need, when I need it, for the highest growth of my soul. God’s timing is always perfect, trust God Now, live in the Now and be Godlike.”

Having such trust is earned, and the cost is usually formidable in the form of hardships we face. The rewards of such trust are to live in the Now, and to let go and let God within you be the acknowledged Co-Creator in your life.

I probably manage this 5% of my conscious time, and it is a continual quest to develop such total trust, especially when the tide turns against you in your life. When you are flowing with the tide, you usually take it for granted, and the concept of such spiritual trust is not on your mind. Taking time to be grateful to your Co-Creator in these easier times is a continual reminder of such trust.

As stated above if you can get to a place where you say:

- (1) *“thank you, God, for everything that happens to me,”*
- (2) without judging it to be good or bad,
- (3) then you are on the road to such spiritual trust and elevation of your energetic vibrational frequency towards those of the Higher Entities in your eternal life.

Prayer improves your vibrations

If you believe, as I do, that God/Higher Power/Source Energy, etc. is All That Is and is All-Knowing, Omnipotent, Omniscient, All-Powerful, and all the other similar descriptions of such omnipotence. Why would such a Higher Power need to receive prayers from mere mortals like you and me? What difference will it make to such a Higher Power, whether we surrendered in total submission and poured our hearts out in prayer? What need does such a Higher Power have for our prayers?

I believe our need for prayer is for ourselves and not for our Higher Power. We need to be continually reminded of God within us. We need to live up to our understanding of the perfection of such a God. Our prayers become our moral compass to guide us to become soul-based Love in our thoughts, words, and actions.

When we pray in such a manner, we allow and enable our energetic vibrational frequency to elevate to meet the highest possible energetic vibrational frequency; we believe such a Higher Power to be. This ultimate Unconditional Love and Eternal Light of the highest possible energetic vibrational frequency of our Higher Power is our goal. Our sincerest prayers create an opening for such Love and Light to reach us as we connect to God within us.

My free book *Finding and Knowing God Within You* found on personalempowerment.co will help you in this regard.

Meditation meaningfully elevates your vibrations

It is often said that prayer is us talking to God, and meditation is us listening to God.

Five brain waves are usually talked about when the subject of meditation is being discussed. The faster brain waves when one is learning are the gamma waves. Beta waves are next, and we use those when we consciously perform day-to-day tasks. Alpha waves occur when we relax, go for walks in Nature, do yoga and when we meditate. Alpha waves reduce depressive conditions and increase creative thinking. Theta waves occur in deep relaxation and when we dream. Delta waves occur when we have deep, dreamless sleep.

The desire to move from the faster gamma and beta waves to the more relaxed alpha waves through meditation enables us to slow down our brain activity and put us in a more relaxed mental space. Having a good night's sleep, preferably, without dreaming, slows down our brain activity through the delta waves and rejuvenates our mind and body.

Regular meditators develop better memories and deepen their compassion and empathy for others. The fear, stress and anxiety associated with living life in today's fast-paced world can be reduced through regular meditation. The amygdala in the brain controls the fear-based fight or flight response. It is reduced as evidenced by brain scans of regular, long term meditators. Other factors seen in regular, long term meditators is a stronger resilience to adverse stress conditions as well as a higher pain threshold due to reduced ego demands for attention, self-pity and sympathy. Such acceptance that pain is part of the ultimate healing process, and the lack of ego need to be made a fuss over, enables the meditator to switch off or reduce the pain.

It is obvious that meditation enables our soul to enhance its relationship with our Higher Self/Soul, the larger part of our eternal soul that always remains in Spirit, and through this Higher Self/Soul, to our Higher Power. As stated earlier, our Higher Self/Soul is continually sending our soul messages of Unconditional Love and Light it receives from our Higher Power. In meditation, when our ego is side-lined, and our soul is guiding us and connecting to its Higher Self/Soul and our Higher Power, we can have an attunement and alignment of the highest order, elevating our vibrations.

Living in the Now is the only time for elevating your vibrations

Einstein's *Theory of General Relativity*, says that as you relativistically approach the speed of light, (186 000 miles/sec), then time and space are interchangeable, best understood as being both sides of the same coin. It turns out that Einstein had a spiritual side to him too. He did not believe in the God of the bible, as he stated it, but in the mysterious God expressed in Nature.

During 2009 I wrote a free book available on both personalempowerment.co and on amazon.com, - *How to Live in the Now*. While this book is focused on understanding

and learning how to live in the Now, it is also an introduction to spirituality and was the first book I published for free on personalempowerment.co.

In this book, I define the present moment of Now not as a time but as a Space. The Now is a Space I have called God's Space. My explanation of this change of the concept of time to space is based on the continual subject I write about – ego-based fear (time) and soul-based Love (Space).

The ego operates our thoughts based on both fear and hope, and sometimes both successively! The time-based ego needs to dredge up the past and project into the future to remain powerful in our lives.

In Spirit, there is no time, only the eternal present moment of now, what I term the Now.

Eleven years after writing the first draft of *How to Live in the Now* I have found and identified Einstein's *Theory of General Relativity*, referred to above. He refers to time and space becoming one at the speed of light (186 000miles/sec). In Spirit, there is instantaneous communication via thought, way faster than the speed of light. As stated above, there is no time in Spirit other than the present moment of Now, eternally.

To make this concept of the eternal moment of Now easier to understand, please see time on earth as horizontal in that five minutes ago is to your left and five minutes in the future is to your right. You are positioned here now in the centre of these two time periods.

In Spirit, there is only the eternal present moment of Now, and time is vertical, not horizontal. The best way to illustrate this is to remember the old message spikes we had on our desks where little pink message notes were spiked one on top of the other on a vertical spike which sat on a solid base on our desk. A message left there five minutes ago, and a message still to be placed there in five minutes, are on the same vertical spike. When you reach to take a message off the spike, you do that now. I hope that is understandable to illustrate that in Spirit, there is only the eternal present moment of Now. God is only in the eternal present moment of Now- which I term God's Space.

As God is All That Is, both within each of us, and in Spirit, the only way to access God, in God's Space, is in the Now, as that is the only "time" there is in Spirit.

If God is in the Now, and God is Omnipotent, and so much more, the EGO- Edging God Out- is unlikely to come into this omnipotent space of Now. Ego's power base is in the past and in the future, where God is not. The past and the future are only imaginary and not real in the Now. When you are here now, you cannot be in the past, or the future, as neither exists now. Only your ego-based thoughts can take you to your past through your memory, and project you into your possible future, through your imagination, but your body, mind and soul can only ever be in the present moment of now.

The mind that uses the ego-based thoughts of your past, or future, is here now. That same mind, when focused in the Now, in God's Space, cannot also be your ego's tool as you can only have one thought at a time. If your mind's thought is focused on soul-based Love in God's Space, in the Now, your ego is banished from this Space.

Therefore, I conclude by stating that the Now is God's Space and that access to that Space is by thinking, saying, and acting on "what would God/Love do Now?". You can access that space of the Now by positive thought, prayer, meditation, and love-based action.

Now if you think that was confusing then please do not try and understand Einstein's *Theory of General Relativity*, where he postulates, from a scientific viewpoint, that time and space are both sides of the same coin at the speed of light (186 000miles/sec) !!

Seriously though, the way to elevate your energetic vibrational frequency is to attune and align your soul with your Higher Self/Self and your Higher Power, and attain Oneness, where Love, Light, peace, joy and bliss abide. This is done via the instantaneous power of thought, faster than the speed of light!

Begin the process by asking yourself, "what would God/Love do Now?" The next step is to be Godlike in your thoughts, words, and actions. See yourself connecting your soul with your Higher Self/Soul, and from there to your Higher Power, and experiencing Oneness. This experience of Oneness can only be done by living in the Now. This experience of Oneness can never occur through using your time-based ego.

This attuning and aligning in becoming Oneness is expanded upon in selected topics below.

Love elevates your vibrations

For those who believe, as I do, that God is Love, and that Love is God, we see Love as the ultimate energetic vibrational frequency. We are not alone in this belief. The major religions of Christianity, Islam, Buddhism, Hinduism, as well as other religions, such a Taoism and Bahai, all have this term of God is Love within their belief systems.

God is seen as Unconditional Love and Light, and I believe this energetic vibrational frequency to be at the apex of the hierarchal structure I described earlier on as the structure in Spirit. This perfection of God, which many of us strive to emulate, shines this eternal Unconditional Love and Light downwards. Those closest to this energetic vibrational frequency receive much more Unconditional Love and Light than those at the base of the hierarchal structure. As stated before, our eternal quest is to elevate

our energetic vibrational frequency through this hierarchal structure, via the work we do in Spirit, on earth, and other planes of existence.

When we give ourselves, and others, as much Unconditional Love as we can, then we meaningfully elevate our energetic vibrational frequency. Of course, if we put our mind, heart, and soul into it, we could offer this Unconditional Love to whomever we choose. Often, we protectively choose not to offer this Unconditional Love for a myriad of reasons. The overriding reason is that from an ego perspective, we see ourselves becoming too vulnerably exposed to be hurt or damaged. That choice limits the elevation of our energetic vibrational frequency.

When we look at the way Nature operates by sharing the cycle of Nature, most crops we consume and use in various ways, unconditionally willingly give their nectar and pollen to the bees and other insects which enables propagation of the species. If this did not happen unconditionally, and if bees alone were unable to pollinate, then some 70% of all crop species which feed 90% of the world would disappear. *BBC Future* estimates that half the fruit and vegetables in our supermarkets would disappear if bees were prevented from pollination. Additionally, we would lose all the animals that eat these crops as their daily diet.

Giving unconditionally in Nature is vital for our survival. How much, more so, is depriving our loved ones, family, friends, and strangers of our Unconditional Love?

The current Dalai Lama states *that we can live without religion and meditation, but we cannot live without human affection.*

Regrettably, the fear of lack, or loss, dominates our thoughts and limits the amount of Unconditional Love we share with others. As stated earlier, I define LOSS as Leaving Our Self Sad and GAIN as God And I Now. I have written a free book, *GAIN- God And I Now-* found on personalempowerment.co.

By living a life of GAIN, we become the Unconditional Love and Light we need to elevate our energetic vibrational frequency as high as possible.

LOVE- Let Our Vibrations Elevate

Joy raises your vibrations

While happiness usually requires an external stimulus, joy is an inner occurrence.

Various religions see joy as integral to their belief systems:

Christianity believes that joy is given to us by God, and we can never lose it. Paul in Galatians 5:2 wrote that “joy is the fruit of the Spirit” (meaning God).

In Judaism, Deuteronomy 16:11 states that we are instructed to rejoice before the Lord.

The purpose of Islam is to reach paradise, and God's will for humanity is for their eternal and real happiness and joy.

In Hinduism, those who renounce the fruits of their actions and submit themselves completely to the Divine Will will arrive at the final termination of the cyclical process to enjoy eternal bliss in perfect union with the Godhead.

Buddhism talks about the innerspring of joy that is always available to everyone, regardless of circumstances.

It appears that joy is given by God and is always within each of us. The only way to block that feeling of joy is to think, say or act from a position of EGO- Edging God Out.

Finding joy within begins by coming from a position of soul-based Love. When you look at anything, and everything with, "what would Love do now?" you are opening the door to find joy within you, and thereby elevating your energetic vibrational frequency.

Joy is always within you, waiting to be unleashed through Love.

JOY- Just Open Yourself LOVE- Let Our Vibrations Elevate

Peace positively affects your vibrations

The biblical injunction to 'seek peace and pursue it' comes from Psalm 34:14

Peace, both external and internal peace, is a perfect position to elevate energetic vibrational frequency to the highest levels possible.

Peace is egoless and comes from soul-based Love. Regrettably, it is for this reason that peace is so precious, as scarcity creates value. Most people are ego-based, usually from fear, and, occasionally, from hope, and this makes the outcome of peace unlikely.

I am dealing with inner peace as a separate topic below; I will keep my comments here to external peace.

"Blessed are the peacemakers, for they will be called the children of God," states Matthew 5:9. As such a child of God, your energetic vibrational frequency is likely to be as high as possible, hence my earlier comment on achieving this elevated position.

In Christianity, St Francis of Assisi's well-known prayer states, *"Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light, and where there is sadness, joy."*

These steps to create peace towards others are a good foundation stone to build upon to elevate one's energetic vibrational frequency.

Islam sees making peace between enemies as better than fasting, charity and prayers, as enmity and malice tear up the heavenly rewards by the roots.

Hinduism says that the noble-minded dedicate themselves to the promotion of peace and happiness of others- even those who injure them.

Judaism says that the counsellors of peace know joy.

Creating and sustaining peace is the cornerstone of most religions and spirituality. The elevation of the energetic vibrational frequency of peacemakers is assured.

Inner peace is within your vibrational grasp

Some sixteen years ago, in 2004, when beginning a difficult divorce process, I was fortunate to be able to access my Spiritual Guides and other Unseen Friends in what is known as channelling. I wrote and published the free six books on my website guidespeak.com in three months while running what was then a global business and running my home for my sons and me too. Writing hundreds of pages in those circumstances, within three months, needed some help from above! I felt that I was taking dictation, and the writing was coming through me rather than from me. Today that happens automatically, and with some 25 free books written and published, mainly in the last ten years, I am eternally grateful to these Guides, my Higher Self/Soul, and other Unseen Friends and Loved Ones in Spirit for these abilities.

One of these books on guidespeak.com is *The Book of Inner Peace*, and its focus is on finding and developing self-love, forgiveness, and other positive Love-based energetic vibrations to replace ego-based fear in your life.

To have usual peace, one requires the surrounding environment to be at peace with you, and you with it. However, to have inner peace, this only requires your mind to be at peace- MAP- Mind At Peace. You can find such inner peace even while the surrounding environment is hostile to you.

Obviously, this takes a huge amount of faith in your Higher Power to be able to let go and let God within you suffuse you with Unconditional Love and Light and dispel any fear in your mind. Certain spiritual and religious people have managed to do this, but

it usually takes many years of such devotion and dedication to one's Higher Power to attain such inner peace and to know the absence of any fear whatsoever. As stated earlier, by saying, *"Thank you God for whatever happens to me,"* and learning to have TRUST- To Release Unto Spirit Totally, and, then, To Rely Upon Spirit Totally, are two ways of finding such inner peace.

On a more practical level, we can learn to have the ability to respond and not knee-jerk react to external stimuli, thereby causing disharmony and imbalance in our life. Such negative vibrational energy takes us away from any inner peace we may have.

Victor Frankel, a holocaust survivor, subjected to torture, became a famed psychiatrist and is quoted as saying, *between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.*

According to my free book, *The Book of Inner Peace*, learning to respond to achieve and maintain vibrational energy inner peace requires a minimum of eight foundation stones.

The first foundation stone of inner peace is learning to respond, instead of reacting, by gaining perspective on each stimulus, and asking ourselves, "will this matter five years from now?"

The second foundation stone to attain inner peace is asking yourself, "am I responding from my ego-based fear or hope, or soul-based Love?"

The third foundation stone is asking yourself before you respond, "what would Love/God do Now?" And acting accordingly.

The fourth foundation stone to attain inner peace is asking yourself, "am I prepared to swap my inner peace for this?" If not, then tell that to the people, or circumstances, providing that stimulus provoking that response from you. Do not be drawn into any further discussion on it. It is your decision, and you must look after your needs first and foremost. If you lose a friend or make an enemy so be it.

The fifth foundation stone for finding and maintaining inner peace is to identify all the issues and people that are creating any form of resistance in your life. By resistance, I mean friction of any description. There is a spiritual maxim- 'what you resist, persists.' Identify each issue where resistance is present and face up to bringing closure to it. Rid yourself of all resistance as it impacts negatively and lowers your energetic vibrational frequency.

Replace the dam wall of resistance with a flowing river of TRUST- To Release Unto Spirit Totally, and, then, To Rely Upon Spirit Totally. This TRUST attunes and aligns your energetic vibrational frequency with those of your Higher Self/Soul and Higher Power at the highest energetic vibrational level.

The sixth foundation stone for finding and maintaining inner peace in your life is to create allowance. Allow all energetic vibrational frequencies to flow unhindered and through many of the ways mentioned in this book, enabling the elevation of your vibrations to soar.

The seventh foundation stone in the quest to attain and maintain inner peace is one of appreciation. I will be dealing with this under a separate topic below. Appreciation for what you have now is a great elevation of your energetic vibrational frequency.

The eighth foundation stone is gratitude. Have gratitude for everything and everyone in your life. Have gratitude for the role played in assisting and guiding you by your Higher Self/Soul, Your Higher Power and all your Guides, Unseen Friends and Loved Ones in Spirit. Please listen out for this guidance when you are silent and feel their energetic vibrational assistance. Feelings are the language of the soul, and these Higher Beings will visit you in your dreams, and while you are awake too. Be receptive to your vibrational feelings and listen for the subtle messages from these Formless energetic vibrational Beings.

There are no such things as coincidences in God's world, according to Albert Einstein. He went on further to state that coincidence is God's way of remaining anonymous. Become aware of synchronicity, too, confirming such assistance and guidance from these Formless energetic vibrational Beings. I will be dealing with synchronicity as a topic later.

You now have eight foundation stones upon which to build your improved life of energetic vibrational inner peace.

Breathing affects your vibrations.

The intake of oxygen through your in-breath, if a full in-breath is taken, enables your brain to have a shot of oxygen to revitalise it, as well as helping to bring more alkaline into your body. Your body's acid levels increase with any form of worry, anxiety, stress, and pressure, and the oxygen in-take helps rebalance your body with more alkaline.

Most of us fail to breathe correctly, and we usually take shallower breaths in and out of our chests rather than deep breaths into and out of our lower belly.

Our solar plexus based within our chest houses a bundle of nerves, hence the expression, 'I am a bundle of nerves!' Shallow breaths stimulate these nerve endings, which are known as the sympathetic nervous system. This nervous system triggers the flight or fight response, which produces, among other things, the flow of acid referred to above.

So shallow breathing contributes to an unhealthy body and mind.

With correct deep breathing, we, among other things, rid the body of some 70-80% of our body's toxins, which are carried with the expelling of carbon monoxide of our out-breath.

Deep breathing revitalises the body's various systems, such as the circulatory, digestive, and nervous systems, as well as providing much-needed oxygen to the trillions of cells in our body. This deep oxygen intake, which reaches the base of our spine, activates the parasympathetic nervous system known as the 'relaxation response.' This good feeling oxygen intake enables our detoxification via the out-breath, relaxes us, and enables vital life force energy to rejuvenate our body and mind.

Such deep-breathing elevates your energetic vibrational frequency, while shallow breathing may reduce your energetic vibrational frequency.

I bet you just took a deep breath! I know I did!

Conscious deep breathing is a spiritual awakening

Last night I was listening, once again, to Eckhardt Tolle's reading of his book, *The New Earth*. He recounted the story of a man who asked his opinion about which courses he should take to deepen his spiritual awareness. He presented Eckhardt with a prospectus from a Spiritual College of what he called a smorgasbord of spiritual courses. Eckhardt responded that they all look remarkably interesting. He told the man that he did not want to choose for him.

However, he said, instead of taking any of the courses for the next year, simply be conscious of your breathing whenever you can, throughout each day for a year. He went on further to state that, preferably, when conscious of your breathing, take as many deep breaths as possible. Tolle stated that this would awaken your spiritual awareness far greater than any courses you may choose to take. He explained that such conscious deep breathing brings your mind into the present moment of now, and that is all you require to awaken your spiritual awareness.

Earlier on in this book, I dealt with this topic of living in the Now as the only time you can elevate your vibrations. Listening to Eckhardt Tolle last night reinforced this message for me.

Fear reduces your vibrations

Fear is often ascribed to be the opposite of love. This statement is the case where Unconditional Love is concerned, but not in the case of relationship love. In relationship love, indifference is the opposite of love. Many believe it to be hatred, but such hatred still has an emotional charge attached to it, whereas indifference has no emotional charge.

Reverting to understanding that fear is the opposite of Unconditional Love, it is important to know that fear does not come from God; it is human-made. There is no ego, and no fear, in Spirit.

FEAR- False Evidence Appearing Real.

FEAR- Falling Energy Around Resistance

Fear is ego-based, and ego's greatest fear is the death of the body in which it is housed. Ego is only earth-based, and unlike one's soul, which is earth-based and then, upon the passing on into Spirit, the soul joins the much larger part of itself, the Higher Soul/Self in Spirit.

Fear traps the energetic vibrational frequency within the energy centres and prevents the free-flowing of your vibrational energy.

Additionally, when fear occurs, the energetic vibrational frequency reduces as this energy is diverted to protect that which fear has raised the alarm on. The energy needed to support fear is "heavy" energy and can also be called negative energy. Fear depletes the energetic vibrational frequency, and if fear is sustained for some time, or is continually ongoing, these energy levels plummet, and people can become frozen in fear without any energy to move on with their lives.

The reduced energetic vibrational frequency created by fear also reduces one's immune system's protection. As stated earlier, the fight or flight emotional response requires energy, usually for phantom fears, and limits the energy available for tackling real issues requiring the support of the immune system. The initial feeling of being ill-at-ease can escalate into disease if this fear is not dealt with adequately.

Fear is based on lack or loss, imagined or real, and with one's thoughts focussed on this fear, the *Law of Attraction*, "*that which is like unto itself will be drawn.*", is likely to manifest such loss. Einstein's quote at the beginning of this book, "*Everything is energy, and that is all there is to it. Match the frequency of the reality you want, and you cannot help but get that reality. It can be said no other way; this is not a philosophy; this is physics,*" reinforces this point.

Fear sizeably reduces your energetic vibrational frequency.

Hope can affect your vibrations

HOPE- Having Optimistic Positive Expectations

Hope is also ego-based and, obviously, while it is preferable to having hope rather than ego-based fear, we must be careful that hope does not lead us astray by ignoring realism.

Hope is not a strategy, and while it is important to have optimistic, positive expectations, a properly laid down and executable plan is required to move from hope to attainment.

Charles Revson, the founder of Revlon Cosmetics, is reputed to have said, *In the factory, we produce cosmetics and perfumes, but in the shop, we sell hope!*

Hope, as a springboard to executable action, could elevate your energetic vibrational frequency but only if it has soul-based Love as its basis of being. Hope is a powerful motivator, providing it is not based on fear-based ego, but, in either event, it has a “sell by” date where realism must come into play. Hope makes a good breakfast, but a lousy dinner!

If you are interested, I have written a free book found on personalempowerment.co entitled *Achieving Your Goals and Dreams*, and it provides a structure to follow once the spark of hope has been lit, and the flames need to be fanned into a fire.

Ego affects your vibrations

As stated earlier, my reference to EGO- Edging God Out- is what we would call the “bad” ego. This bad ego is the “pride that comes before the fall”. This bad ego is the stimulus for man’s seven deadly sins as originating in Christianity: pride, envy, greed, gluttony, lust, sloth, and wrath.

Most ego, if not all ego, stems from the competitiveness of feeling inferior and needing to feel superior to others. This feeling is probably primal and may stem from “kill or be killed” on the Savannah Plains of thousands of years ago.

Wanting to better oneself, and, simultaneously wanting to better humankind through the process, is usually in the minority of cases and found among more spiritually conscious or aware people. Usually, bettering oneself at the expense of one or more people is the norm among the more populous, spiritually unconscious, or unaware people. The former having an abundance mentality, and the latter having a scarcity mentality. The former being soul/Love based and the latter ego/fear-based.

Now I would like you to think about someone who has an abundance mentality. When you are with such a person, how do you feel within? Do you feel that your soul is vibrationally elevated when you either think of them or are with them?

Conversely, now think about someone with a scarcity mentality. When you think about such a person or are with such a person, how do you feel within? Do you feel emotionally depleted, and your soul feels vibrationally deflated?

For an ego-based person dealing with others in a way that is power-based, do they genuinely feel good about taking advantage of another? If they have no remorse or empathy for the other/s and consider that ‘to the victor go the spoils,’ then they may

have an underlying psychosis, such as narcissistic personality disorder, or some other form of psychological disorder. It is not uncommon to see ego-based leaders in the various branches of society suffering from some form of psychological disorder. Sometimes I think it is a *sine qua non!*

There is a delicate balance as a real leader to show strength and courage, and to those in need, to show understanding and kindness. These real leaders have a well-developed energetic vibrational soul. Such a pity that there are so few of them!

As George Washington said, “... *if you want to test a man give him power.*”

And as Lord Acton stated, “*Power tends to corrupt, and absolute power corrupts absolutely.*”

The issue with ego-based people on earth is that their free will thoughts, words, and actions, which usually bring temporary power to themselves, do so at the expense of their eternal soul's journey.

In Spirit, the true intentions of these free will ego-based people are transparently laid bare, and the energetic vibrational accounting system is not fooled by their apparent “good” intentions on earth. As the saying from the 1680s goes, ‘someone has to pay the piper,’ which usually referred to paying the Pied Piper of Hamlet in the 1200s when he rid the town of Hamlet of their rat plague.

The energetic vibrational accounting system in Spirit cannot be negotiated. It sees and records all thoughts, words, and actions as well as the motivations and intentions behind these choices made on earth.

Energetic vibrational frequencies are altered upwards or downwards after considering the soul contracts made by these souls before departing to the earth's plane of existence. For example, if a soul contract was made for one soul's body to murder another. The soul contract may be for enabling the murdered person's family to know such grief and loss in terms of their eternal souls' experiential needs; then this may not negatively affect the energetic vibrational frequency accounting system of the soul contracted murderer. However, if free will was used, outside of a soul contract, to murder another person, then the penalty at an energetic vibrational frequency level will be imposed. However, this is my understanding of the way this works, and, of course, I could be wrong.

In my free book, *The Purpose and Meaning of your Life in terms of your Soul Contracts* found on personalempowerment.co, I recount the statement made by Archangel Michael in the book, *The Soul's Journey, and how it affects your life*, by Judith Farley and the Four Archangels. On page 126, under the heading of Suicide, “*The soul's choice with the consent of all the other participating souls, has agreed that this is the way (suicide) this soul chooses to experience death. In addition, the other souls have all chosen to learn from this experience.*” These soul contracts are agreed to in Spirit before embarking on the journey to earth.

Regrettably, this book was only published in 2013 and read by me in 2019. I wish I had read similar words some 30 years earlier when someone very close to me decided to commit suicide. It would have given me much peace of mind. This person reawakened me to spirituality when he was on earth, and I have felt his spiritual presence guiding me over the past 30 years. However, as I stated above, this is my understanding of the way this works, and, of course, I could be wrong.

In terms of the accounting system of rewards and punishments, referred to above, thousands of years of religious and spiritual belief globally have created this unproven accounting system in heaven/Spirit. I have added the parts about soul contracts and free will.

For those who are interested, I have written a free book: *EGO = Failure* found on personalempowerment.co.

Attitude impacts your vibrations

The pop psychology sayings: 'attitude is everything' and 'your altitude depends on your attitude' have a ring of truth to them. Once again, we do the personal test of when you are having a great attitude and finding that everything is working in your favour, how do you feel? These are your energetic vibrational feelings informing your soul what feeling great is like. As I state often, feelings are the language of your soul.

Conversely, when you have a negative attitude and your expectations are for everything to come crashing down upon your head, how do you feel? Once again, these are your energetic vibrational feelings informing your soul what disappointment and failure feel like.

Attitude begins with a thought before it becomes a word and an action. Thoughts are derived from CHOICE- Can Help Overcome I Change Energy. This energy is vibrational energy. By changing your negative thoughts to positive ones and 'putting in the hard yards' to make the positive thoughts a reality, your attitudinal energetic vibrational frequency is elevated.

Conversely, by moving from a positive attitude to a negative one will see a negative outcome and a reduction in energetic vibrational frequency levels.

So, a positive, 'can-do' attitude is important in elevating your energetic vibrational frequency levels, providing resolute actions flow from your positive attitude. Regrettably, a negative attitude usually brings a decrease in energetic vibrational frequency levels, which can only be reversed by a positive attitude and resolute action flows. The starting point for such a reversion towards a positive attitude is deep conscious breathing, as outlined above. It is amazing what deep in-breathing can do to infuse the oxygen energy flow to revitalise your body and your mind, and deep out-breathing to rid your body and mind of toxins. After that, take successive

small steps to move away from negativity towards positivity. Find one thing to feel better about yourself, and after that, find another, and so on.

I have written two relevant free books, *Managing Your Stress Effectively* and *Reducing Your Worry and Anxiety*, both found on personalempowerment.co to assist in this transition from a negative attitude towards attaining a more positive attitude.

Ego-based attitudes negatively affect vibrations

The ego-based attitudes one adopts, such as pride, desire, anger, fear, guilt, apathy, and shame, all reduce one's energetic vibrational frequency. Prolonging these attitudes can seriously deplete one's energetic vibrational levels too.

Grief also depletes energetic vibrational frequency. Loss -based grief, while a natural emotion, should not be allowed to be prolonged unduly. Various religious traditions have specific periods for mourning the loss of someone meaningful in one's life. While a loss is to be expected as part of the usual grieving process, it is preferable also to have a responsive belief system that states that the person/soul passing on into Spirit will now be relieved of pain and hardship. Additionally, they will know the Unconditional Love and Light of God/Source/Oneness/Other in Spirit, should help assuage this grief of loss after a reasonable mourning period.

In the spiritual literature I have read, the Soul, which has passed over into Spirit, requires their loved ones on Earth to release them in love and not to grieve unduly, as it holds the Soul back from progressing in Spirit.

Ideally, one should reduce any ego-based thoughts, words, actions, and resulting attitudes, to gain a higher energetic vibrational frequency.

Conflict reduces your vibrations and may have eternal ramifications

Conflict emerges when two or more egos have decided not to look for a better understanding of the other's position, and to stop looking for a solution, compromised or otherwise, acceptable to all parties in the conflict.

The conflict may be a minor relationship spat, or it may be the prelude to a world war. The basis of conflict remains the same. The intolerance of one, or usually both parties, to acknowledge that the other party has a viewpoint different from their own.

Furthermore, all viewpoints should be aired and discussed, unbiasedly as possible, to find a solution other than conflict. Ideally, an unbiased and independent person, acceptable to both parties, should be the Arbitrator in instances where the outcome is meaningful for peace.

Behind the intolerance lies FEAR- False Evidence Appearing Real and Falling Energy Around Resistance. This fear is based on real or imagined lack or loss. LOSS- Leaving Our Self Sad.

No one ever wins a conflict or conflicted situation. There is merely a minor loser who thinks they are the winner and a major loser who is seen as the loser.

A winner in a conflict situation must always sleep with one eye open. As we see under the topic of sleep, we spend around a third of our life asleep to replenish our body and mind. Having to do so with one eye open can hardly qualify one as a winner!

A recent armed conflict erupted on what has become known as 9/11 in 2001. The decision to fly planes into the Twin Towers in New York, and into the Pentagon, by a handful of Al- Qaeda Terrorists unleashed both parties, and their allies, into an armed conflict. This action and response have done untold damage to so many people and families in many countries around the world. I am not debating the merits of the party's motivations and responses, and continual counter-responses, I am looking at the ramifications that continue to flow from this initial act nearly 20 years ago.

Most people involved in this conflict, front line, and support troops, and their families, on all sides to the conflict, have paid a less obvious price. This price is the reduction in their energetic vibrational frequency, as hatred has replaced love in their hearts. Such hatred is fear-based, and I have already dealt with the impact of fear on one's energetic vibrational frequency, as well as on one's physical and mental health positions. The poisoning of minds, especially those of the children affected and impacted on all sides of the conflict, merely inculcates such fear-based hatred into them at an early age and enables inter-generational lowering of vibrational levels.

At a localised level, conflict seen in a home torn apart by disharmony and divorce has a similar impact of lowering vibrational frequencies of the spouses, in-laws, other family members, and on the affected children, if any.

Ego-based conflict reduces the energetic vibrational frequency of all involved and affected. This conflict is like the example I used earlier of dropping a stone into a pond and the affected ripples, in this instance, reducing vibrational levels, spreading far and wide.

A practical approach to conflict is to initially avoid it by ensuring that your thoughts, words, and actions do not harm another. I know this sounds very "goody-two-shoes," but we must remember Newton's *Third Law of Motion* that states, "*every action creates an equal and opposite reaction.*" We must also remember the two quotations used throughout this book from Einstein and from Abraham referring to Like energy attracting Like energy.

If you have failed at this initial step and conflict is looming, then you have another bite of the apple. You can bring logic and not emotion into play by seeking first to understand and, after that, to be understood by the other party.

There is a relevant quotation here by Carl Jung, *Thinking is very difficult, and that is why most people judge!*

Most parties to a conflict feel that they have not been understood and that resorting to conflict is the only way they can make their grievances heard.

Once again, we come to the common theme of using soul-based Love and not ego-based fear in offering to initially understand the other party's grievances before you ask them to understand yours, and so find common ground for a resolution. Often you may find that the parties have more in common than they have that separates them. Building on the commonalities together will reduce the importance of the differences.

For those who are interested, I have written a free book found on personalempowerment.co, *How to be a Great Negotiator*, where, *inter alia*, the principles and practices of finding a Win: Win solution to issues are spelt out.

A spiritual approach to conflict resolution is to ask and act on "what will Love do Now?" This mantra may also sound "goody-two-shoes" in its approach, but if we could see this conflict through the eyes of our Unseen Entities in Spirit watching over us, the egoic approach we are using holds no water.

In Spirit, there is only Unconditional Love and no ego-based fear, as stated before. Those of us who are loving and caring parents can appreciate this Love-based approach as we have dealt with our children's petty squabbling and resolved the issue by coming from Love, and not by threatening fear-based actions on our children. The fighting over a toy, or similar altercation, is seen as petty squabbling by the parents. So is our conflict scenario as witnessed by our Unconditionally Loving Unseen Entities watching over us in Spirit.

Imagine the Guardian Angels in Spirit of Osama Bin Laden and George W. Bush on 9/11 in 2001 and after that. Their messages of Unconditional Love and reconciliation to their ego- inflamed humans were drowned out as the ego-based free will of both leaders took centre stage and mayhem rained down on all parties to the conflict, and continue to this day, nearly 20 years later.

Are there any winners to this conflict? Ask 50% of all the surviving American troops who were stationed in foreign lands and who are all receiving mental health medications today, even though only 10% of these troops saw combat with the enemy. Ask the orphans with no legs in Afghanistan who saw their families bombed out of their homes.

And Jesus wept (Gospel of John)

Every one of us is the child of a mother. Our mother's love for us is a common ground to build upon. If we could envisage what our mother and the other party's

mother would say in attempting to bring peace where there is conflict, that would be a good departure point for conflict resolution between the parties. Most of us respect our mothers, and having our mother “on our shoulder” may stop conflicts before they begin. For a mother to bury a child due to ego-based conflict must be the harshest of all actions to bear.

The spiritual price of conflict is a much-depleted energetic vibrational frequency. This depletion is especially so if this was the person’s last act on earth and may determine their soul’s demoted positioning of a lower energetic vibrational frequency in the hierarchy levels in Spirit.

Honesty and integrity, and their opposites, affect vibrations

Honesty is, to tell the truth, and to be true, whereas integrity is having strong moral principles based on honesty, and to rigorously follow those principles.

Both honesty and integrity imply that energetic vibrational frequency will be elevated through either and both attributes.

Where one professes to be honest, and surreptitiously is dishonest for a desired and perceived advantage over another, here I believe, the price to be paid at an energetic vibrational frequency level will be more severe than if one is blatantly dishonest.

Integrity can be compared to writing a few lines a day in a book. Over time this book could be quite formidable and elevate the energetic vibrational frequency of the person with integrity. A conscious choice to move from integrity towards a position of less, or no, integrity is equivalent to burning this book of a lifetime in a few short minutes.

It is exceedingly difficult to recover from any lack of integrity. The real damage is done at an unseen level of the energetic vibrational frequency, which reduces, allows, and enables other similar “birds of a feather” into one’s space.

One’s companions before had integrity. Trust in each other was implicit. Whereas people with a lack of integrity expect to lie, cheat, and steal and expect the same of their companions. There is no honour among thieves, merely a price, yet to be determined, when their lack of integrity and trust will become evident for all to see.

Dishonesty and a lack of integrity will reduce one’s energetic vibrational frequency level and deliver less, savoury people into one’s space.

Honesty and integrity will elevate one’s energetic vibrational frequency.

Truth elevates your vibrations

TRUTH- To Reach Unto The Heavens

Flowing from honesty and integrity comes the potentially contentious topic of truth. Truth is usually subjective and not objective. Our upbringing, beliefs, education, religion, and other major influencers in our lives, create a concept of what truth is in our life.

When two enemies are about to go into battle, and both parties bend their knees in surrender and acceptance while praying to the God of their belief system asking to be victorious in battle, where is truth? They may be praying to two different gods and believing that they are doing their god's will in defeating the other party. What is the truth?

A baby dies a few days after being born. The parents ask the God of their belief system why the baby had to die? Was it because of some action they are guilty of, and they are now being punished for? Was it for some other reason they do not know the answer for? What is the truth?

I believe that truth is based on experiential knowing providing one uses honesty and integrity in the quest for such truth. What is truth in the past may not be the truth now, and what is accepted as the truth today may be proven not to be so in the future.

All we can do currently is, once again, to revert to soul-based Love to unearth such truth and ensure that ego is absent in the enquiry in the search for such truth.

Truth is subjective and not objective.

The search for truth at a vibrational level is based on how it makes you feel when you focus on it. Feelings are the language of your soul, as I have stated often, and what becomes the truth for you is uniquely yours as it resonates with your soul. Conversely, you will also know when something you experience vibrationally does not resonate with your soul. Sometimes we even call these soul related feelings, "gut feel," and your heart, or gut, knows instinctively, at a soul level, before your mind has had a chance to process this information, albeit in microseconds. Trust your heart or your gut!

I believe in one truth, and that is, God is Unconditional Love and Light. I cannot prove that truth irrevocably, while on earth, and it remains a thought -based belief. I can test that truth experientially, and my feelings, being the language of my soul, can feel vibrationally elevated in its frequency, but I still cannot provide irrevocable proof of this truth.

Now, if we cannot irrevocably prove that God is Love as a truth, then what can be proved as a truth? Day and night occurring every 24 hours are the truth but, once again, it depends where you are currently standing, stating that it is day or night. Latitude and longitude positioning can refute that truth. If you are at the International

Space Station, you will experience day and night every 90 minutes and not every 24 hours.

So, now we must revisit all the so-called truths we have never questioned before and have blithely accepted as being the truth. Do we have a “truth indicator” to discern truth from fiction? In law enforcement, they use a ‘lie detector’ to measure minute emotional responses to detect a lie, but with strong mind control, these devices can be tricked.

As stated earlier, I believe that our energetic vibrational frequency level connects our soul to our Higher Self/Soul and our Higher Power. If something is the TRUTH- To Reach Unto The Heavens- then our energetic vibrational frequency levels should elevate. Conversely, if we tell a lie, then this frequency level will reduce. Our inner feelings are said to be the language of our soul. So, are our inner feelings attuned and aligned to this energetic vibrational frequency to detect whether it elevates, or reduces, depending on whether we hear or speak the truth or a lie?

Once again, this becomes a belief and not the irrefutable truth. I guess we will only know the answer when we pass on into Spirit- providing that is a truth too?

I have purposefully been contentious about what is the truth to introduce non-judgement to you.

But first, let me tell you a story often told in spiritual circles about truth.

God and the Devil are walking down the street, and God says, “Look, there is the Truth,” and goes to pick it up. The Devil says, “Let me organise it.” Now in such organisational structures, we have man deciding what is and what is not, the truth on behalf of other people. Egos now become involved as there is the influence of power within any organisation. And so, we have spawned many religions and other belief systems, each believing they have the exclusive truth! Religious wars, genocide, and other atrocities have occurred with one religion pitted against another. Additionally, sects within the same religion, now believing that they have the only truth within their religion, fight each other.

And God cried, and the Devil smiled.

Now onto non- judgement.

Non-Judgement elevates your vibrations

Making a judgement presupposes that you have all the relevant facts at your disposal. Additionally, in making a non-prejudicial judgement, you will have to be impartial, unbiased, and independent of the outcome of your judgement.

Most court judges have spent many years within the legal system and are usually academically qualified at the highest levels. Judgements made by these Judges are subject to an appeal process to Higher Courts where a few Judges review the disputed judgements. This process is arduous and reflects the lengths the legal system goes to when addressing the process of making a judgement.

When we make a judgement about someone or something, do we go to such lengths? Usually, we lead with our ignorance of most, if not all, the facts. We usually add our prejudices and biases, and we deliver a judgement which could be not only wrong but also be detrimental to the person or object of our judgement.

We continually make such ego-based judgements, usually without a moment's hesitation and concern of its impact. Such injurious judgements can summarily demolish reputations, which may have taken decades to build up. Conflicts may emerge from such damaging thoughtless judgements. War and strife can flow, immeasurable lives damaged and lost, and considerable property damage done, flowing from such judgements.

It becomes obvious that issuing such an injudicious judgement will reduce one's energetic vibrational frequency significantly. If this judgmental behaviour is consistent, then the person's energetic vibrational frequency level will reduce to potentially dangerously low levels, impacting both their immune system and trust levels of their relationships.

I would like you to think of a person you may know who is so judgemental. Do people trust them? Are people fearful of them? Is their health continually under attack?

Becoming non-judgemental is the way to be. Give everyone the benefit of the doubt, but protect yourself nevertheless, if you have reason to doubt them. If need be, ask questions of them and unearth every possible answer. Probing questions should unearth anything you need to know about them.

Judgement usually occurs when we are too lazy or uninterested in fully exploring the situation with questions, and listening to the views of all sides. As quoted earlier by Carl Jung, *thinking is very difficult, that is why most people judge.*

If provoked by another to make a judgement, you can answer with, "who knows all the facts?" or "it's not my place to judge," or simply answering, "Is that so?" Your unavailability to participate in the gossip and slander will be noted, and, hopefully, you will be given a wide berth by the gossipers and slanderers of the world.

Remember Jesus's statement, "let he among you who is without sin be the first to cast the stone."

Mother Theresa stated, "if you judge people, you have no time to love them."

By being non-judgemental, I believe that you will elevate your energetic vibrational frequency, whereas being judgemental will lower this vibrational energy.

Non-resistance is vibrational elevation

I have dealt with the concepts of allowance and resistance throughout this book. There are two Universal Spiritual Laws relevant here: The Law of Accepting and The Law of Non-Resistance. They are both similar in allowing and enabling energetic vibrational frequencies to flow unhindered by not employing fear-based ego motives.

You may be familiar with the role Gandhi played in the independence of India from British colonial rule in the post-World War 11 period. His insistence of non-resistance to the abusive physical treatment by the police and army of the Colonialists forces was a major turning point in gaining independence from England. Public opinion in India, and the world, seeing defenceless Indian people being physically maltreated, and not resisting their abusers, shocked everyone who saw it via the media.

Non-resistance has various spiritual practices embedded within it. Acceptance, allowance, surrender, vulnerability, peace, and even kindness of spirit, form the backbone of non-resistance. Love flows from such non-resistance to whatever occurs in one's pathway. Non-resistance is soul-based Love in practice.

Of course, there are places in the world where such non-resistance is seen as weakness and capitulation to much more powerful forces. Unfortunately for people in these places in the world, the consciousness, or awareness, of the role of God in the lives of the ruling forces is absent. Sometimes, a fanatical, fundamentalist religion, or political force, is present, and atrocities are done in the blasphemous name of God. Those claiming to be God's Army have not stopped to think why an Omnipotent Force, such as God, would require an army at all? This claim is egoism run rampant.

Regrettably, there are currently some 80 million refugees in the world displaced from their homes by such malignant forces. More than two-thirds of all refugees come from five countries-Syria, Afghanistan, South Sudan, Myanmar, and Somalia.

Showing non-resistance in these countries is futile due to the overwhelming current power of the oppressors. For those of us who believe in soul contracts made in Spirit, there could be a case for showing non-resistance in terms of the eternal soul's growth journey. However, these words will be cold comfort for those people attacked and forced to flee their homes.

Fortunately, most people in the world, and probably those reading these words, are safe and secure in their homes away from such malignant oppressive forces. They may have the luxury to ponder the concept and application of non-resistance wherever possible in their lives.

However, abuse in relationships is common, and I am using statistics from the USA to illustrate this point. This abuse in relationships is a global problem, nevertheless.

In the USA, there are 24 people per minute becoming victims of rape, physical violence, or stalking by an intimate partner- some 12 million women and men over a year. During their lifetime, 24% of women and 14% of men will have experienced

these attacks by their intimate partner and reported it to the relevant authorities. How many more choose to remain silent?

In recent years, several prominent public figures, including politicians, religious leaders, actors, and movie producers, have had the glare of the media spotlight highlighting their sexual harassment and abuse of victims. Encouraged to come forward to confront their past and current Abusers, many of these victims have bravely done so encouraged by the “Me Too Movement” against sexual harassment and sexual abuse against prominent people. Lengthy prison sentences have been meted out to those convicted of such crimes of abuse.

I believe that there may be a partial non-resistant approach to resolving this problem of abuse in a family’s home too. With social media usage so prevalent today, people of abuse formally registering complaints with the relevant authorities, and, after that, with those non-profit organisations assisting victims of abuse, the victims of abuse and their supporters can organise a silent non-resistant attendance with support of people holding placards naming and shaming the perpetrators of those incidents of abuse. They can do so outside the home of the abuser, outside the abuser’s place of work and other relevant places where the community can be seen to be supporting the abused victim. This approach is not true non-resistance but, I believe, a form of silent yet effective protest to confront the Abuser, and hopefully, stop the abuse.

The use of non-resistance in such naming and shaming approaches may very well instigate retribution by the Abuser upon the abused victim, but now the abuse is in the public domain and has the glare of the spotlight upon it.

Non-resistance can be used as a weapon for change in group situations. In individual approaches to non-resistance, here, energetic vibrational frequency growth can occur for the one selecting this course of action.

Appreciation improves your vibrations

We all have a basic psychological need to feel appreciated by another person. Maslow’s *Hierarchy of Needs* places esteem as the second-highest need, and appreciation falls within this category. Self-actualisation is Maslow’s highest need. Usually, being appreciated by someone, or oneself, is a catalyst for such self-actualisation. In this instance, the inner confidence that such appreciation develops is the key to such self-actualisation.

Appreciation of both the everyday issues and people in your life will positively improve your attitude, as discussed in previous topics, and will raise your energetic vibrational frequency level.

If your opening words as you open your eyes in the morning is, 'Thank you God for a wonderful night's rest, and a beautiful day ahead,' you begin the day appreciating and elevating your energetic vibrational frequency.

As you leave the comfort of your bed, your appreciation of it allowing and enabling a good night's rest can also be expressed. On you go to your bathroom where you do the necessary ablutions ever thankful that you have a sewage system that works efficiently and running hot and cold water by merely switching on a tap. Some 780 million people (10% of the world's population) do not have access to a water source, and some 2.5 billion people (35% of the world's population) do not have access to a sanitation source.

Each step throughout the day, we do things we all take for granted. Showing appreciation for all these things and the people, too, will be a game-changer in your life. A simple thank you is sufficient, but if you want to go the extra mile, then spelling out what you appreciate about a thing or a person is preferable.

Imagine if your spouse, or partner, or child, or boss, or fellow employee, or neighbour, or friend said thank you to you for something you did for them, or what you mean to them. "Thank you, Tom or Mary, for helping me with....., it meant the world to me". You would glow inside from such appreciation. It would bring a spring to your step. Your self-belief and positive attitude would be enhanced. Your energetic vibrational frequency would rise as your soul benefitted from such genuine appreciation.

Even more so, if they genuinely acknowledged you for what you mean to them in their life, unrelated to a specific issue or event. If they simply said thank you for being you and having a positive impact on their life. Your inner glow would be evident both on the inside and on the outside. You would prize this compliment highly as people usually do not show genuine appreciation to another.

Now you know how to increase your energetic vibrational frequency level. Simply show genuine appreciation whenever and wherever you can. In our hierarchal structure in society, we usually have people serving us, and we, in turn, serve others. There is ample opportunity to say thank you and to add a few words of appreciation after that to make the other person feel appreciated. Both your energetic vibrational frequency and theirs will be elevated by such appreciation.

Gratitude further propels your vibrations

The distinction between gratitude and appreciation is that while appreciation is saying thank you to someone or something, gratitude embellishes this appreciation further by freely giving it. Gratitude is more of an emotional response rather than only a functional one of appreciation.

Let me use a personal anecdote to explain this:

I have recently been going through some old papers and clearing up. I came across a copy of a letter of gratitude I wrote to my late Uncle Mike, who was suffering from lack of blood flow and reaching the end of his life, around age 83. My Uncle Mike was an amazing man. A medical specialist surgeon and General Practitioner (GP) for over 55 years. He held our larger family together as the patriarch, and his wisdom was legendary. Some 22 years ago, I wrote him a letter of gratitude for what he had meant to me. It was handwritten, and in those days, we used the postal service as well as emails.

He knew that he was dying and after receiving the letter, he phoned me. I happen to be driving to work, and he said that receiving this letter was possibly the most important thing he had experienced. I pulled over to the kerb as the tears of love and gratitude flowed between us. Being a medical doctor, he helped a countless number of people, and while they said thanks to him, it was something that he expected from them. To receive an unsolicited letter from me expressing the love, appreciation, and gratitude, I felt for the role he played in my life was emotionally overwhelming for him and me.

I make it an ongoing practice to communicate with selected people to express my appreciation and gratitude to them for the roles they play in my life.

So, my dear reader, I ask you, who deserves to receive a communication from you where you express the appreciation and gratitude for the role they have played in your life? If you prefer to email them, that is fine, but I believe a handwritten note may hold more emotional weight. Get the tissues ready for when they reply! Both your energetic vibrational frequencies will rise.

Kindness increases your vibrations

The current Dalai Lama is often quoted as saying, “my religion is very simple; my religion is kindness.”

Imagine that we all practised kindness as our religion and belief system. Then we could join the late Louis Armstrong in singing, “What a wonderful world.”

Here is a YouTube clip of him singing this in 1967:

<https://www.youtube.com/watch?v=CWzrABouyeE>

Regrettably, the world many of us live in usually sees kindness as a weakness. The spiritual development of an individual, a family, a neighbourhood, a community, a religious institution, a workplace, a town or city, a nation, a continent, and the world is easily measured if kindness to oneself and others is the measurement. If you can still find a newspaper in print, please take a pair of scissors, and cut out all the articles that do not show where kindness is shown. You will see how unkind the world is through the empty space that is now the newspaper.

I always imagine that our Unseen Friends in Spirit who watch over us and see everything transparently, use the measurement of kindness to identify our soul's eternal growth while we are on the earth plane. The praying, meditation, donations we make, thoughts, words, and actions we take, are all weighed and measured with kindness as the scale for the eternal growth of our soul.

Our brain and our body made by our Creator are hardwired to give and receive kindness. The frontal cortex of the brain is structured to feel empathy, compassion, and bonding. Mirror neurons create a level of understanding of the plight another is in. Oxytocin is a powerful neurotransmitter produced in the hypothalamus and released into the bloodstream by the pituitary gland and is often called the "love hormone."

Many religions believe that the heart is where the Higher Power resides within each of us. In French, the word heart means courage. It takes courage to show kindness when many people see it as a weakness.

What do we fear when we choose not to show kindness to another, or ourselves, for that matter? When we show kindness to another, it's not because of who they are or what they can do for us. It is because of who we are as an embodiment of such kindness. We are soul-based Love and kindness is the language we speak.

How many times in your life would showing kindness, and not force, have been the correct approach to avoid conflict? Human change is far more likely to occur and be sustained, through showing kindness, usually at minimal cost, compared to any other instrument of change such as force, conflict, and war. Kindness opens the hearts of all who witness it; it's built within us by our Creator.

Earlier on under the topic of *Doing impacts your vibration*, I used the example of Ubuntu as the way a village shows kindness to one of their villagers who have strayed from the path of goodness. These tribal Villagers, often wrapped in tribal clothes of animal skins, are seen as primitive, and even barbaric, through Western eyes and yet, kindness is their way of life. How far we Westerners have strayed from such primitive kindness!

Theodore Isaac Rubin, an American psychiatrist, and author stated *kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.*

Albert Schweitzer, the Humanitarian, said, *Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstandings, mistrust, and hostility to evaporate.*

It becomes evident that if you show kindness to another, both your energetic vibrational fluctuations will rise. Constant kindness showed by you to yourself, and others will see a much higher energetic vibrational frequency level for you.

Generosity will elevate your vibrations

If you believe, as I do, that God is All That Is, then whatever abundance you have belongs to God. I believe that God grants us such abundance in trust and that we need to account for this trust.

When we give to another, we are God's Hands through what we, and others, see as our generosity. God within us is giving to God within another, and we are the delivery people of God's abundant generosity.

In Judaism, it is stated, *He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will He pay him again.*

In Islam, the Prophet said, *Give in charity and do not withhold it; otherwise, Allah will withhold it back from you*

In Christianity, Theresa of Avila (1515-1582), now known as St. Theresa of Avila, stated, *Christ has no body on earth than yours, no hands but your hands.....*

We come into this world naked and alone, and we leave the same way. The shroud we are buried in has no pockets. The hearse carrying our coffin has no tow hitch for a U Haul trailer carrying our possessions. If we are cremated, only ashes remain of us. We become but dust and food for worms. Whatever good we can do for another, let us do it now, for no one knows when later will be too late?

At this junction, I usually tell a story of a very wealthy man who manages to persuade God to allow him to convert all his wealth into gold blocks and to be allowed to bring this gold into heaven with him. All this is arranged, and the man is seen in heaven, pulling a heavy open crate piled high with these gold blocks. One Angel turns to the other and says, "why did he bring his own paving blocks to heaven?"

Kahlil Gibran's writing in one of my favourite books, *The Prophet*, states on giving, *"... you give but little when you give of your possessions, it is when you give of yourself that you truly give.....see first that you deserve to be a giver, and an instrument of giving, for, in truth, it is Life that gives unto Life- while you, who deem yourself a giver, are but a witness."*

The generosity of spirit is usually more beneficial than the generosity of material possessions. However, when needed, material possessions are important to give as well, especially if it enables the recipient to find a way to become more self-sufficient.

The generosity of spirit can be given by anyone, with or without material possessions. Give Love and watch how it returns. Both the giving and receiving of Love elevates your vibrations.

Compassion and empathy raise your vibrations

Showing compassion and empathy to another via sympathetic concern for their sufferings and misfortunes, attempting to understand what they are going through, and feeling their emotions, could be undertaken in various ways.

Sitting in silence with them and giving your undivided vibrational attention to them, enabling those vibrations of compassion, empathy, and even unconditional Love, to provide them with the comfort and support they need at this time in their life.

You can also talk to them, sparingly, and show them that you care. With the correctly chosen few words, you may provide comfort to them in their hour of need.

You may also take action in assisting them with the practical issues they may need such as food to eat, something to drink, and even provide them with a temporary place to stay if they require a safe haven until they can restore their balance and harmony.

At this time in their life, their energetic vibrational frequency will be low, and they need whatever support and assistance you can provide, in the short term, to enable them to regain their emotional balance.

Please remember that we each have our own journey to go on, and the person you may be helping has their own soul contracts made in Spirit. You temporarily helping them may be one such contract, but compassion and empathy, while initially necessary, are not a long-term solution for anyone. If you extend this compassion and empathy to another for a lengthy period, you may find resentment building up on your side and on their side too. Find the balance of how much compassion and empathy to give them, enabling them to restore their emotional equilibrium and to move on with their life.

Providing compassion and empathy to another for the correct period will raise your energetic vibrational level, and, hopefully, theirs too.

Courage affects vibrations

Napoleon Bonaparte, the French Military Leader during and after the French Revolution, stated that *courage isn't having the strength to go on. It's going on when you don't have the strength.*

Thucydides, an Athenian historian, and General stated, *The secret to happiness is freedom, and the secret to freedom is courage.*

There are many types of courage; physical, mental, and moral, to name a few.

Where physical courage is ego-based and is praised, the energetic vibrational frequency may not be elevated as high compared to when mental or moral courage is utilised.

Mental courage usually means having the inner will to hold on long after physical courage has deserted one. Prisoners of war often experience this mental courage where their bodies have been damaged and weakened through torture and deprivation of food and water. However, their mental courage and fortitude keep them alive. Victims of abuse in all walks of life sometimes have the same mental courage to confront their abusers, who usually are much stronger physically. This requires great inner strength and mental courage. I believe that energetic vibrational frequency increases meaningfully, where mental courage is concerned.

However, moral courage is 'where the rubber meets the road' in terms of elevating energetic vibrational frequency levels. In today's world of instant gratification, and low levels of attention span, to be able to stand your ground with moral courage against an overwhelming mass of people, who are doing what is now expedient and beneficial to them, requires an act of moral courage seen very infrequently.

Political corruption, various forms of abuse of power, the creation, spreading and usage of illegal drugs, are some of the areas where standing up against these scourges on society requires moral courage. Usually, the lure of illicit money is too strong a temptation, and those in power turn blind eyes due to their complicit behaviour in such moral corruption.

Having moral courage is easier to do when you believe that you are Godlike in your approach. Moral courage is always a soul-based Love approach, and occasionally knowing that you may be a casualty, and pay the ultimate price of losing your life for what you believe in, is part of such moral courage.

Martin Luther King, Jnr. stated, *Let us realize the arc of the moral universe is long, but it bends toward justice.*

My belief system says that soul-based moral courage elevates energetic vibrational frequency to great heights.

Relationships affect your vibrations

As this is a book about understanding and elevating your vibrations, I am going to deal with relationships at a foundational level.

Your first relationship as a soul-based energetic vibrational frequency inhabiting a physical body on earth is to your Higher Self/Soul, which I repeatedly state, is the much larger part of you which remains in Spirit. This Higher Self/Soul is part of the Higher Power we often call God/Source/Oneness and so on. So, we have a Tripartite Alliance as our first relationship. Aligning your energetic vibrational frequency within this Tripartite Alliance is the task of becoming Godlike, and Oneness too.

If you can achieve this foundational relationship, then every other relationship you have with people will, at least in your instance, have a solid foundation to build upon. If the other party also has such a solid foundation, then you have a lifelong relationship. You both may even experience Unconditional Love between you.

How many people have such an Oneness relationship? How many people are continually conscious of God within them, and are accountable, and responsible, to the Co-Creator of their lives.

My free book, *Finding and Knowing God Within You*, found on personalempowerment.co, will help in this regard.

Regrettably, only a small minority of people have evolved spiritually, or religiously, to have this foundation stone of Oneness in their life.

Unfortunately, without this foundation stone in place, any relationship you build upon is imbalanced. This imbalance also applies if one person in a relationship has this foundation stone in place, and the other party does not.

Your relationship with yourself is the longest you will have. Finding inner peace will require this solid foundation stone to be in place.

Your relationships with your siblings are likely to be your second-longest relationships. Any childhood friends and extended family you grew up with could be lifelong relationships too. Providing your parents live a long life; they are likely to be among your longest relationships. The relationship you share with your significant other, and the relationship you develop with your children could be the most important relationships over the last 50 years of your life. Work-related relationships and friendships you make throughout your life are important too.

In my belief system, many of these long-term relationships are with soul-based energetic vibrational frequencies which are part of your Soul Group. You reincarnate lifetime after lifetime swapping roles of parent, child, sibling, husband, wife, uncle, aunt, cousin, friend, so-called enemy, and so on. You all participate in the eternal soul growth path to elevate your energetic vibrational frequency to become Godlike. The free will actions you take on earth, outside of the planned Soul Contracts, impact

positively, or negatively, not only on your eternal growth path but on your Soul Groups' as well.

Now, back to the world, we live in here and now! Please look at each of your relationships, in turn, and ask yourself, have I come from a place of soul-based Love, or ego-based fear, in each specific relationship?

Why don't you be brave and write down each specific relationship and have two columns- Love – Fear adjoining each named relationship. Now put a tick for Love and a cross for Fear. This outcome is your Relationship Balance and Harmony Sheet. We are accustomed to Balance Sheets for financial reckonings, now enlarge yourself, and account for your Relationship Balance and Harmony Sheet.

If you are part of the small minority of people who have evolved sufficiently, religiously or spiritually, to have the foundation stone of Oneness in their life, then the answer is a resounding yes to having a healthy Relationship Balance and Harmony Sheet. Hopefully, every relationship you have will elevate your energetic vibrational frequency if your foundation stone of Oneness is firmly in place.

For those without this soul-based Love foundation stone in place, your ego will influence every relationship you have, to some degree or other. With your children, there may be much Unconditional Love and reduced ego, and with a work-related adversary, the relationship will be mainly ego-based. Where ego is present, and Unconditional Love is absent, any and every relationship will be imbalanced to some degree. Imagine a seesaw with Love on one seat and ego on the other. The higher the ego seat rises, the lower the Love seat falls, and vice-versa too.

The only advice I can offer about relationships is to only work on perfecting yourself and do not try and change the other party. Perfect your energetic vibrational frequency to be as Godlike as possible, and the *Laws of Vibration* spoken about in this book by Einstein and Abraham, of like energetic vibrations attracting similar like energetic vibrations, will occur.

I know that advice sounds too simplistic, but that is the basis of any healthy, respectful, and loving relationship. Fix yourself, ignore fixing the other. Make your life as Godlike as possible. Shine your Light brightly and have Unconditional Love emanating from you. Then watch as the people undeserving of a relationship with you, due to their lack of being Godlike, move away from you, and more Godlike people are attracted to your space. Expect to have a relationship with only yourself for a while. Eventually, like-minded people will be attracted to you, and you will know, and experience, loving, respectful, relationships.

We are always looking for Mr/Ms. Right, but we merely need to be our own Mr/Ms. Right, and the like-minded world will beat a path to our door.

Elevating your energetic vibrational frequency will occur with such soul-based Love and respectful relationships.

RESPECT- Recognise Each Soul Politely Ensuring Correct Tribute

Forgiveness affects your vibrations

There is much misunderstanding about forgiveness.

We usually see forgiveness as someone who says that they take away the blame from another for something they said or did that impacted negatively on the one granting the forgiveness. In this instance, there is usually the unstated comment of “I will forgive you but not forget how badly you made me feel.” Ego -based thoughts rule this forgiveness, and vibrational energy remains subdued for the person giving so-called forgiveness.

The next level of forgiveness is with the understanding that I am forgiving you for what you said or did to me, but I am not doing it for you but for me. I am ‘for giving’ you to ensure that I release the negative vibrational energy I feel about you. This should increase my vibrational energy. I am detaching myself from your words and actions and am acting as if we are 20 years down the line, and this is all water under the bridge. I release you in Love as I can then allow and enable my energetic vibrational frequency to become unblocked and to elevate.

The highest level of forgiveness is what Archangel Uriel stated in the book *The Soul's Journey and how it affects your Life* by Judith Farley and the Four Archangels. He called it ‘Awareness Advancement’. In terms of the ‘Bigger Picture’ of your soul’s eternal journey, you contracted in Spirit with members of your Soul Group for certain events to transpire so you could accelerate the growth path of your soul to become more Godlike. You chose these events to transpire to elevate your energetic vibrational frequency level.

In terms of this understanding you are now grateful for the ‘Awareness Advancement’ that the contracted Soul Mate undertook that caused you to feel aggrieved, and in the more conventional sense, did, or did not, give them your forgiveness.

With this new understanding, you should give them your appreciation and gratitude for saying or doing what they did. Before coming to earth, you requested it to occur as a course correction for your eternal soul’s journey to become more Godlike.

A cheating party in your life has made you stop and reassess what you did to allow these boundaries to be so porous as to be breached by the other. Did you neglect your significant other and take them for granted? Did you not put checks and balances in place to avoid being a victim of abuse of some form or other? Did their actions force you onto another path where you found your true calling and the purpose and meaning of your life?

This view from Spirit of forgiveness is a further example of how things in Spirit are seen very differently from our earth-based assessments. A few readers will be ready to attain these more exalted energetic vibrational frequency levels. I hope you are one of them. I have consciously been involved in developing and elevating my soul’s journey for over 30 years, and I have only recently come to understand and apply this concept of forgiveness as ‘Awareness Advancement’.

I am now going to deal with the more physical parts of our lives as it affects our energetic vibrational frequency levels.

Drinking and our vibrations

Our body comprises some 60% water and our brain some 70% water. The instruction to drink eight glasses of water a day is not a suggestion; it is an instruction!

Some 71% of the earth is covered in water. Of this water component, seawater is 97%, and fresh drinkable water only 3%. This amount of fresh drinking water was available in 1900 when there were 1.6 billion people on earth. In 2000 there were some 6 billion people, in 2020 that have risen to 7.8 billion, and by 2040, there will be 9 billion people all fighting over the same 3% of fresh drinking water. The next global conflict could be about access to fresh drinking water.

Complicating this fresh drinking water shortage is the antiquated infrastructure that carries this water to and from water reservoirs to our homes. Water wastage through leaks and other issues are a real problem in many countries. Additionally, pollution of waterways, rivers, and dams, as well as contamination of underground water reserves, all lessen the available scarce fresh drinkable water. Throw in Climate Change with the melting ice caps into the sea and our ability to hydrate our bodies with much needed clean, fresh water may be under threat over the next few decades.

Obviously, unless we are continually hydrated, our bodily functions cannot operate properly and efficiently. Worrying about raising our energetic vibrational frequency levels becomes a moot point if we can't get sufficient clean, fresh, drinking water to function properly and to remain alive!

Currently, most people reading this book can get enough drinking water to hydrate ourselves and to flush out the toxins from our body that our breath does not expel.

In a spiritual sense, water represents our emotions, and at an energetic vibrational level, water is vital to increasing these frequencies.

In my free book *How to Live in the Now*, referred to earlier, I dealt with the experiments done with water by Dr. Masaru Emoto and reported in his 2005 *New York Times* Best Selling book, *The Hidden Messages of Water*. In a nutshell, he conducted experiments by taking two identical flasks of water from a natural water stream in Japan. He then placed the water into receptacles and wrote words on a paper which he attached to the receptacles. Where he had written positive words, the water crystals were well-formed, and where he had written negative words, the water crystals were deformed. The vibrational power of intention was being examined through this experiment. Like attracts Like as written about throughout this book stemming from both Einstein and Abraham, from both a science and spirituality perspective.

Obviously, logic states that this is widely pseudoscience and not provable scientifically. However, Dr Emoto was postulating that there is something at a vibrational energy level affecting the formation of these water crystals based on the intention of the messages he placed on the receptacles.

I, for one, believe in his findings, and my explanation is simple. We all know how we feel if someone praises us, and conversely if someone demeans us. We are comprised of some 60- 70% of water, and we emotionally blossom when appreciated and praised, and we emotionally shrink when criticized and ridiculed.

This subtle body of energetic vibrational frequency is what I believe Dr Emoto was tapping into in his experiments. He called it Hado, which in Japanese means wave or vibrations and has existed in the Japanese language for centuries.

So, I deduce that water influences our energetic vibrational frequencies in the subtle body, and our physical body and the frequent intake of clean, freshwater is vital for the elevation of our energetic vibrational frequency.

Some may wonder why I describe the needed water as both clean and fresh. Recycled water goes through chemical and other processes and may be called clean but certainly not fresh. Springwater, and other naturally sourced water, are both clean and fresh.

Now, let us move onto other forms of drink. Starting with so-called soft drinks, being sugar/sugar substitutes, or non-sugar based carbonated drinks on account of dissolved carbon dioxide to create the fizziness. Water is being treated with these additives, and it seems plausible that these soft drinks cannot be good for you when compared to pure drinking water. This non-pure water filling your brain and body can't help elevating your energetic vibrational frequency levels. Sugar-based soft drinks may give you a sugar "spike" to create short term physical energy, which is usually followed by a slump of physical energy.

Alcohol-based drinks are detrimental to the spiritual essence of human beings. I was recently listening to "*Conversations With God*"- *Book 1* CD by Neale Donald Walsch and "God," spoken by a deep-throated actor, stated that alcohol is bad for you as it damages your brain. Obviously, seeing a person who has drunk copious amounts of alcohol, with limited control of their bodily functions, and their brain's functions impaired, bears testimony to this. Sustained over many years at this level of alcohol intake usually sees a deterioration of this person's life on most fronts.

Alcohol is a depressant, and while it initially feels good as you release your inhibitions, before long, the continued consumption of alcohol dulls your senses and responses. Obviously, this must reduce your energetic vibrational frequency. Long term use of alcohol creates an alcoholic, and the 12 Step Programme of Alcoholics Anonymous has a strong spiritual overtone in its recovery programme.

As a non-alcoholic drinker all my life, I have seen the negative impact of alcohol throughout society. In my view, alcohol abuse, arguably, contributes one of the highest forms of damage to humans, relationships, lives of others impacted through alcohol-related incidents, and the like. The dependency on alcohol, too, so-called,

'help people cope with life', ranks high on my list of the damage people do to themselves and others.

I live in a society where alcohol usage is commonplace, and through the years, I have been ridiculed for not 'having a drink', implying I am not man enough to drink. I willingly accept the role of being the 'designated driver' at social events, and all my friends know that they can phone me 24/7 if they have consumed alcohol and are too intoxicated to drive home.

The social acceptance of alcohol and the way it is continually portrayed on entertainment media, let alone in advertising, as the panacea to help people cope and, in many instances, its portrayed as the way to lead glamorous lives, is criminal in my eyes. Globally, over 2.5 million people are involved in alcohol-related deaths each year, and 25% of all homicides are the result of alcohol implications. Fatally injured drivers with excess levels of alcohol in their bloodstreams account for some 20% of driver road deaths in high-income countries, and as much as 69% in low and middle-income countries worldwide, according to the World Health Organisation. (WHO)

I am adding a paragraph under this topic for illegal narcotics, which are becoming an epidemic in many countries. In 2011 the illicit revenue received from the sale of illegal narcotics was the equivalent of 10% of the Global GDP, according to Khaled Alasmari, author of *The Effect of Illicit Trade in Narcotics on Global Economy*. These addictive drugs once embedded into a society, bring mayhem for drug users, their families, the victims of the crimes that drug addicts commit to getting money to feed their addiction, and so on.

For those seeking to elevate their energetic vibrational frequency levels staying away from alcohol and illegal narcotic drugs is the way forward.

Tobacco smoking impacting vibrations

Following on from the intake of alcohol comes the subject of smoking tobacco. The similar effects of alcohol intake are seen, but specific damage is done to the Subtle Body's energy vibrational field. The Throat Chakra, the Root Chakra and the Heart Chakra are the most affected.

I have dealt with the need to breathe deeply in a previous topic to fill the body with oxygen and to dispel toxins with the out-breath. However, when you breathe in toxins from tobacco smoke and these toxins laced oxygen feeds into your bloodstream and lungs, you damage your physical body's energy as well as your Subtle Body's vibrational energy.

Lung cancer is the leading cause of cancer for men and women in the USA, according to the American Cancer Society. Some 25% of all deaths by cancer annually are attributable to lung cancer. On average, between the genders, some 85% of lung cancer deaths are caused by smoking tobacco. It's your life!

Food selection and preparation affect vibrations

Everything is a vibration, and that includes food too. Raw foods have the highest vibrational energy to impart to you. Organic plant-based whole foods are the next best foods to consume. Ethically sourced dairy falls into the middle range of vibrational foods. Ethically sourced meat and fish have low vibrational energy for you. Processed, refined, and unethically produced foods, and junk food, have the least vibrational energy to impart to you.

Raw food such as nuts, fruit and vegetables are the best way to ingest high vibrational energy. Cooking food through heat reduces their vibrational energy.

If you are intelligent enough to be reading a book about understanding and elevating your vibrations, you probably know what is good for you to ingest and what isn't. As our lifestyles accelerate and time for correct food selection and preparation is reduced, many of us opt for convenience in food buying, preparation, and eating. Most of us use microwaves in food preparation, but we know that we are ingesting radioactivity in small doses, each time.

Perhaps, the real issue is, what are our priorities? Is spending more time working, commuting, watching TV, on social media, on the Internet, exercising or involved in a hobby, reading, being entertained, drinking with friends, and so on, more of a priority than correct food selection and preparation?

We pay a cost for the lifestyle choices we make. The price of poorer health, increased health costs, lost productivity, reduced income, and possibly a shorter lifespan, are some of the costs associated with insufficient time spent on food selection and preparation. Perhaps if we changed the phraseology to one of investing time in food selection and preparation, instead of spending time on these pursuits, we might understand the longer-term implications better?

If you are interested in this topic, I recommend you research it on the Internet as there are many websites devoted to correct food selection and preparation to ensure a high vibrational energy diet.

To give you a taste (excuse the pun), here are some high vibrational energy foodstuffs:

Wheatgrass, raw chocolate, raw cacao, almonds, seaweed, lime, lemons, spirulina, goji berries, apples, blueberries, coconut, avocado, melons, raspberries, pineapple, peaches, lychees, grapes, cherries, oranges.

Exercising affects your vibrations positively

Exercising, preferably, outdoors, will cause your breathing to become deeper with all the benefits of deep breathing, as mentioned earlier, under the topic of breathing.

The production of endorphins and the release of the hormones, serotonin, and norepinephrine during and after exercise helps you feel happier and decreases the feelings of fear, anxiety, stress, and depression. Exercise will increase your vibrational energy level.

Regular exercise will increase your metabolic rate, and this will burn calories and result in weight loss providing your diet is well balanced. Feeling better about yourself will also increase your vibrational energy level.

Exercise can also assist in the development of muscles and improve bone density. Exercise is especially important as we age.

Exercise develops physical energy levels as well as unblocking the energy centres or chakras as we become happier and let go of the resistance creating these blockages in the first place. This unblocking elevates vibrational energy levels too.

Exercise has favourable effects on the pain that is associated with various medical-related conditions. Pain tolerance is usually reduced through regular exercise. Improved blood flow through exercise helps the brain's health and memory too. Older people find that exercise assists their mental functions too.

Regular exercise has been shown to improve insulin sensitivity, cardiovascular fitness, and body composition, yet decrease blood pressure and blood fat levels. This assists in reducing the risk of chronic disease, which would deplete vibrational energy levels.

Moderate exercise can provide antioxidant protection and promote blood flow, which can protect your skin and delay signs of ageing.

As we will see under the following topic of sleep, it is important to have a deep sleep, and regular exercise can physically tire the body, enabling such deep sleep. A more energetically revitalised body and mind should rise the next morning.

Exercise can improve the sex drive in both men and women. Erectile dysfunction in men can be reduced through good blood pumping cardio-vascular exercise.

Overall, exercise will elevate your energetic vibrational level and should be a regular part of your life.

Sleep and vibrations

Most of us have experienced how too much sleep and not enough sleep makes us feel tired, lethargic and feeling like we have no energy for the day ahead.

We spend over 33% of our life sleeping. When we were one year old, we needed to sleep 11-14 hours a day. As young scholars, we needed to sleep 9-11 hours a night and as teenagers between 9-11 hours' sleep a night. As adults, we need between 7-9 hours' sleep at night. During this sleep time, our body and mind rebalances itself and restores and rejuvenates our various physical and mental functions. Our muscles grow, our tissues are repaired, and our hormones are synchronised. Such sleep requires free-flowing vibrational energy devoid of fear, tension, and stress.

The time spent sleeping should ideally be continual and not disturbed. Where people are sleep deprived, they usually have bigger appetites and tend to eat more calories. This weight gain is caused by the disruption in the daily fluctuations in appetite hormones. Ghrelin is the hormone that stimulates appetites, and leptin suppresses appetites. These hormones are affected by sleep deprivation, and sleep-deprived people usually increase calories and have resulting weight gains. These issues cause a double whammy in reducing energetic vibrational levels.

Considering how important sleep is, and that we spend a third of our life asleep, it's intriguing that we focus so little of the remaining 67% of our waking hours in learning about sleep, and how to have a decent night's sleep.

A few people I know have a 30-60-minute nap around lunchtime, and they feel rejuvenated and full of energy. I find that sleeping during the day negatively affects the quality of my sleep at night. We must each find what works best for ourselves.

A little-known fact is that in a clinical trial when fit, young men in the US Military were only allowed to sleep for 4 hours a night over one week, they all exhibited a state of being pre-diabetic. This medical condition was corrected once they could sleep for the regular 7-9 hours/night during the following week.

Good sleep patterns will increase energetic vibrational levels, and poor deprived sleep will deplete these levels.

Its time for a joke- if anyone asks you if you slept well the night before, you can answer, "not a wink, but I got a few good hours of anxiety in!"

Lovemaking and your vibrations

It is facetiously said that a woman needs a reason to have sex while men simply need a place!

Lovemaking is so much more than sex. True lovemaking is the melding within of bodies, minds, and souls into one.

Falling in love, and making love, have their roots in the chemicals released in our brains. When we find someone who attracts us, the Nucleus Accumbens (NA) in our brain floods the brain with dopamine, which increases obsessive infatuation with the other party we like. We feel desire, euphoria, and bliss within us. Our brain sends messages to our adrenal glands, which manufacture adrenaline and norepinephrine. Initially, the brain deactivates the amygdala, the fight or flight response stimulus, which controls the perception of fear, anger, and sadness. Worry, critical thinking, analysis, and judgement are shut down, and, at this stage of infatuation and growing love, the other party can do no wrong in our eyes.

In normal circumstances, the flow of adrenaline and norepinephrine are the amygdala's response chemicals to flight or fight, but at this stage of infatuation, the amygdala's response is shut down by the brain's other chemicals such as dopamine and oxytocin.

The brain's hypothalamus produces oxytocin, known as the "love hormone," which is secreted through the pituitary gland during times of intimacy, such as hugging, kissing, orgasm, and breastfeeding.

About love being blind, Shakespeare said it best in *Midsummer Night's Dream*, "*Love thinketh not with the eyes, but with the mind. And therefore, is winged Cupid painted blind.*"

Why would our brain set us up to feel like this? Why would our brain hoodwink us into ignoring worry and fear and flooding us with the 'love hormone'? Why would our brain get us to ignore logic and be only emotionally based?

Our brain is hardwired to ensure the survival of the species. Not only us humans but all living things that crawl, walk, or fly have similar chemical reactions to activate their mating patterns and prolong the lives of the species. The chemicals are pheromones released by an organism to attract an individual of the opposite sex for mating purposes. In humans, this feeling of infatuation is needed as a prelude to having sex, ensuring the survival of the species. These feelings of infatuation or love may abate after sex. Hence my facetious comment at the outset of this topic that women need a reason to have sex, and men only require a place!

The love hormone, oxytocin, occurs in breastfeeding, as stated above. Many a husband or new father complains of their partners' reluctance to be willing to have sex for a period after childbirth and during the early days of breastfeeding. The mother is receiving all the oxytocin she requires via breastfeeding.

Once we can move from sex towards true lovemaking where our bodies, minds, and souls become a union of one, then the energetic vibrational frequencies are elevated towards the Oneness, some of us call God.

Throughout the ages, poets and authors have waxed lyrical about the concept of what I am calling true lovemaking. They may have felt this unison of Oneness to write so poignantly about the concept of love, and the promise of lovemaking with one's beloved.

It is said that in a conventional relationship of a man and a woman, the usually more sensitive woman, who initially experiences the exquisiteness of the love feelings described above in her first relationship, then searches for that same feeling in all her subsequent relationships. The search for the energetic vibrational frequency “high” of love she once felt is what she is seeking again, and the man she is subsequently with is merely a conduit to finding such bliss. I know that sounds cynical, but Hollywood, Bollywood, and Hallmark Cards have grown extraordinarily rich on that premise!

True love, as I am defining it here, is this union of two bodies, two minds and two souls blending in unison and finding the Unconditional Love of such Oneness that exists in Spirit. Energetic vibrational frequencies elevate in such union as their souls, Higher Selves/Souls, and their Higher Power are enjoined too. True lovemaking results through such a union.

Health and your energetic vibrational frequency responses

We now come to the promised topic of health and the energetic vibrational frequency responses to one’s state of health.

I am assuming that because you are reading a book like this that you agree with me that we are a union of mind, body, and soul. The health of our body not only reflects our physical body but that the mind controls the body’s state of health, and the subtle body of the soul resonates with the mind and the body’s positions in this regard.

The state of mind determines the good health, or impaired health, of the body. The body comprises trillions of cells that are affected by the energetic vibrational frequency of the soul. When the mind, body, and soul are in harmony and balance via the energetic vibrational frequency of the subtle body housing the soul, then all is well in your world.

A mind clouded with fear-based thoughts disrupts the balance and harmony of trillions of cells of your body, which all need to work with microsecond precision to operate optimally. Any reduction in the energetic vibrational frequency of your subtle body housing your soul, brought about by ego-based fear, creates imbalance and disharmony within the union of mind/body/soul.

Usually, a body is born pristine. Of course, some babies have health-related issues and complications, but, in most cases, babies are born in perfect health. The soul may have entered the body at the time of conception, or in vitro upon birth, or a short time after birth. There is a belief system that states that the soul exists in what is termed the subtle body or auric field.

From the time of birth onwards, any ill health that the body experiences has its roots in the environment it is growing up in. These ill-health experiences include physical and mental issues that the baby, young person, teenager, young adult, adult, and older adult is subjected to. (Genetics do play a part, but that is a much more complicated topic beyond the scope of this book).

Hopefully, the spiritual evolution of the soul of this person is on track at appropriate age levels too. Here I am referring to the Soul Contracts made in Spirit with their Soul Groups. For more information, please refer to my free book found on personalempowerment.co- *The Purpose and Meaning of your Life in terms of your Soul Contracts*.

Starting from a position of how this person feels of being at ease, or ill-at-ease, the acceleration of those feelings, or the adoption of new feelings, and their acceleration, will determine the health level, or level of ill health, they experience.

Optimal healthy bodies vibrationally resonate at a frequency level between 62-70 MHz, according to Bruce Taino, a well-known researcher, and developer of Taino Technology. He states that if the frequency drops below 58 MHz, then disease can occur as viruses, bacteria, and diseases have lower frequencies. A compromised immune system, at a lower frequency range, will allow and enable these viruses, bacteria, and diseases to resonate at these lower frequency levels.

So, back we go to how one is feeling. We begin at the simplistic feeling level of ease and ill-at-ease, which, if untreated, may develop into disease. Remembering that feelings are the language of the soul, these feelings resonate with the soul in the concept of mind/body/soul as a union.

Now the mind comes into play. All that is said to the person is retained in the conscious, unconscious, and subconscious minds as well. Children, especially very young children, are like sponges, and anything said to them, and especially about them, is absorbed in one or more of the three states of their mind.

A child's mind cannot discern what is said facetiously, sarcastically, and in other negative connotations, by their parent, older sibling, or anyone else. They believe what is being said to them and about them from people they trust to have their best interests at heart.

For those who are interested, I have written a free book found on personalempowerment.co, *Unfolding Your Child- a spiritual approach to parenting*.

Reverting to our pristine baby, who is a perfect embodiment of a soul knowing only Unconditional Love and Light from its Source. Anything said or done to this child to move its feelings from ease towards feeling ill-at-ease will affect its health position, now, or in the future. Under the topic of fear, I dealt with the effect of ego-based fear weakening the immune system.

Conversely, if the child is lovingly nurtured with positive words and deeds, this will strengthen its feelings of being at ease, and with it, strengthen its health position.

Before in my books, I have referred the reader to Louise Hay's books on healing the body. Her premise is that any illness, however mild or severe in parts of the body, are indicators of emotional states caused by thoughts and focus. She spells out the causes of the various physical symptoms and offers relevant affirmations to help correct this imbalance. Being conscious of the causes of these symptoms, one can then address them at a level of mind by confronting the issues causing these energetic vibrational blockages as referred to in her books. Refer www.louisehay.com.

As a personal example, I was in a business partnership with a most difficult man for over 15 years. At one stage, he was overseas and had done certain things that really peeved me off. I found myself unable to urinate. When I realised the cause of the issue, I was able to confront him, and by him correcting his behaviour, I was then able to resume my normal bladder functions!

There are numerous books and other communications from various well-known authors on this topic of mind/body/soul as it affects one's health position. An Internet search will provide as much information as you may require.

The other areas involving one's health are also being covered in this book, such as breathing, drink, food, tobacco, exercise, sleep, prayer, meditation, work, stress, and so on. I think that every topic covered in this book comes back to how it affects your mental health and your physical health, especially when your soul weighs in with your spiritual health as well.

The positive, or negative, responses of each topic on your health position will either elevate or reduce your energetic vibrational frequency. By being conscious of this and allowing and enabling you to enhance or remedy what needs to be done, this should see an elevation of your energetic vibrational frequency.

Vibrational medicine and treatments improving energetic balancing

The life force, which science cannot define, is thought by some to be based on Einstein's paradigm of vibrational science. Here the human being is seen to be a network of complex energy fields interfacing with both physical and cellular systems.

Vibrational medicine and treatments are used to unblock and rebalance impaired energy points and systems. These processes ensure the proper flow of vibrational energy within the physical body and mind, as well as the energy fields surrounding the body, known as ethereal bodies with subtle energy.

To simplify this concept, please recall when you met someone or were involved in something that made you feel wonderful. Your vibrations rose, and you experienced "good vibes." Conversely, when the opposite happened, and you may have thought, or said, this is giving me "bad vibes," and you felt worse than before this incident.

Various techniques such as homoeopathy, reiki, reflexology, yoga, acupuncture, and Ayurveda, to name a few energetic healing modalities, utilise the lines of energy identified as meridian lines, or pathways, to unblock energy centres and specific energy points.

These treatments have been used in China and India for millennia and continue to be practiced today. They are portrayed as alternative medicine and treatments in the West, whereas they remain primary treatments in many parts of these two most populous countries in the world, and in other countries too.

Certainly, the medical spending per capita in Western Countries is substantially higher than in the countries practising both these energetic healing modalities, as well as so-called- modern medicine.

The figures are as follows using medical spend per capita (i.e. per individual) and average life expectancy per country.

India USD 63/year medical spend per capita with 69 years of life expectancy
China USD 463/year with 76 years of life expectancy
UK USD 4356/year with 80 years of life expectancy
USA USD 9336/year with 79 years of life expectancy
(2015 medical spend figures per capita and latest life expectancy years rounded off)

For the purposes of this book on elevating one's vibrational energetic frequency, I recommend the reader explore these "alternative" medicinal treatments of energetic vibrational healing modalities.

I am going to share some of my experiences of using alternative healing modalities. Since 1987, I have been having weekly, and more recently, fortnightly, reflexology, and deep body massage with essential oils. Essential oils rate as having one of the highest forms of vibrational energy frequencies. My lady reflexologist, since 2004, recommended I move from weekly to fortnightly treatments a few years ago as she said my body, then at age 65, was in perfect balance and harmony.

I have only spent one night in a hospital in 68 years. That was for an operation on a broken arm due to a hiking accident after being caught in an unexpected torrential rainstorm late one afternoon.

I seldom, if ever, visit my medical practitioner. I saw an Alternative Doctor for energetic vibrational treatments for a few years, and have a machine designed for improving vibrational energy, which I use infrequently.

About 20 years ago, I became a Reiki Master and only use this amazing energetic vibrational healing on myself and my family. My older son, Michael, did a portion of the Reiki course with me and was exceptionally attuned. When he did Reiki healing on others in the class, his body would go red in the areas where the patient was experiencing their pain. As he was only around 11 years old, I decided for him to not complete the course with me. My concern was that he was too emotionally immature to have this healing gift, and it may imbalance his relationships with his friends.

Last Sunday, around midday, I did what is called 'long-distance reiki healing' on him as he now lives in Cape Town. He had been suffering from very sore lower back pain. I called him on Monday and inquired how he was feeling. He told me that from around lunchtime on Sunday, he started to feel much better, and his emotional mood had also improved. I then told him that I had done long-distance Reiki healing on him around midday on Sunday. He responded that he was going to find a Reiki Master in Cape Town and redo the Reiki course.

A few years ago, I went to a Dermatologist to cut out a growing skin disorder I inherited from my mother. Every few months, I would have a minor operation in his consulting rooms under local anaesthetic and had to take antibiotics for ten days after each treatment. I was not happy about that, and I was recommended to a Homeopath who gave me homoeopathic pills for about six months, and the skin disorder largely disappeared, with no new growth.

When I lived in Mauritius for about 18 months, I was required to have a medical examination as part of my entry qualification process. I was treated by a young Indian doctor who was astounded to see my good health condition, then aged 65. He studied in China and was taught both healing modalities of so-called modern medicine and ancient energetic vibrational healing modalities too.

Of course, so-called modern medicine has its place, but most medically qualified people I know pay little regard to the much older energetic vibrational based medicines and treatments referred to above. Hopefully, that will change over time, and a combination of both styles of healing will benefit those in need.

At a spiritual level of understanding, the illnesses you suffer are energy blockages, mainly in one or more chakras and other energy centres too. For example, a thyroid condition concerns the Throat Chakra, and the cause could be from the fear-based inability to be able to express your true feelings. Keeping these unexpressed feelings bottled up in your throat creates the disharmony and imbalance of the Throat Chakra, which becomes blocked with negative energy and does not spin correctly.

Through acknowledgement, investigation, and then understanding the real causes of the dis-ease, of which the illness is the effect or symptom after that treatment can begin. I dealt with forgiveness as a topic above and believe that once you have identified the real cause of your feeling ill-at-ease, and now possible diseased, the real healing can be implemented.

This identification process is one of being authentic and having self- integrity. You need to ensure your ego doesn't try and protect your feelings and make excuses about how and why you feel like you do about the identifiable issue. You need to look fearlessly within yourself and allow your Love-based soul, not your fear-based ego, to guide you.

See what you really fear and what is the root cause of that fear. The illness is the effect or symptom, but the cause is in your conscious, subconscious, or unconscious mind. Someone or something did something to you that caused resentment, which resentment was buried within your mind, ultimately causing a blockage in one or more of your vibrational energy centres.

Taking modern medicines, or even operating on the symptom, may help temporarily, but for complete healing, the mind related issue must be identified and resolved. If the person or people causing this root cause fear is alive, and you can approach them, then do so, and grant forgiveness as identified in the topic above on forgiveness. If you would prefer not to approach them for some reason, or they are no longer alive, or contactable, then you can speak to their soul and grant them forgiveness as identified in the topic on forgiveness above.

Daily breathe deeply whenever possible. Be conscious as you breathe of being in the present moment of Now. Drink lots of pure water, exercise moderately, sleep for 8 hours a day, use energetic vibrational healing modalities, pray, and meditate daily, and keep positive thoughts based on soul-based Love uppermost in your life. Think, say, and act on “what would Love do Now?”

By doing so, you will elevate your energetic vibrational frequency and have little, if no, need of modern medical treatments and medicines.

Sound affects vibrations

Vibrations manifest in two ways. Initially, vibration is inaudible and invisible. As it moves towards manifestation, it becomes audible, and after that, it may become visible.

Sound vibrations touch and influence our emotions profoundly. As a vibration, the sound is not only heard but felt through every cell in our body, on our skin and in our bones. Sound, and especially music, are nutrients for our nervous system. The power of the correctly attuned sound vibrations positively affects our brain, health, ability to learn and be productive.

The pneumogastric, or tenth, cranial nerve, which is also known as the vagus nerve, goes through the thoracic and abdominal cavities regulating the functions of many organs including lungs, heart, stomach, kidneys, and the liver. This vagus nerve originates in the brain and is attached to both the inner and outer eardrums. The vibrational sound influencing the vagus nerve resonates and vibrates its way from the ear and ends up at the anus, beyond the base of the spine, positively affecting the body at a cellular level. It is a massager of note! (excuse the pun).

Sound healing practitioners claim that their vibrationally based sound therapies revitalise and rebalance body parts back to health.

We have all experienced the influence of music on our “vibes”. Music usually uplifts our spirits, as we call these vibrations, and of course, certain music can both frighten us and make us feel low in spirits/vibrations too.

The pitch, tone, and mode of expression in someone's voice can influence us greatly, positively, or negatively. Great orators can uplift a nation's spirits/vibrations, while a menacing voice can frighten people, reducing their spirits/vibrations.

Silence is often the most deafening of responses, particularly when it is a threatening silence as our fears ran rampant and reduce our vibrational energy level.

My only formal experience of sound healing was at a healing workshop for rebirthing techniques, which I attended over 20 years ago. I lay down on the floor and persistent, rhythmical drumming music played at various tempos. I fell asleep almost immediately and was in such a deep sleep that the organisers came to check that I was still breathing! I awoke about an hour later, and for the next five days, I lived my life as if I were a foot off the ground. Everything was frictionless and effortless. Everything in my life fell into place. I did not have a care in the world. My energetic vibrational frequency had elevated beyond anything I had ever experienced. The sound therapy took place on a Sunday, and I remained in this state of bliss until Thursday evening. Occasionally when I meditate, I attain that elevated vibrational frequency feeling, but it only lasts for a few minutes after meditation.

The vibrational frequencies of sound and music have played a meaningful part in both times of war and peace: the Drummer Boys, Buglers and Trumpeters' playing stirring music motivating soldiers going into battle come to mind. The chanting and other sound practices such as singing hymns, prayers, and songs used in religious practices elevate the energetic vibrational frequencies. When music makes us leap up and dance, our entire physical body, and our subtle body housing our energetic vibrational frequency, are elevated through such music and dance.

Wherever practically possible, allow and enable the correct music to play in your life as it is often an instant way to elevate your vibrational energy and make you feel good, if not, even great.

Here is a link to the Bee Gees famous song *Good Vibrations* (1968) courtesy of YouTube:

https://www.youtube.com/watch?v=Eab_beh07HU&list=PLA8FH0Qf2dxCbkiqWNcKn20519Mf55CG&index=18

Listening affects your vibrations

It is said that knowledge hears, but wisdom listens. It is also said that the reason we have two eyes, two ears and one mouth is that we should look and listen twice as much as we speak!

No one ever gets bored with a listener. Usually, our fear/hope-based ego can be measured by the amount of time we spend speaking, and our soul-based Love measured by the amount of time we spend listening.

Only when we are truly still, and silent, can we hear God's voice within us. Being still, especially stillness of mind, and remaining silent, allows and enables the energetic vibrational frequency of our soul to attune and align with our Higher Self/Soul, and with our Higher Power. Elevation of our energetic vibrational frequency will occur with such stillness and silence enabling and allowing the Tripartite Alliance of soul/Higher Self/Soul and Higher Power to attune and align in Oneness.

It is not coincidental that listen, and silent has the same letters.

I have written a free book found on personalempowerment.co, *Listening- The Relationship Builder*. Whether your relationship is with yourself, your Higher Self/Soul, your Higher Power, or with your partner, child, family member, friend, co-worker, boss, or whomever, I would like you to spend, no, to invest, your time, by listening rather than talking the next time you connect.

Start the conversation by asking whoever you are communicating with how they are feeling and then really listen to their answer. If need be, ask them to expand on what they say about how they are feeling. Do not make it the perfunctory, "how are you"- "good thanks," is usually their reply. Now ask them what they feel good about? "Can I ask what you currently feel good about?" They will be taken aback as you have broken the traditional mould, and they notice you are actively listening to them.

In the 1600s, the expression we have amended to "how are you?", concerned a person's health, or financial standing, and was "How do you fare?" Today, we have made it perfunctory, and most people do not even listen for a response, they assume the response will be "good thanks."

So, as stated earlier, when you ask them what they feel good about, expect them to look at you differently, and even to doubt why you asked that question. Your answer should be that you are genuinely interested in why they say they are feeling good, and you would like to know what they feel good about. Providing they respond and enumerate one or more ways that make them feel good, you have opened the door a tiny crack to change the relationship to one more of respect, and hopefully, the beginnings of mutual trust.

After all, a great listener who maintains strict confidentiality is a very welcome friend. Respectful and confidential listening will develop more trust between the two of you than any words and actions you can say and do to prove such trust. Funny. Isn't it? We talk and talk and try and convince, or persuade, someone to our way of thinking, but we seldom think that genuine, respectful, confidential listening will achieve that respect and trust much more effectively, and in a shorter time frame.

My book about learning how to listen, referred to above, identifies over 70 ways we should listen to various types of people in our lives, and the different ways in which we should listen.

To give you one example; a high percentage of communication is via body language. So, listening to what another says with their words and watching what their body is signalling to you could be a completely different conversation. If you are interested in

learning to read body language, another of my free books also found on personalempowerment.co, *How to be a Great Negotiator*, details, *inter alia*, the various body signals from the top of the head down to the sole of the feet.

Being a good listener allows you to learn so much more than when you are talking, as you already know what you are going to say. That is why wisdom listens, and knowledge merely hears.

When you listen correctly, your energetic vibrational frequency is likely to rise as you are showing respect, and, in time, feeling trusted by the other person. Being respected and trusted feed into the second-highest of Maslow's *Hierarchy of Needs*, that of esteem. This feeling will elevate your energetic vibrational frequency.

One final word on listening. Genuine listening is one of the most intimate of actions you can do. In a relationship setting, genuine listening will advance the vibrational energy of both parties far more so than any other aphrodisiac. In a trust relationship of friendship or work-related matter, genuine listening will achieve much more than any words which are expressed. Genuine listening elevates both parties energetic vibrational frequencies into a position of trust, and with such trust doors of opportunity will be opened automatically.

Synchronicity may increase your vibrations

Synchronicity can be defined as the simultaneous occurrence of events which appear significantly related but have no discernible causal connection.

Carl Jung, and his often critic Nobel Laureate, Wolfgang Pauli, as well as Arthur Koestler CBE, a noted author, all shared in the belief of synchronicity. It remains to be pseudoscience by mainstream scientists and academics.

The Law of Karma, or, Cause and Effect, is spelt out biblically in the statement 'you will reap what you have sown'. Synchronicity appears to go into more paranormal areas where similar events occur without a known causality.

I believe that we are unaware of most of what is going on around us. As mentioned above, William Blake stated, *If the doors of perception were cleansed thoroughly, everything would appear to man as it is, Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern.* And Henry David Thoreau stated *it's not what you look at that matters, its what you see.*

Humans operate at a certain vibrational frequency range. For example, a dog whistle is beyond that hearing range for humans, but not for dogs. When there is a major disaster in Nature, such as a forest fire, tsunami and the like, animals and birds react much earlier, and faster than humans do. Occasions have been noted where certain animal and bird migration had occurred before the tragic event even

began. The belief is that their vibrational frequency range is higher, and their instincts are much more attuned to these signals.

As stated earlier, under the topic of health, optimal healthy bodies vibrationally resonate at a frequency level between 62-70 MHz.

The room for what we call 'paranormal activity' is immense. Simply saying we do not believe 'paranormal activity' can be real at higher MHz frequencies is, in my opinion, very myopic. For example, we cannot see radio waves, but we can witness they exist via our electronic equipment that is programmed to receive these radio waves.

Synchronicity is said to exist at these vibrational frequencies beyond our range of awareness, and beyond our understanding of causality- visible cause and effect. Believing synchronicity to be true, and witnessing these occurrences in our life, will give credence to these claims of connectedness beyond causality, and beyond our physical awareness capabilities.

Perhaps, the two acronyms for TRUST- To Release Unto Spirit Totally, and, then, To Rely Upon Spirit Totally is required to let go and let the God within us be the Co-Creator in our life, including the use of synchronicity. By doing so, we acknowledge that this synchronicity is way beyond our ability to understand and comprehend, the power of this Source Energy.

I believe that with this belief of such synchronicity in your life, awareness, acceptance and experiencing such synchronicity will heighten your energetic vibrational frequency levels.

In this way you will move from 'seeing is believing' to 'believing is seeing'!

Do affirmations increase your vibrations?

Affirmations are a contentious subject. While I believe that thoughts do create our reality, and I have written much on this subject in my various books, I am not so convinced that affirmations, the constant repeating of one's desires, is the best way to change and influence one's future.

Affirmations must be done in accordance with Universal Spiritual Laws and must resonate with your highest and best Self/Soul. Having one-pointed intention will focus your vibrational energy on the one issue you want to manifest. However, for example, wishing harm to another as an affirmation will never result in such a manifestation as this is not according to Universal Spiritual Laws and your highest and best Self/Soul.

(For those who are interested, I have written a free book found on my other spiritual website- GuideSpeak.com- *The Book of Universal Spiritual Laws*- covering 64 such laws.)

The concept of like attracting like at a vibrational level is the basis of affirmations.

While constantly repeating affirmations may be positive to your mindset, positive thinking opens the door to finding creative solutions to what you desire. Certain types of positive thoughts can be the spark to light the flame of creative problem solving, and, occasionally, lateral thinking solutions. Certainly, negative thinking is much more likely to produce that which you fear about the problem. You cannot have a pleasant ending to an unhappy journey!

Thinking enables you to question yourself, and if done authentically, can become the door opener to finding answers and solutions. Facing the authentic facts may bring the fear out from your mind into the open, and you may then discover that FEAR is False Evidence Appearing Real and Falling Energy Around Resistance. Even if the fear is likely to occur, authentically facing it may reduce its potency.

Using positive thinking instead of merely repeating affirmations may be the difference between getting an answer and getting a solution. The difference between an answer and a solution is the well-known example of giving a man a fish to eat today as the answer to his immediate needs. Teaching him how to fish and providing the equipment to do so, is the solution enabling him to provide for himself not only for today but for his future too.

If, by example, we take this man needing to eat today. If he only sits down and constantly repeats to himself, as an affirmation, "I will get a fish to eat today", and he does nothing pro-actively to resolve this need for a fish to eat, the chances of him getting a fish are slim to none.

As Vince Lombardi, one of the best football coaches in the USA, stated: *"the man at the top of the mountain did not fall there."*

If this man needing a fish sat down and thought "how am I going to get a fish to eat today, and, more importantly, how am I going to empower myself to be able to get a fish to eat every day?" He may come up with a solution that if he goes to the shop selling fishing rods and asks for a donation of an old fishing rod, some line, hooks, and bait, he could catch his own fish. He may even strike a deal with the shop owner that if he is given this fishing equipment for free, in turn, he will share his daily catch with the shop owner as payment for the equipment.

So, now instead of sitting down and continually repeating the affirmation "I will get a fish to eat today", he has proactively turned that desire into a reality, via the positive thought process of finding a solution. His thoughts and proactive steps have now created his new reality. He has taken 'what is' occurring in his life, and through desire and intention, he has proactively created his new reality. His thoughts, and pro-active steps, have now created his new reality.

Einstein stated: *we cannot solve problems by using the same kind of thinking we used when we created them.*

When dealing with affirmations, there are three minds to consider. The conscious mind, the unconscious mind, and the subconscious mind.

The conscious mind is what we usually use to think with. Constantly repeating positive affirmations may work to change our attitudinal mindset from negative to positive, providing we are realistic about what we desire. Many prayers, chants, and the like, we say as affirmations may elevate our vibrational energy. However, to sustain this higher vibrational energy level will require us to keep the feeling of Unconditional Love going through thoughts, words, and actions of “what would Love do Now?” The conscious mind is, therefore, your sole responsibility, and, hopefully, you “soul” responsibility too!

However, the unconscious mind is where our history lies. There may be fears living there that we are unaware of, hence, unconscious of. For example, our fear of failure may stem from a feeling of emotional abandonment we felt as a child. This fear is so ingrained in our unconscious mind that it overrides our conscious mind’s thought processes, and, in effect, self -sabotages any progress we make in life. Constantly repeating affirmations is unlikely to affect our deeply ingrained unconscious mind.

The subconscious mind does not distinguish between the positive and negative. For example, if you state as an affirmation, “I will not fail”, all your subconscious mind hears is the word fail.

Instead of having blind faith in affirmations, please consider questioning yourself. Ask yourself what do you desire; why you desire it; how you intend to go about achieving it; who you can turn to for assistance; where you need to be to take these proactive steps, and when are you are going to begin the process.

Rudyard Kipling said it best; *I keep six honest men, they taught me all I know, their names are What and Why and When and How and Where and Who.*

I believe that such interrogation, and a resulting action plan put into motion, will serve you better than merely constantly repeating an affirmation. At an energetic vibrational frequency level, finding solutions to your needs via a step-by-step action process will increase your vibrational energy. This elevation of your vibrations occurs due to the unblocking of your energy centres caused by fear-based resistance.

However, I have used my rational, conscious mind to write the above, and, perhaps, there is vibrational energy at work with the constant repetition of affirmations that I am unaware of.

Nature impacts your vibrations

Nature has its own rhythms, and those rhythms are fluctuations of energetic vibrational frequencies. Being in tune with Nature is an excellent way to synchronise your vibrational energy with those of Nature.

Obviously, violent thunderstorms, raging gale force winds, and other extreme weather conditions are excluded from such synchronisation.

The gentle flow of Nature and the rhythm of the day as it moves from the morning mist to the heat at midday, and then onto the cooling evening breeze, brings in its wake a vibrational frequency we should attune to.

Going with the flow of a day in Nature re-establishes our vibrations, which may be more attuned to the artificial nature of how we live indoors where fresh air may be absent as the windows of our world stop the gentle breeze. For many in glass, concrete and steel boxes in high rise buildings, the outside weather, and Nature, are far removed from their conscious awareness, as air-conditioning and artificial heating produce the air that they breathe.

Everything is an energetic vibrational frequency, and walking barefoot in the sand on the beach, or slowly strolling in a forest, usually requires a special trip to experience the benefits of Nature.

Nature has infinite patience and will always win through in the end. Trying to hold back Nature may be a temporary solution, but, over time, Nature always finds a way to overcome human-made obstructions.

The ongoing debate about Global Warming deceitfully changed to the term, Climate Change, caused by CO2 emissions damaging the ozone layer and increasing the earth's delicately balanced eco-system, will see lots of hot air, (excuse the pun!), spoken. Little positive action will be done. Man's greed has forgotten that you can't eat money! Nature will win that battle as it cleanses itself through floods, fires, earthquakes, and other so-called natural disasters.

The earth is a living entity, some call Gaia, and has its own energetic vibrational frequency. When that frequency level is negatively affected and falls to a certain level, the earth will rebalance itself, and exploitative man will pay the price for their intentional damage of this delicate environmental vibrational balance.

As stated biblically in Exodus, Numbers, Deuteronomy, and in Jeremiah, the sins of the fathers will be visited upon their children. Exploitative man who has already recently seen CO2 emissions rising dramatically through published scientific research, resulting in rising sea levels due to melting of the ice caps, they are punishing their children and grandchildren's future life on earth.

You can elevate your vibrations by working with Nature, and its volunteers, intent on preserving Mother Earth. You can also become attuned and aligned to the rhythm of Nature and enjoy being in Nature for pleasure. Being in Nature can also be a vibrational energy recharger when you feel that your vibrational energy is low.

Weather and its impact on your vibrations

We are fortunate that we have protection from adverse weather conditions and, most of us can regulate the atmospheric conditions within our built structures wherein we live, work and play. Usually, the transport we use to navigate our way through adverse weather also has built-in regulators to keep us comfortable.

With all these modern conveniences, we still allow the outside weather conditions to influence our emotional states, and, for some, external adverse weather conditions can reduce our energetic vibrational frequency. Lack of sunlight and reduced Vitamin D, as well as being confined indoors for weeks and months on end due to external adverse weather conditions, can negatively affect our energetic vibrational frequency levels and our emotional well being too.

Where the external weather conditions are ideal, and we enjoy being outdoors, this can elevate our energetic vibrational frequency level as our emotional state is good and perhaps even great.

The key to elevating our energetic vibrational frequency levels when the weather is not to our liking is to learn how to turn the 'lemon into a lemonade'. An attitudinal shift is required, and if developed, can be used to change any place we find ourselves in, moving from a reducing energetic vibrational frequency to an elevating one.

An example may make this more understandable. Most of us caught in a rainstorm dash for cover to prevent getting wet, and, more likely, soaked to the skin. Have you ever thought about choosing to rid yourself of most of your clothes, decency and temperature permitting, of course, and deciding to dance in the rain? To allow the rain to soak you thoroughly while you keep on dancing, freeing yourself from your inhibitions and fears.

You are doing a most spiritually elevating thing; you are learning to let go of your inhibitions, and your fears, and allowing life to happen as it is. You are swapping the fear of, and resistance to, getting wet, which inconvenience may usually make your energetic vibrational frequency reduce, to one of allowing and embracing happiness and joy. Thereby you elevate your energetic vibrational frequency. You are unconcerned about what others may think of your antics. This lack of concern is also cathartic as we usually fear what others may think about us. You are allowing full personal expression and freeing up your inhibitions and fears, which may have restricted you in the past. You are learning to let go, and some might say, let God within you also celebrate dancing in the rain!

A relevant quote attributed to Friedrich Nietzsche, *"those who dance are considered insane by those who cannot hear the music."* This quote may open your mind to such letting go of your inhibitions and fears and allowing your life to be happier and more enjoyable. Your energetic vibrational frequency level will be elevated through such a process.

Other examples of ways to elevate your vibrations

Other than the more foundational topics I have addressed above, there are numerous other ways to elevate your vibrations. Some examples include: your pets, which may show you Unconditional Love and fun; having fun which I describe as FUN- Find Upliftment Now; playing games and sports; spending time with good friends with high vibrations; experience uplifting movies, podcasts, cd's and other media; doing creative hobbies like painting, pottery, etc.; by making a decision you are procrastinating about, thereby unblocking your energy centres, and so on.

If you can find one or more ways that have the desired effect of making you feel better and sustaining that feeling for a while, then your vibrational energy will elevate.

Some relevant quotations about elevating your vibrations

Never mind what is. Imagine it the way you want it to be so that your vibration is a match to your desire. When your vibration is a match to your desire, all things in your experience will gravitate to meet that match every time. - Abraham (Abraham-Hicks.com)

The universe does not know whether the vibration that you're offering is because of something you're observing or something you're remembering or something that you are imagining. It just receives the vibration and answers it with things that match it- Abraham (Abraham- Hicks.com)

Man loves because he is Love. He seeks Joy, for he is Joy. He thirsts for God for he is composed of God and he cannot exist without Him- Sathya Sai Baba

*Things do not happen TO you. They happen THROUGH you. You are the co-creator of everything in your reality.”
- Gordana Biernat*

Follow your bliss and the universe will open doors for you where there were only walls.—Joseph Campbell

The quieter you become, the more you can hear- Ram Dass

*The words we choose to use when we communicate with each other, carry vibrations. The word ‘war’ carries a whole different vibration than the word ‘peace’. The words we use are showing how we think and how we feel. The careful selection of words helps to elevate our consciousness and resonate in higher frequencies.”
- Grigoris Deoudis*

I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world
- Albert Einstein.

Walk as if you are kissing the Earth with your feet.- Thích Nhất Hạnh

Sometimes in order to be happy in the present moment, you have to be willing to give up all hope for a better past - Robert Holden

By seeing the best in other people, you will put yourself in a phenomenal vibration
-Bob Proctor

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against It - Rumi

The wound is the place where the Light enters you.- Rumi

What you want is already here, in the unified field of pure potential. Everything you need to fulfil your greatest desire is already part of your being. But it can't come out until you align with it, let go of the obstructions to it, and raise your vibration to the level at which it already exists - Derek Rydall

If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration - Nikola Tesla

In a conflict between the heart and the brain, follow your heart." -Swami Vivekananda

You have to grow from the inside out. None can teach you; none can make you spiritual. There is no other teacher but your own soul - Swami Vivekananda

Conclusion

And so, we reach the end of this book. I hope that the numerous topics have informed, educated, or reminded you of the need to practice one or more of these processes to elevate your energetic vibrational frequency levels.

I am going to let Archangel Gabriel from the book *Your Soul's journey and how it affects your life*, referred to earlier, reinforce this message of achieving your highest vibrational level:

You are here to achieve one thing and one thing only, that is to lift your soul to its highest possible vibrational level in your humanistic life span; that is all

You are not here to gather worldly wealth; you are purely here to learn how to live the life of an enlightened state of being.

This is the state of non-judgement, also the understanding that you are connected with the totality of all things and that you are all connected to one another, Mother Nature, and the cosmic blueprint of eternal knowledge.

You are all of God, as God is of all things.

May you know the highest energetic vibrational frequency when you are Godlike in your every thought, word, and action.

Thank you for investing the time to read this book.

I have enjoyed writing it for you.

In Light and Love

Neville Berkowitz

personalempowerment.co

Johannesburg
South Africa

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