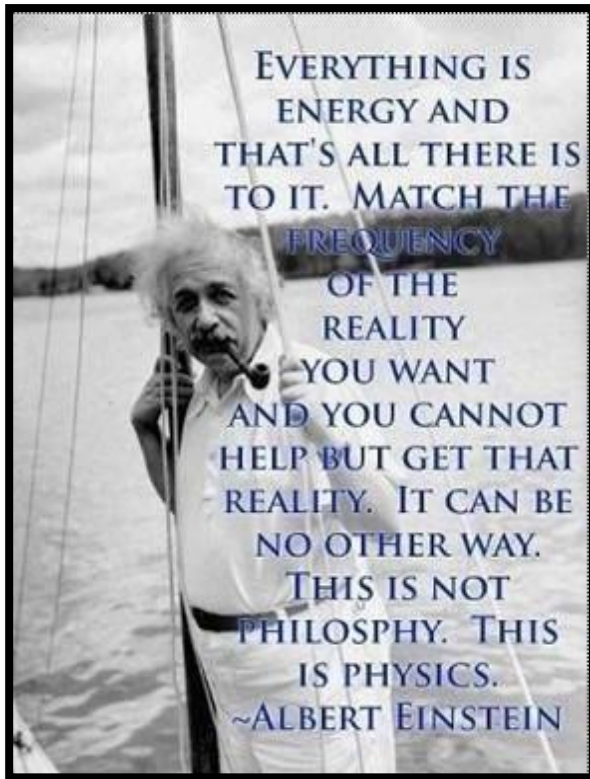


Good Vibrations



Einstein changed universally how we look at matter. His equation $E=mc^2$ proposed matter and energy are interchangeable. Scientists, now catching up to Einstein's theories and building upon them, realize that all matter is a form of energy. As scientists keep reducing matter into smaller and smaller particles, a Universal constant has been acknowledged: everything vibrates. Everything is a constant vibrational energy (also called the unified field or "matrix"). What separates the perception of one "thing" from another is the energetic speed of the vibrations (frequencies). We and everything in the Universe is part of this *unified* field. The All affects us and we affect the All.

Stop and really think about this. Our movements, feelings, and thoughts (both positive and negative) have an effect on everything; and conversely, the reverse is true. You don't have to see it, be physically feeling it, or mentally aware of most of these vibrations but they are there, constantly moving around you, toward you, through you.

Moving on. If you agree with all these learned scientists that everything vibrates and nothing rests (immobility) consider the *rates* of vibrations. The lower the vibrations are, the slower they are; and the higher the vibrations, the faster they are. What is differentiating all things physical, mental, emotional and spiritual is the rate of vibrational energy (or frequency). Science has also proven that if lower and higher frequencies are brought close together, the lower frequency "attunes" itself to the level of the higher frequency (resonance). A simple example of this is musical strings matching musical tones to tuning forks.

Our cells, organs, body, feelings and thoughts all vibrate at different frequencies. Frequencies that are lower than your "normal" levels results in a state of dis-ease. A state of equilibrium (returning to your "normal" frequencies) returns you to a state of "wellness". In 1974, a bio-physicist, Dr. Colin McClare found that vibrating energy

frequencies are approximately one hundred times more efficient in relaying information throughout the body than the signals produced by hormones or neurotransmitters. A bio-researcher, Fritz Popp, using only the vibrational frequencies of chemicals and not the chemicals themselves, achieved the same physical reactions that ingesting the actual medicine would produce.

Negative thoughts and feelings (fear, hate, despair, etc.) vibrate at lower frequencies; and conversely, positive thoughts and feelings (love, gratitude, happiness, etc.) vibrate at higher frequencies. Masaru Emoto's experiments freezing droplets of water that were exposed to both positive and negative words, phrases, and different types of music found that the positive words and phrases and classical music produced beautifully shaped white crystals. The negative words and phrases and heavy metal music produced chaotic brown shapes.

Modern scientists, without trying, are supporting ancient thought. One of the principles taught by Hermetic philosophers was that, "everything is in motion and everything vibrates". Ancient Chinese Healers sought to restore the body's flow of energy (chi). Ancient sages of numerous cultures believed in healing letters, words, sounds, prayers and mantras.

If we follow the idea of attunement we can influence and improve our thoughts, feelings, and our physical body with frequency vibrations through resonance with frequencies from other sources. We can raise our vibrations to improve all aspects of our life; improve situations; and also benefit others by increasing the vibrational energy inflows and outflows and attuning the frequencies accordingly.

What are ways to easily use resonance to your overall benefit? Check in to "Ponder This" to learn about two of them during the next two weeks!

With Gratitude,

Kai

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