

Vibrations

Everything in the Universe is vibration. All vibrations are part of God - the Creative Source which birthed all. All which is birthed from the Source vibrates at different levels as per the molecular atoms contained within them. Human beings do the same. That means, all contain the same Source Energy.

When one recognizes this at an experiential level, oneself realizes that I am one with all since we contain the same essence, the difference being - the speed of vibration.

Since all are vibrating, it means all are alive. Even the inanimate objects are vibrating. The stones are vibrating, as all else. It is through vibrations; we evolve and all else evolve. Stones you consider as an inanimate object is also growing and evolving.

What does it mean to a human being in our daily life?

Once we know about the vibrations, we would pay attention to everything we do in our lives - food we eat, water we drink, what we watch for entertainment and to the music we listen to etc. Since we now know everything as vibrations, have you wondered about the vibrations of your thoughts and emotions?

Similar vibrations, through the law of attraction, will attract similar vibrations. Each moment of your life is sending out a message through the vibrations you are creating and projecting. Take a moment to pause - and think about it. What kind of thought vibrations I am holding now? What kind of emotional vibrations I am projecting out now? Does it support me in becoming who I want to be in this present moment?

Now the question arises - can I change, shift or raise my vibrations. Yes, you can do this instantly through the power of your thought.

Exercise: Between the two hemispheres of your brain, there is a fine dividing line.

Visualize this portion of your body and see soft violet colour running between the two hemispheres and the two hemispheres joining together and then the violet light running over it. The violet light is holding these hemispheres in a combined way. You will start to see that your thoughts are of a higher nature and your emotions are also in balance.

Practice this simple technique. Observe your thoughts before you do this exercise and then observe your thoughts after this exercise and note down your observations. Many a time, you will be amazed by what you observe.

Breathe in the energy of God/Creator, Mother Earth, Moon and Sun and while you are breathing these four energies, rest your awareness on the two joined parts of your brain. Not only will you be having higher thoughts, you will also increase your inner light within you, exponentially.

Practice this exercise before you begin your day. You will be in a higher vibrational thought through out that day.