

High Vibe - what the heck?

No, it's not woo-woo, New Age, or out there - it's Science, Baby!

The higher the vibe, the more turned on, tapped in, and tuned in you become.

It's the Art and Craft of NOTICING -

- Seeing a sunset with your whole self, and truly experiencing it.
- Connecting on a new level - abandoning fear, connecting with vulnerability, and letting that steer the ship.
- It turns on the reticular activating system because this "higher vibe" is fueled by your own beautiful, vibrant vision.
- Your I AM goals practically light up via this vibe.

Albert Einstein said, " *Everything in life is vibration.*"

We experience the results of vibration in nature; we see it in waves in the ocean and waves of light; we feel it in an earthquake; we smell it in the sky before a storm; we even taste it. Our food is either low or high vibe - there's no mistake there.

Vibration is measured via an accelerometer - how far and how fast.

Everything has a vibe - rocks to toenails to your coffee table.

High achievement is measured as high vibe, whereas low achievement is measured as low vibe.

Vibration is energy and you can feel it - positive or negative, high or low.

Repetition can also be high or low - good habits (high) vs bad habits (low.)

To go from low to high, you have to start with where you are off course, and this involves analyzing what you think about.

I shared my story about this weekend, and how I allowed my thinking to go low. I felt offended, dismissed, hurt, and ticked - ALL AT ONE TIME!

This is my neighbor!

I plotted how I would get back at them from leaving them off a party list, to snubbing them the next time I saw them...the worst part is these low vibe thoughts INVADED my sleep!

David Hawkins has a Map of Consciousness that explains how our vibe is associated with an emotional state--and it tells the story--the higher our vibe the more emotionally intelligent we are. What's missing at the very bottom is shame--it's gets only a 30!

Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless

How do you implement this in your life?

1. Think about your thinking.
2. Create better thoughts - use a 5:1 ratio of good to bad thoughts to combat the low vibes.
3. Your sad sack story is old, musty, and does NOT need to be repeated on an endless loop - spoken or thought of. This perpetuates the low vibe...on repeat!
4. Ask yourself - What's the highest and best thing I can do now instead?
5. Use If/Then Charts.
6. Use a WHY ladder to get to the heart of it.
7. Meditate and visualize the GOOD thoughts, and use gratitude liberally.

"Create in me a clean heart..."

We all need the gift of re-thinking. Frame regret to repentance, to forgiveness, to renewal.

Be transformed by the renewing of your mind.

Renew your thoughts when they're stale, old, and toxic, and step up to your higher self's nudging. Listen to your heart, your knowing, your intuition - God.

You have been equipped - use your equipment!