

THE NEW EARTH VISIONING PROJECT

WEEK 4 – LIVINING IN HIGHER VIBRATIONS**June 15, 2021****Presentation by Janice Coyle****Name and Location for SLIDES.**

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RESENTATION – WEEK 4
New Earth Visioning Project

LIVING IN HIGHER VIBRATIONS – Janice Coyle

If you have been following this project, you will note we are beginning to see ourselves more as New Earth people, meaning that we are more aware of our ourselves as more than we thought - unique but also one with everything. We are powerful creators through the use of our thoughts and intentions, and especially with our feelings and emotions. We are beginning to come into a realization of our own gifts, our own energy

These are felt-sense knowings we come to with observation and practice. The even easier way is to raise our vibrations, and live in an elevated state.

As we spoke about before, the higher vibrations have a significant impact on our perspectives in life, our capacity to know, to learn, to feel, and to be. Being in a higher vibration, more creativity opens up in us and we are closer to the source of all knowing, all love, and all presence.

Let's talk about vibration

What is vibration?

In science this is also called frequency. Vibration is the rate of spin or oscillation of a particle or beam. The higher the rate of oscillation or the higher the frequency, the more powerful the energy, the more expanded is it's reach. This can be seen in whirlpools, for example, the greater the rate of spin the more expanded the reach.

Scientists are discovering the relationship of vibration to consciousness itself.

David R. Hawkins was a pioneer in this work. His landmark book, *Power vs Force*, published in 1995, has had an incredible influence on consciousness researchers, phycologists, spiritual seekers and so many people around the world.

He was born in 1925 and died in 2012. In his book *Power vs Force*, he describes a number of incredible spiritual awakening experiences beginning at the age of 3. This caused him to become interested in consciousness and the mind. He became a psychiatrist and went into a life of research into the nature of consciousness. He discovered the remarkable abilities we have through the use of the power of resonance or high vibration to impact all that manifests.

After decades of extensive research and testing, he published his findings in *Power vs Force*. He created what he called a Map of Consciousness which categorizes each emotional state by its vibrational frequency.

SLIDE 1 (Page 13)

Here is an excerpt of one of his maps. As you can see the emotions are graded by frequency or vibration. Starting at the bottom is Shame with a frequency designation of 20 and going up to Enlightenment with a grade of 700-1000.

Hawkins came to this through exhaustive testing with using kinesiology with many carefully chosen testers.

As you can see, we have first the name of the level, the frequency number. By the way, this is an assigned relative number) to quote Dr. Hawkins, "the scale of power advances logarithmically," so that the differences between, say 100 and 150, exponentially great

Then we see the associated emotional state of this frequency, then the view of life.

So, starting from the bottom – I'll be quoting here from the book, *Power Vs Force*. –

Note: anything in italics is a quote.

SLIDE 1A (page 14) –Not shown in the video due to the small print.

THE SEVEN LEVELS OF CONSCIOUSNESS

THE RED LEVEL – INSTINCTUAL - Apathy, Guilt and Shame. *"This is the most basic level of human consciousness and is not much more than the survival instinct. These frequencies often represent as struggles with life and death ramifications. Roughly 10% of the population primarily functions at this level.*

Shame at 20 is the lowest –and to quote Hawkins: *"Shame is perilously proximate to death. Its destructive to emotional and physical health and is prompted by low self-esteem and is often the result of childhood experiences"*

Guilt at 30 – is also very un-life affirming. *This has a variety of expressions such as remorse, self-recrimination, masochism and this level runs the gamut of victimhood. Here the view of life is that life sucks, is evil, at this level the individual wants out of life.*

Apathy at 50 is characterized by poverty, despair and hopelessness. *It is the abandonment of hope. Per Hawkins, this is also the level of the homeless older people left isolated.*

THE ORANGE LEVEL – INDIVIDUALISTIC - Desire, Fear and Grief, *centers around the defense and advancement of the ego. People on this level are focused on the avoidance or elimination of threats to their ego, person and property. This frequency often surfaces as a need to control their environment or other people. Roughly 20% of the people primarily function at this level.*

Grief at 75 – *This is the level of sadness, loss, and dependency. Hawkins notes that we all experience this for periods of time, but those who remain at this level live a life of constant regret and depression. You will note, however, grief is a higher energy than apathy or despair. Hawkins speaks about traumatized apathetic patient is brought to cry, we know they are getting better. They can feel again and they begin to eat again.*

Fear at 100 - *Here a lot more life energy is available as fear of imminent danger is healthy. Fear, Hawkins says, runs much of the world, spurring on endless activity, fear of enemies, of old age, death, rejection... BUT fear limits the growth of the personality and leads to inhibition. It takes energy to rise above fear.*

There is so much fear out there right now – we will talk about ways to rise ourselves out of fear later.

Desire at 125 Quoting Hawkins - *Here even more energy is available. Desire moves us to expend great effort to achieve goals or obtain rewards. The desire for money, prestige, power funs the lives of many of those who rise from fear. Desire is also the level of addition. Desire can start us on the road to achievement. Desire can, therefore, become a springboard to yet higher levels of awareness.*

THE YELLOW LEVEL - CONFORMIST - Courage, Pride and Anger - *centers around the need for acceptance and often manifests as a herd or tribe mentality. The tribe can be a family, a religious group, an economic class. While relationships are important, persons outside the tribe are viewed as less or even dangerous. About 40% of earth's people function mostly in this level.*

Anger at 150 with emotion of hate and view of life as antagonistic. Quoting Hawkins: *Anger can lead to either constructive or destructive action. As people move out of apathy and grief to overcome Fear as a way of life, they begin to want; Desire leads to frustration, which in turn leads to anger. Thus Anger can be a fulcrum by which the oppressed are eventually catapulted to freedom. ... but anger expresses itself most often as resentment and revenge. Since anger stems from frustrated want, it's based on the energy field below it. – Which is desire.*

Pride at 175 - As you can see the emotion is scorn. In other words, to make yourself special, others need to be less, right! And so to maintain pride, others are scorned. **Quoting Hawkins again:** *Pride, which calibrates at 175 has enough energy to run the United State Marine Corps. It's the level aspired to by the majority of our kind today. This rise in self-esteem is a balm to all the pain experienced at lower levels of consciousness. Pride generally has a good reputation, but it's sufficiently negative to remain below the critical level of 200. .. Pride is defensive and vulnerable because its dependent on external conditions with which it can suddenly revert to a lower level. The downside of pride is arrogance and denial"*

I would add that pride is also seperative preventing empathy and love, very self-centered. Interesting that courage is above pride.

Courage at 200 - Quoting Hawkins again. *At the 200 level, true power first appears. This is the zone of exploration, accomplishment, fortitude and determination. At the lower levels the world is seen as hopeless, sad, frightening or frustrating, but at the level of courage life is seen to be exciting, challenging, stimulating. The willingness to try new things and deal with the*

challenges. People at this level put back into the world as much energy as they take. At the lower levels, individuals drain energy.

BEFORE GOING ON

I want to stop here to say that most of these low-vibrating negative levels have been experienced from time to time by all of us. By knowing all levels and their vibrations and characteristics, we can gauge at any time where we are in our vibration. We have the capacity to lift ourselves up and we do all the time. We fluctuate back and forth until one day we stabilize at a vibrational range that is mostly above the 200 level. **This is our goal!**

THE GREEN LEVEL – RATIONAL - Acceptance, Willingness and Neutrality - *Here logic and reason are employed in evaluating situations and relationships. The moral standard being fairness, justice and effectiveness. About 30% of the world population functions mostly at this level. That's good news!*

Neutrality at 250 - *The neutral condition allows for flexibility and nonjudgmental, realistic appraisal of problems. To be neutral means to be relatively unattached to outcomes; not getting one's way is no longer experienced as defeating or frightening. People of neutrality have a sense of well-being; the mark of this level is a confident capability to live in the world. People are easy to get along with and safe to be around with because they are not interested in conflict. Due to neutral people's value of freedom, they're difficult to control.*

Willingness at 310 with optimism and hopefulness about life.

Quoting Hawkins: *This very positive level of energy may be seen as the gateway to the higher levels. For instance, at the level of Willingness, the work is done adequately. But at the level of willingness, the work is done well and success at all endeavors is common. People become very friendly. They're helpful to others and contribute to the good of society. They are also willing to face inner issues. With their capacity to bounce back from adversity and learn from experience, they tend to be self-correcting.*

Acceptance – at 350 note that the emotional state is forgiveness and view of life is harmonious.

Hawkins says: *This level, a major transformation takes place, with the understanding that one is oneself the source AND creator of the experience of one's life. Taking such responsibility is distinctive of this degree of evolution, characterized by the capacity to live harmoniously with the forces of life. Acceptance allows engagement in life on life's own terms without trying to make it conform to an agenda. The context of experience is expanded so that one is capable of seeing the whole picture. Acceptance isn't interested in determining right or wrong, but instead is deduced to resolving issues and finding out what to do about problems. At this level of Acceptance, we honor equality and are not polarized by conflict or opposition.*

Now we are getting into some very high vibrations – some of these we experience frequently for moments, minutes, hours...

THE BLUE LEVEL – PLURALISTIC - Joy, Love and Reason- *At this level of consciousness, the inherent value of all people and all levels of consciousness becomes apparent.. About 1% of humans function primarily at this level.*

Reason at 400 with the emotional state of understanding and life seen as meaningful.

Hawkins says: *Intelligence and rationality rise to the forefront when the emotionalism of the lower levels is transcended. Reason is capable of handling large, complex amounts of data and making rapid correct decisions. This is the level of science, medicine, and of generally increased capacity for conceptualization and comprehension. The shortcoming of this level involve the failure to distinguish the difference between symbols and what they represent. It's easy to lose sight of the forest for the trees to become infatuated with theories and end of missing the essential point. Reason, itself, paradoxically, is the major block to reaching higher levels of consciousness.*

Well, having known many scientists, myself, I would agree, they get stuck with the details. Our Mr. Hawkins should know as he was a scientist and researcher. His life story was one that went to the heights spiritually and then fell many times until he came to a balance.

Love at 500 emotion of reverence, seeing life as benign, good.

Quoting Hawkins: *This level is characterized by the development of a love that is unconditional, unchanging and permanent. It doesn't fluctuate, its source isn't dependent on external factors. Love is a state of being. It's forgiving, nurturing, and a supportive way of relating to the world Love is not intellectual and doesn't proceed from the mind. Love emanates from the heart. It has the capacity to lift others and accomplish great feats because of its purity of motive. Love focuses on the goodness of life. Love dissolves negativity by recontextualizing it rather than attacking it. This is the level of true happiness*

Joy at 540 with emotion of serenity and view of life as complete

Quoting Hawkins: *As love become more and more unconditional, it begins to be experienced as inner joy. This is also the level of healing and of spiritually based self-help groups. A capacity for enormous patience and the persistence of a positive attitude in the face of prolonged adversity is characteristic of this energy field. The hallmark of this state is compassion. People who have attained this level have a notable effect on others. Everything happens effortlessly by synchronicity. The world one sees is illuminated by the beauty and perfection of creation and everything is seen as an expression of love. The individual will merges into divine will.*

Note: This is my favorite one - Joy. What some say is the highest you can live with while being human in this world. I don't know how Hawkins feels about that, but joy is what I mainly came back with in the childhood awakening experience I talked about last time. This is why I named my website "Awaken to Joy" Being in and working in this state, while still embodied, seems to me to be the major accomplishment and goal of physical evolution itself. Beyond this, the embodied state becomes irrelevant and transcended – this is just my opinion.

THE VIOLET LEVEL – TRANSCENDENT - Enlightenment and Peace, *is where a sense of the divinity of all things emerges. All parts of the universe are seen as one organic whole. Roughly 1% of the world's people function primarily in this level.*

Peace at 600 with the emotion of bliss and viewing life as perfection – all is God and all is perfection. Those of you who studied Joel Goldsmith can imagine that he spent a lot of time in this vibration. His consciousness of the all perfection was the basis of his amazing healings. **Quoting Hawkins.** *This energy field is associated with transcendence, self-realization, and god-consciousness. When this state is reached, the distinction between subject and object disappears and there is no specific focal point of perception. Not uncommonly, individuals at this level remove themselves from the world as the state of bliss precludes ordinary activity. Great works of art and music that calibrate between 600 and 700 can transport us temporarily to higher levels of consciousness –*

I would say, up to these levels if only for a moment.

Enlightenment at 700-1000 with the emotion named ineffable (or beyond word) and the view of life is simply is, I am, or the all (again, no words really)

Hawkins says this is the level of powerful inspiration: *these beings set in place as attractor energy fields that influence all of mankind. At this level of realization, the sense of one's existence transcends all time and individuality. There is no longer any identification with the physical body as me and it's fate is of no concern. This is the level of complete oneness. The level applied to the great avatars for whom the title "Lord" is appropriate, Lord Krishna, Lord Buddha, and Lord Jesus Christ.*

NOTE: He mentions here the word avatars who in ancient religious texts are designated as world saviors, they come into this realm to transmit this energy field to the consciousness of mankind.

SLIDE 2 (page 15)

We mentioned in a previous meeting how the higher vibrations bring in a more expanded consciousness, more creativity, more vitality, more energy and more awareness of who we really are. The lower vibrations contract consciousness, vitality, creativity, and so forth. When we are in fear, a lot of our potential is shut down, we are only in survival, we don't use our reason, our analytical power, our creativity, our focus is narrowed to the source of fear.

This map shows a progression upward beginning with **Suffering**, then just **Getting By**, then in **Flow** and attempting to work with life, then **Pure Tao** or the balanced, peaceful state of love, acceptance and joy, then **Ultimate Consciousness** – oneness, peace.

Note on the left the progression from fear to its opposite – love. It is said that all negative emotions – the ones below 200 are motivated by fear. And the ones above are opening gradually to love.

Here we see the arrows on the right indicating the vibrations that contract us – limit our consciousness, our vitality, our creativity, our connection with higher knowing –that is indicated by the downward red arrow. Then the expanded purple arrow which starts with the vibrational level of 200 – courage “where power begins” as Hawkins says.

SLIDE 3 (page 16)

This is another format for the map. Things are lined up differently with Life view as the first column then the level, etc.

But look at the yellow line in the middle highlighting the level of Courage. Note that this is where the expansion of consciousness begins – indicated by the green arrow. And the contraction downward shown by the red arrow. Courage, then is the turning point. It's vibration number is 200. Anything above 200 is life affirming, anything below is not and in fact these emotions diminish life force and vitality.

“Significantly the scale points out that the first greatest spiritual growth barrier is at level 200. Two hundred represents a profound shift from destructive and harmful behavior to life-promoting levels of consciousness.

I hope you have a bit more understanding of vibration and how important it is to stay in as high a vibration as you can. High vibrations heal us, expand our consciousness, inspiration, creativity and bring us more and more into alignment with our higher selves and God/Source.

This is so very important to our mission here. Let's read our mission statement:

SLIDE #4 (page 17)

Our mission statement reads: *We are a cohesive power for good through envisioning a New Earth and contributing to its manifestation. To achieve this we are committed to bringing ourselves into strong, invincible, and vibrational alignment with our vision. By becoming New Earth people now in consciousness, thought and actions, we are a force that uplifts the way for many others.*

We are a force (should be “power”) that uplifts the way for others. In the book *Power vs Force*, Dr. Hawkins talks about power – power is high vibration, vs force which is brute action and is limited. The power of high vibration can achieve without force because it simply transcends and transmutes the lower vibrating intentions and actions.

In our work to become a cohesive power for good and becoming New Earth people, our priority is to increase our own vibration to lift everyone else up.

SLIDE #5 (page 18)

This is a table from the book *Power vs Force*.

This shows what the high vibrations of a few people can achieve to uplift the vibration of the whole. This is because to quote Hawkins:

“Although only 15 percent of the world's population is above the critical consciousness level of 200, the collective power of that 15% has the weight to counterbalance the negativity of the remaining 85% of the world's population.

Because the scale is logarithmic, each incremental point represents a giant leap. As such one person calibrated at 600 (level of peace and bliss) counterbalances the negativity of 10 million people below 200. This is why such influentially spiritual humans such as Buddha, Gandhi or Jesus could have such a profound effect on masses of people.

So by cultivating our own spirituality we can have an incredible effect – one that can potentially change the world.

John Smotherman in his book *The Consciousness Paradigm*, writes:

“Raising consciousness is the most powerful fulcrum for increasing personal happiness and leveraging the world into a better place for everyone. The consciousness of the world at large holds the greatest hope and potential boon to people who live in the most desperate of circumstances. We have the means to alleviate extreme poverty and the desperation and ills associated with it, if we can muster the will. Empathy for others is the doorway through which love enters our lives. Learning to truly empathize with all of humanity is one of the most fulfilling things we can do: it gives life a gravity of meaning and purpose that fulfills us at levels the ego cannot reach.”

Empathy is a form of love which calibrates at 500 – very high. If a calibration of 600 can change 10,000,000 how many can be uplifted by empathy and love?

What if each of us raised our vibrations and in turn helped raise the collective level of consciousness above 200? What if we all became more consciously aware and mindful of our actions and our thoughts? What could happen?

What if we all committed to knowing ourselves better, having more empathy, more understanding? What if we could remain beautifully calm in the midst of chaos and live each day with a sense of inner harmony and peace. What a world-healing power we could be with the high vibration of love, with its frequency of 500? Or peace with it's vibration of 600?

To quote from Deepak Chopra's website:

“It can be tempting to succumb to a feeling of helplessness with regard to the future of the planet and its inhabitants. But channeling your efforts into raising your energetic frequency is one of the best gifts you can give the world. When you lift yourself up, you bring others with you. This is the only way you can contribute to raising the collective consciousness of the world”

On a personal level we can enhance our own lives through cultivating a higher average vibration, we are in more joy, more trust, more confidence, more guidance, more lightness, being in love with life and everyone.

SLIDE #6 (page 29)

SO, HOW DO WE DO THIS? - How do we raise our vibration?

So many people are writing about this... so many... We will have to get a resource listing soon as this is so important, but to be brief:

Author, Teacher Depack Chopra has a website Chopra.com with articles by many people in the spiritual community. One of them written by Yoga teacher Karson McGinley, lists a number of things we can do to raise our vibration, most of these you already know.

To quote:

1. *Gratitude – gratitude is a form of love, so it's very high in the scale.*
2. *Love*
3. *Generosity – this opens your heart to love*
4. *Meditation and breath work*
5. *Forgiveness – blame and resentment are very low vibrations. Forgiveness will very much raise your vibrations from these low vibrational energies.*
6. *Eat high vibrational food, the highest are organic raw food locally grown.*
7. *Reduce or eliminate alcohol and toxins from the body*
8. *Think positive and constructive thoughts*
9. *Consume high vibe music, movies, books, etc.*
10. *Surround yourself with beauty.*
11. *Walk in nature*
12. *Spend time only with people who uplift you.*

This is a very typical list that everyone uses.

I would add one more thing

Slide #7 (Page 20)

Many spiritual people miss this one: JOY! Are we all just too serious. JOY! JOY is the third highest emotion on Hawkins list. It is just below bliss. It's even higher than love! JOY.

This is why I named my website Awaken to JOY!

Joy is delight, joy is fun, joy is celebration, joy is enlivening like nothing else. Joy expands your mind exponentially.

I spoke previously about how joy opens the minds of students learning another language. Their minds open so much they find themselves spontaneously speaking words in the other language during a fun and joyful game.

If you really want to up your vibe – have some fun. Find something joyful and consume it!

AS HAS BEEN DEMONSTRATED HERE, WE CAN GAGE WHAT OUR VIBRATION IS IN ANY MOMENT BY THE EMOTIONS WE ARE EXPERINCING.

SLIDE 8 (page 21)

Those are nice things to do, but we are here in this crazy world and dealing with stuff.

And our emotions can change, we can be in a happy and even loving state of frequency 500, then something happens and we are down into fear at 100, or shame at only 20.

We are amazing being. As I mentioned before, we have the capacity to go up and down the scale of vibration from the lowest to the very highest maybe within the same hour!

We can be normally at 200 or higher, then We can become fearful, angry, Jealous, ashamed, frustrated, in an instant. How do we raise our vibrations in these cases? What do we do?

Many teachers say that we do not try to suppress these. The best way to raise the vibration is to confront this with higher vibrational consideration.

For example let's say you read about something or were told something that cause you to feel fear.

SLIDE 9 (Page 22)

FEAR – 100 Note the steps here to overcome fear

SLIDE 10 (Page 23)

ANGER – 150 – Similar steps are shown on this slide.

SLIDE 11 (Page 24)

SELF- CONDEMNATION is SHAME/GUILT 20-30 – the lowest vibrating emotions of them all. The most harmful emotions, then, are caused by beating up on yourself for something and criticizing yourself or affirming a belief you are not worthy. This emotion brings you down to the levels of guilt and shame. These emotions are extremely un-life affirming and close to death as Hawkins says. This is to be avoided.

See steps on slide 11, page 24.

Dr. Hawkins favorite technique for raising vibrations:

Surrender all thoughts to God,

He had difficulty in his life too, once he surrendered every thought to God for 3 or 4 weeks continually. Then he had one of his most profound mystical experiences of peace, joy and oneness. His customary average life vibration increased.

So for Dr. Hawkins, watching our thoughts and transforming them is the best key to higher vibrations. He wrote a whole book on this. You may be interested in it.

Letting Go – The Pathway to Surrender, David R. Hawkins

As you think, you vibrate. As you vibrate, you attract. – Abraham Hicks

DISCUSSION:

We all have learned things we do that bring us out of a slump into a better mood?
I know all of us here have ways we help ourselves come out of a bad mood or help ourselves stay in an uplifted state.

My way is fun I love music and I love to dance. And the best way is to put some music and start dancing. It immediately lifts me up. But that's not always available so another thing I do is bring myself into the present moment by looking at something – something pretty around me – gazing at it, thinking that all is god, even the little cup on my desk. I ponder its construction note the shape and colors. Appreciate it. I feel my body, my feet. This brings me in the moment when all is ok.

NOTE: ON A SEPARATE DOCUMENT IS THE DESCRIPTION and SLIDE of one of our team, Rebecca Jarmas.

RAISING VIBRATION

Now we will do a practice that will raise the vibration of ourselves and the group here.
Look into your camera. Take each person here and look into their eyes. Send love out through your eyes and make a connection, even if they are not looking at you. send them love. See them in the light. Say quietly, "I love you, you are love itself I see your light"

SOUL WORK

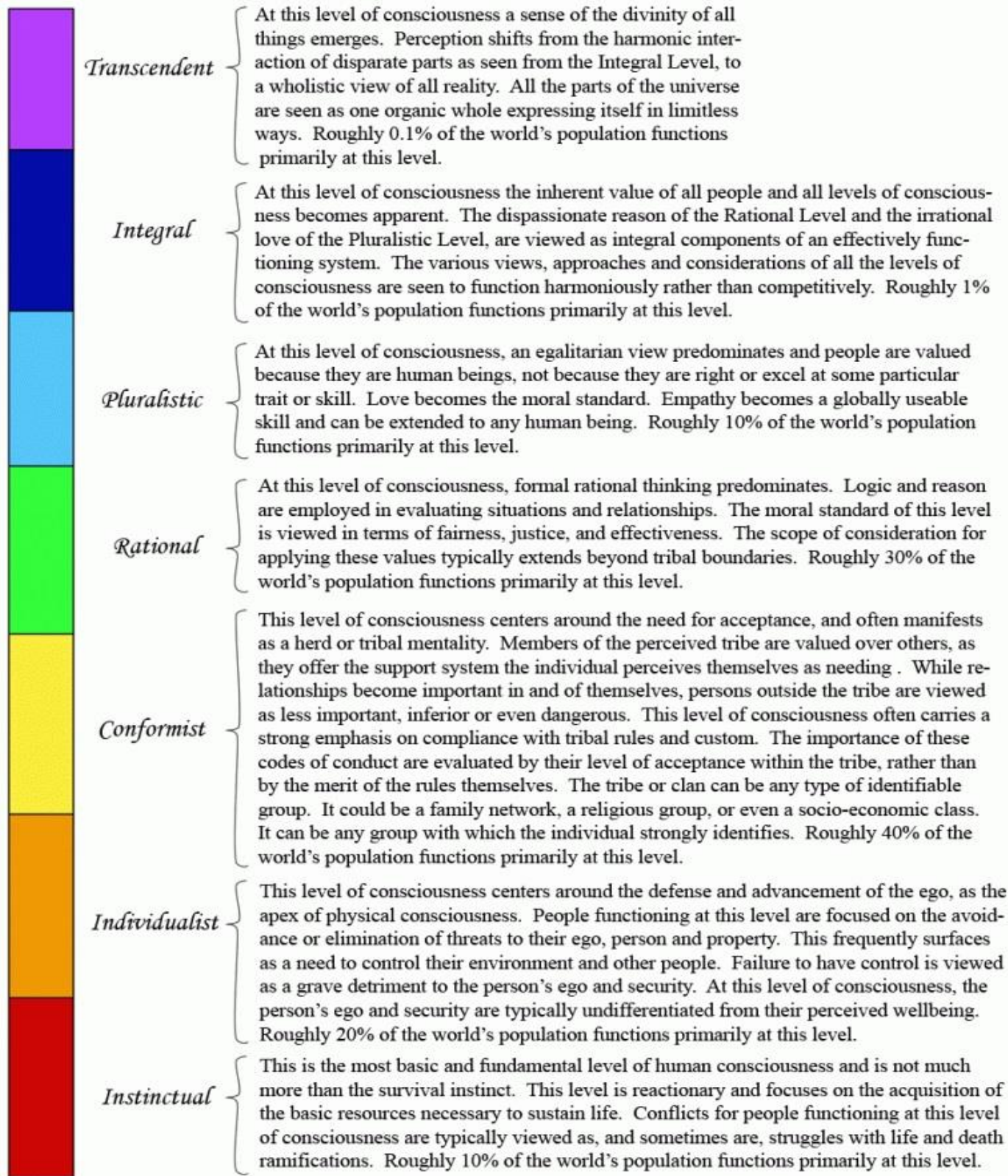
For our soul work we will be watching our emotions and using the many techniques we talked about to raise our vibrations. We will do this at least once per day. Just notice where you are.

SLIDE 1 MAP OF CONCIOUSNESS

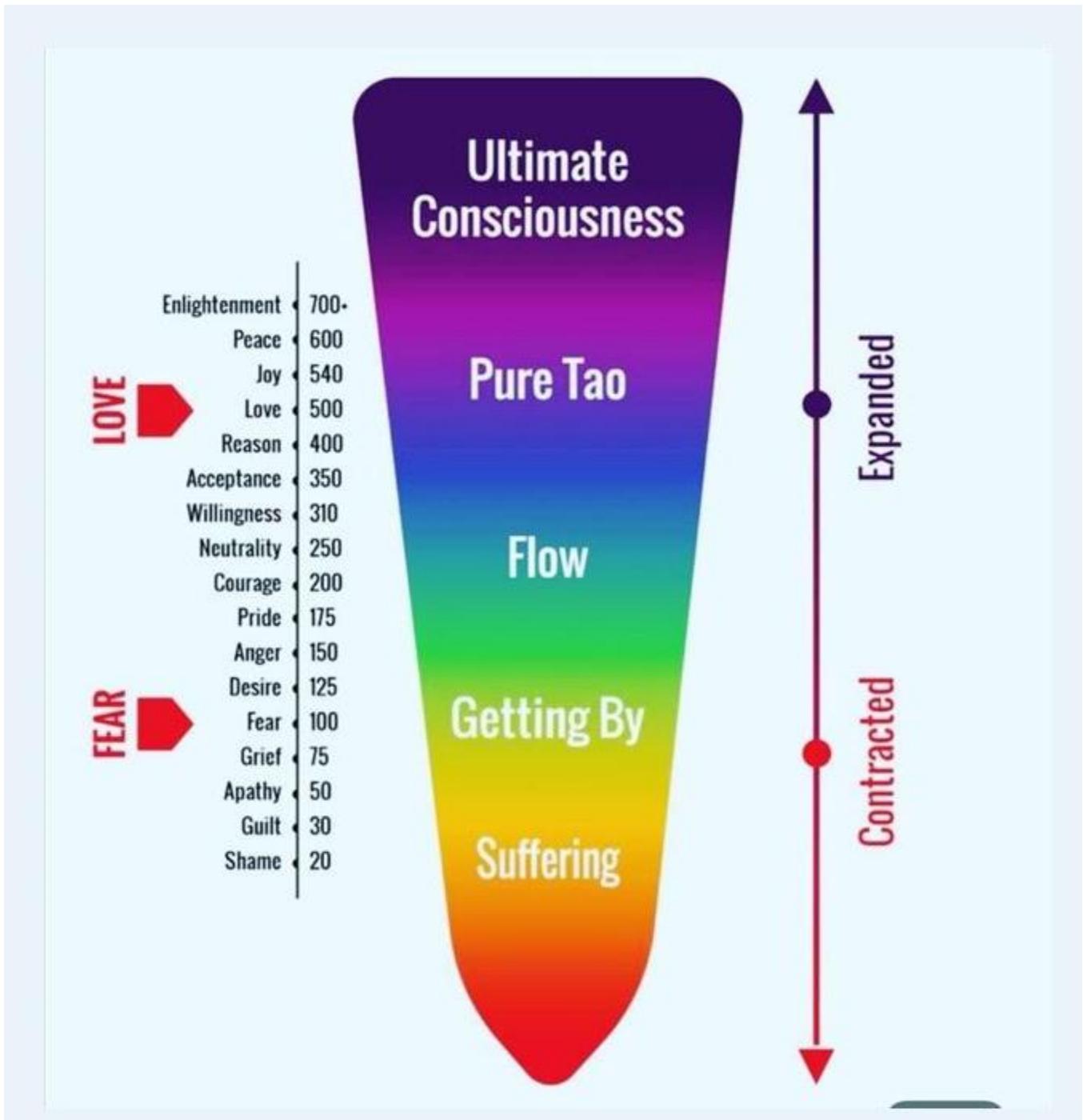
Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life
Enlightenment	700-1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	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
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

SLIDE 1A from *The Consciousness Paradigm* by John Smotherman

The 7 Levels Of Consciousness



SLIDE 2



Slide 3

Map of Consciousness by David R. Hawkins (an excerpt)			
Life view	Level	Log	Emotion
Is	Enlightenment	700-1000	Ineffable
Perfect	Peace	600	Bliss
Complete	Joy	540	Serenity
Benign	Love	500	Reverence
Meaningful	Reason	400	Understanding
Harmonious	Acceptance	350	Forgiveness
Hopeful	Willingness	310	Optimism
Satisfactory	Neutrality	250	Trust
Feasible	Courage	200	Affirmation
Demanding	Pride	175	Scorn
Antagonistic	Anger	150	Hate
Disappointing	Desire	125	Craving
Frightening	Fear	100	Anxiety
Tragic	Grief	75	Regret
Hopeless	Apathy	50	Despair
Evil	Guilt	30	Blame
Miserable	Shame	20	Humiliation

SLIDE 4

Mission Statement

New Earth Visioning Project

We are a cohesive power for good through envisioning a New Earth and contributing to its manifestation. To achieve this, we are committed to bringing ourselves into strong, invincible, and vibrational alignment with our vision. By becoming New Earth people now in consciousness, thought and actions, we are a force that uplifts the way for many others.

SLIDE 5

Power Versus Force

One individual at level 700 (enlightenment)	counterbalances	70 million individuals Below level 200
One individual at level 600 (peace)	counterbalances	10 million individuals Below level 200
One individual at level 500 (love, joy)	counterbalances	750,000 individuals Below level 200
One individual at level 400 (reason)	counterbalances	400,000 individuals Below level 200
One individual at level 300 (willingness, acceptance)	counterbalances	90,000 individuals Below level 200

Were it not for these counterbalances, mankind would self destruct out of the sheer mass of unopposed negativity. The difference in power between a loving thought and a fearful thought is so enormous as to be beyond the capacity of the human imagination... We can see from the analysis above, however, that even a few loving thoughts during the course of the day more than counterbalances all of our negative thoughts. [that day] - [David R. Hawkins, *Power vs Force*, Hay House, page 220-221](#)

SLIDE #6

THINGS TO DO TO RAISE YOUR VIBRATIONS

1. Gratitude
2. Love
3. Generosity
4. Meditation and breath work
5. Forgiveness
6. Eat high vibrational food
7. Reduce or eliminate alcohol and toxins
8. Think positive and constructive thoughts
9. Consume high vibe music, movies, books, etc.
10. Surround yourself with beauty.
11. Walk in nature
12. Spend time only with people who uplift you.

KARSON MCGINLEY, yoga teacher & contributor to Chopra.com

but, one thing is left out!

The one thing that brings in the highest vibe!

Slide 7

THINGS TO DO TO RAISE YOUR VIBRATIONS

FUN & JOY

RAISES THE VIBE UP TO THE HEIGHTS

**EXPANDS MIND
HEALS LIKE NOTHING ELSE!
IS WILDLY CONTAGIOUS!**

SLIDE 8

We are amazing beings! We can scale the heights and the depths – all in a day!



SLIDE 9

FEAR – (100)

RAISING THE VIBRATION OF FEAR

1. **DO NOT SUPPRESS- ALLOW**
2. **ACCEPTANCE (350)**– Accept that the fear is there. Name it. Bring in your conscious awareness. Just notice it – the energy.
3. **LET GO OF ANY STORY** about it. -Just feel
4. **USE REASON (400)** logic, intelligence. Ask if the cause has any merit; is there is a solution. Be curious and analytical.
5. **CREATIVITY (300-700)** Bring in creative ways to see it differently, to solve the situation. Use your knowing of spiritual truth, your talents, your friends, etc.
6. **COMPASSION (500)** Have compassion for the part of you that is afraid. Say “I love you, it is ok”

SURRENDER EVERY THOUGHT TO GOD

- David R. Hawkins

SLIDE 10

ANGER – (150)

RAISING THE VIBRATION OF ANGER

1. **ACCEPTANCE** (350) Accept that the anger is there. Name it. Bring in your conscious awareness. Just notice it – the energy.
2. **DO NOT IMMEDIATELY RESPOND**, breath slowly as you let the anger energy flow through you and leave.
3. **REASON** (400) with a calmer mind bring in understanding of the situation. See it clearly. Become curious. Are you exaggerating the situation?
4. **CREATIVITY** (300-700) Bring in creative ways to see it with fairness, to solve or help the situation. Use your knowing of spiritual truth to reframe your initial thinking.
5. **FORGIVENESS** (350)
6. **LOVE YOURSELF** (500) Put your hand on your heart and say, “I love you.”

SURRENDER EVERY THOUGHT TO GOD

- David R. Hawkins

SLIDE 11

SELF-HATE, SELF-CRITICISM, UNWORTHINESS SHAME (20) and/or GUILT (30)

RAISING THE VIBRATION OF SELF-CONDEMNATION

1. **ACCEPTANCE (350)** Accept that the self-judging is there. Name it. Just notice how it makes you feel. Watch the painful energy.
2. **BREATH SLOWLY** to quiet the mind.
3. **LOVE (500)** put your hand on your heart and say "I love you."
4. **SURRENDER (350-500)** Surrender all thoughts to God-Source – This is David R. Hawkins' main advice for raising vibrations.
5. **AFFIRM (310)** you are loved unconditionally.
6. **REASON (400)** Look at the situation and calmly find the grace in it – the learning you got from the experience.
7. **FORGIVE (350)** yourself for the self-judgement. Hold yourself like a child who is learning. "I love you".
8. **GRATITUDE & JOY (500-540)** Congratulate and hug yourself for the opportunity to expand in wisdom and love.

NOTE: Self-loathing is one of the quickest ways to lower your vibration down to the lowest levels. This is to be avoided. Self-acceptance leads to acceptance of many other things. In a state of acceptance, we are at peace, we have creativity available to us, we can see clearly, we are open to the all-intelligence available at any time. To deny what we are through unworthiness or blame is to cut ourselves off from our true selves.

SLIDE 12 by Charles Coyle

PP&I

Perspective: *My and Everyone's Unique Perspective of the One I*

Potential: My and Everyone's Unlimited Potential from the One I
for Co-Creating

Integration: Adding elements of other's perspectives to expand
my consciousness and experience

Charles:

Two things that can lower my vibrations are worrying about something and ego challenges. I use PP&I to raise my (vibrations and attitude) in these situations.

The first P is Perspective: My and Everyone's very Unique Perspective of the One I

The second P is Potential: My - and Everyone's Unlimited Potential from the One I for Co-Creating

The letter is I for Integration: Integration is Adding to my perspective, elements of other's perspectives to expand my consciousness and experience.

I frequently focus on "worst case scenarios" for projects. These concentrations lower my vibrations. Relating to PP&I uplifts my vibrations by focusing on creating positive solutions with my unlimited potential through Spirit, the One I.

After centering with "PP&I" I move on to the creating positive solutions. My impetus is strengthened by recalling and using Charles Filmore's uplifting statement. "I fairly sizzle with zeal and enthusiasm and spring forth with a might faith to do the things that are to be done by me today!"

My ego can become upset by other's actions and assumed conditions. Driving is a good venue for those reactions. PP&I enables me to realize that those individuals also have unique perspectives. I shift to realizing the good in what is observed, in everything.

-Charles Coyle

SLIDE 13

By Rebecca Jarmas

Beingness Grid

	MORNING	AFTERNOON	EVENING
MONDAY	ease	love	peacefulness
TUESDAY	patience	trust	kindness
WEDNESDAY	joy	ease	compassion
THURSDAY	positivity	joy	kindness
FRIDAY	compassion	kindness	patience
SATURDAY	love	positivity	trust
SUNDAY	peacefulness	joy	love

"... Grandest version of the greatest vision ever you held about Who You Are"
- Neale Donald Walsh

Rebecca Jarmas:

Beingness Grid

Last fall I attended a webinar hosted by Neale Donald Walsh based on his book *Conversations with God Book 4: Awaken the Species*. He talked about how the purpose of life is self-realization achieved by what we're **being** while we're **doing**. Who we are being is a choice. We have a choice to live according to the values we came up with in our 2nd meeting – respect, awareness, community, responsibility, unconditional love are all states of being. All choices (according to Walsh) should be made towards the "Greatest version of the Grandest Vision you ever had about yourself."

Every month for the last 10 months I have mapped out a Beingness Grid. It helps me decide ahead of time who I want to be. It is simple to make – simply list the days of the

week in a vertical column. Across the top of the page, you will have three columns labeled 'Morning', 'Afternoon' and 'Evening'. You now have a grid with 21 spaces. Make it fun and colorful.

During meditation, journaling, or because you know what you want to work on, come up with different characteristics (Walsh calls them expressions of Divinity) and write them in the spaces. Some examples are kind, contemplative, loving, honest. There are many. Then BE that while you are living your life. While you are working, taking care of children, driving your car, disagreeing with your spouse.

For me, having this grid is like a shorthand centering thought (Deepak Chopra's term) or mantra and keeps me on the beam. I always look forward to seeing what I will be working on next!

I Am That Too!

This technique also comes from Neale Donald Walsh. He suggests taking a walk and as you come across something (animate or inanimate), say "I am that, too." Then BE that animate or inanimate object and ask yourself what you can learn about yourself from it.

Example: I am that moving box on the side of the street waiting for recycle. You note that moving boxes are used to move people's belongings from one place to another. They are filled up and then they are emptied. In their construction they undergo a great transformation from a living tree to cut timber to pulp mixed with chemicals to cardboard to a box sealed with tape. Keep going until you can think of nothing else about the box. Then look for clues about yourself.

- Are you immovable?
- Are you in the process of great transformation?
- Do you feel like your life's oxygen supply has been cut?

Use your imagination. It can go in many directions. My dog has taught me a lot about myself of our walks as have birds, squirrels, flowers, trees, and trash cans.

Can you find gratitude in this exercise?

Motivational Cards

There are all kinds of decks of motivational cards that are useful in lifting your vibration. A search on Amazon of "motivational deck of cards" will get you affirmational cards for inner peace, crushing your goals, general inspiration, gender-specific, coping skills, daily mottoes, how to love yourself, and so many more. I use a general affirmation deck from my fitness program (BeachBody Barre) called "I Am." Every morning I choose a card at random and display it on the kitchen table where my husband and I can see it all day as

we pass through. At dinner we talk about how we are/are not that, e.g. I am resilient. Often, we will see something in each other that we cannot see in ourselves.

Daily Readers

Short reflective writings and affirmations contained in pocket-sized books is something I frequently use to raise my vibration. These books are generally organized as daily readers, with appendices listed by area of struggle. There are dozens of these books on the market related to various 12-Step programs but there are also readers for those dealing with grief, trauma, mental illness, and some are geared towards various religious groups. Amazon and Hazelden.org are great sources for these books. I keep one in my car and one on my nightstand.

I didn't take too many notes when others spoke because I wanted to really listen to what they were saying but I think it was Bob who talked about Esther Hicks's "Gratitude Rampage" and how he had used it. By writing down everything in your whole life you are grateful for, you raise your vibration. He also mentioned nature as an important tool.

Nick Ortner's Guided Tapping Apps was mentioned
QiGong was mentioned

- Rebecca Jarmas