

MEETING # 8 August 17, 2021

Let's Raise Our Vibrations: Important Follow-up

– Janice Coyle & Mary Nelson

JANICE:

OPENING MEDITATIONS:

Let's get centered and quiet. Breath in a deep slow breath...and another one... and one more. Feel how you are in a place where you are totally loved and accepted. Feel how everyone here is in joy because YOU are here. Tune right now into how it feels to have everyone so in joy just because YOU are here with us. Stay in that feeling for a little while and I'll keep the time.

WELCOME:

Hi everyone, welcome to this eighth meeting of the new earth visioning project. We have been going now for 4 months and have accomplished already so much. We are pleased to welcome you who are joining us for the first time. We also welcome you to visit our website

NewEarthVisioningProject.org. There you will find the videos of all our meeting presentations and a lot of resources and other information.

We are dedicated to bringing about the New Earth through our vision and bringing ourselves into alignment with our vision by raising our vibrations.

So today we will be talking about raising our vibrations.

I'm pleased to be joined in this presentation by a close friend, Mary Nelson, who is joining us tonight from Steamboat, Colorado. I just came from a visit with her in Yellowstone National Park where we spend a number of days preparing this presentation for you.

Mary is a licensed Life and Spiritual Coach with an undergraduate degree in psychology and masters in adult education. During her career as a consultant with Fortune 500 clients. Mary has trained managers and executives on communication skills. As a life and spiritual coach, Mary works with people who want to know more about a spiritual journey or expand the one they are on through fun and interactive workshops and private sessions. Mary is also an award-winning speaker and writer and author of the award-winning book, *The Name Game*.

Ok let's get started.

Mary and I will be talking again to you about raising our vibrations. . As we discussed last time, higher vibrations have a significant impact on our perspectives in life, the expansion or contraction of our consciousness.

The higher our vibration, the more creativity and insights we have. The higher our vibration, the more influence we have, and the more we are aligned with the benevolence of the universe, the guidance of Source, and the more we live in love and joy.

The presentation Mary and I will give today focuses on how we raise our vibrations and keep them high and we hope to give you new ideas and insights.

But first, let's briefly summarize the information from the prior presentation called Living in Higher Vibrations.

First what is vibration?

ABOUT VIBRATION



1. **VIBRATION: Also known as frequency and/or resonance – the rate of spin of a particle or beam, electricity, movement, etc.**
2. **The higher the rate of spin, the more powerful the energy and more expanded the reach.**
3. **The higher, then, we are in our vibration, the more expanded is our consciousness.**
4. **The higher, then, we are in our vibration, the more we experience true power.**
5. **Anything of lower vibration or spin cannot sustain its frequency **without applying force (effort)** while in the presence of a higher vibrating presence.**

Let's look at why this is important:

FORCE OR EFFORT is needed to change or get anything when we are in low vibrations. When we are in higher vibrations, we have true power and things become more and more effortless the higher in vibrations we go.

LET'S TALK ABOUT HOW WE RAISE OUR VIBRATIONS

Let's look at this map of consciousness again. As you may remember, this was developed by Dr. David R. Hawkins after a life-time of research

		Name of Level	Energetic "Frequency"	Associated Emotional State	View of Life		
P O W E R	LOVE 	Enlightenment	700-1000	Ineffable	Is	↑ P O S I T I V E	E X P A N D E D
		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		
F O R C E	FEAR 	Pride	175	Scorn	Demanding	↓ N E G A T I V E	C O N T R A C T E D
		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		

First, what causes our vibrations?

According to David Hawkins, our **emotions** are the basis for what we are emitting into the atmosphere in the form of vibration. So look at the column of emotions. Starting at bottom with humiliation and the top with bliss and ineffable - meaning beyond words.

We can feel these emotions within ourselves and we can feel the energy of them coming from others. Clearly, then, it is the emotions that radiate the vibrations. This is obvious to us. We can easily feel when someone is negative or when one is positive. We are lifted up by a positive person and become more positive ourselves. Or, if we

are in the presence of a negative person, we feel the discomfort of negativity and it can bring us down if we tune into it and leave our sovereign reign on our own vibe.

So it is our emotions that create our vibe, our resonance - and this goes out to the world and each other.

But what causes emotions?

Look at the low emotional state FEAR in the orange section at 100. Here the thoughts and beliefs create a view of the world as frightening. This creates the emotional state of anxiety. Look at what is going on today. Most of us can feel anxious and even a bit fearful because things are changing so fast that the mind tries to figure it out and negative thoughts abound. Things are happening that we have never before experienced so the mind gives us thoughts of fear - beliefs in catastrophe, and we experience fear's main emotion, anxiety. Therefore, we can see that it is our thoughts and beliefs that create the emotions of anxiety and fear.

All the beliefs and emotions below the green line are negative, non-life affirming, they contract consciousness and are motivated by fear. Since these states need and take energy from outside them, they must use force and effort to get what is needed because they are not aligned with true power and the truths of creation.

Here you can see, the thoughts and beliefs about life, the View of Life shown here, then creates the emotions. You will note that Courage is the first level above the green line running across the slide. This is a major movement toward positivity, expansion and love. Here the thoughts create a view of life as feasible - or possible.

This is the first vibration that takes as much energy as it radiates. This is the beginning of expansion in consciousness, becoming positive, and motivated more by love than fear, this is the beginning of true power - the power of higher vibrations.

This is the beginning of the perfecting of love, wisdom and power - right up to the final bliss of oneness, unconditional love, and the belief that all is perfect - that state of PEACE. And even above that, a condition beyond words and thoughts.

As you will see in our presentation, it takes Courage to change our belief habits, but this is what we must do if we are to change our thoughts and beliefs which in turn create our emotions and thus our vibration.

MARY:

As Janice said, thoughts cause emotions. One way to raise our vibrations then is to become aware of our thoughts. As David Hawkins says, **SURRENDER EVERY THOUGHT**. That's a tall order and it won't happen immediately. We take it step by step until we reach the final goal.

Before we get there, we have to understand one thing first. EVERY one of us has buried thoughts that we either consciously or unconsciously absorbed from people, situations, or events in our lives.

To raise our vibrations, we must

1. Change our thoughts and beliefs
2. We have to look at ourselves. This takes **courage** - the first level on the positive range of vibrations.
3. Understand that the truth - Spirit - lives inside us. It is the core and the life of us.

Spirit is always in PERFECT vibration. It is what created everything. The reason we aren't in perfect vibration is that we have accumulated a load of thoughts and beliefs that are lower vibration, blocking the expression of this highest vibration.

JANICE:

UNDERSTAND THE BASICS

1. **Negative thoughts and beliefs block vitality, expansion and creativity.**
2. **Negative thoughts and beliefs do not align with the amazing benevolence and wisdom of creation.**
3. **Negative emotions derive from thoughts and beliefs that are not the Truth.**
4. **Negative thoughts and beliefs, being not the Truth, need constant reinforcement and repetition (**Effort/Force**) to sustain:**
 - Repeating the view of life
 - looking to find evidence, and
 - repeating all over again

How to change our thoughts and beliefs:

First: UNDERSTAND THE BASICS:

1. Understand that all negative thoughts and beliefs are un- life affirming and in fact, block the entry of vitality, life force, expansion, and cause us to need something outside ourselves to replenish the energy lower vibrations cannot access. Again we can feel drained when in the presence of a negative person, and uplifted when with a positive person. Positive people give out energy, negative people take energy from the more positive person.
2. The negative vibrating emotions are caused by beliefs and thoughts that are not in alignment with the nature of all creation as immeasurably life-affirming, incredibly energy filled, and abundantly supportive to all life.
3. The negative emotions derive, therefore, from thoughts and beliefs that are not the truth of existence, the truth of nature, the innate truth of what we really are - this is why these emotions feel uncomfortable and constricting. The thoughts and beliefs that created these emotions are not aligned with Truth - that's why they are inharmonious.
4. Negative beliefs being not the truth need constant reinforcement and repetition (effort) to sustain - as we saw in a prior slide. To go against truth is an up-hill battle of effort, fight, manipulation of others and constant repetition to sustain the beliefs.

The mind can get stuck in this unconscious thinking because the ego fears letting go of any belief because our beliefs create our sense of self. The mind has great fear of stepping into the unknown - fear of what may happen if we leave these beliefs behind.

- Repeating the view of life
- looking to find evidence, and
- repeating all over again

Haven't you experienced this?

Let's say, you are in what you considered to be a committed romantic relationship and they are at work and you are at home in your nice living room enjoying some lovely music.. You phone rings and a friend reports they saw your partner with someone else hugging and kissing. Your mind goes into overdrive imagining all

kinds of things, assessing blame, and putting your vibes into major fight or flight fear. You are now in survival mode, even though you are not in imminent danger like being chased by a lion. But your neurology is acting like that is exactly the situation. You can't think straight, you are in turmoil and in extreme victim mode. In other words, your vibration has sunk down to its lowest!

You call your partner a jerk, stupid, untruthful, impossible and worthless. In anger you repeat these beliefs over and over, your mind reviews the past and jumps on any possible thing that can justify the beliefs pouring down on you.

You are in a negative loop, thinking of this over and over. You have become a threatened victim and you are radiating a very low vibration.

But is this true? Are you a victim? Are you in danger requiring fight and flight? As we will see, the uncomfortable emotions - the negative ones feel bad because they are not aligned with the truth.

Maybe some of you have read the books by Byron Katie, I would recommend her book, *LOVING WHAT IS - FOUR QUESTIONS THAT CAN CHANGE YOUR LIFE*

She teaches us to first question the mind and the beliefs one by one. So let's start with one of them. "My partner is worthless"

Then you ask: "Do I absolutely know this is true?"

Maybe you say no. or maybe, in anger you insist the answer is yes! The mind goes into overdrive again with lots of blame and justification for this "yes", but that doesn't matter. Just stay in your courage and say "it's OK, let's go to the next questions.

The next question is pure genius:

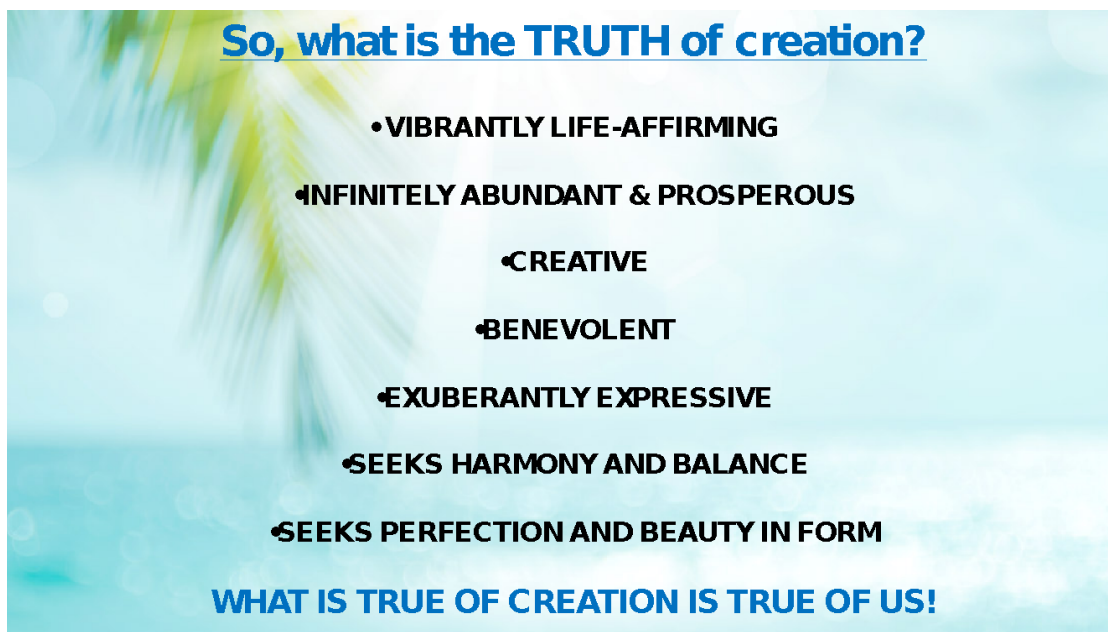
Second question: "What would I be without this belief?"

Most people say "I'd be in more peace"

In other words you would be in a very much higher vibration - and you are, just by having the courage to begin asking - in an enormous step up in vibration.

When we are aligned with the truth of existence, our vibrations raise considerably. When we are aligned with something not the truth, we are uncomfortable.

SO WHAT IS THE TRUTH?



Vibrantly life affirming - We can see this all around us. Life flourishes whenever it can. - The abundance, perseverance, and vitality of the plant world - go look at any forest. What about the animal life? It is dwindling due to us, but left to it's own devices, it flourishes in a harmonious way with other life forms - all is designed for the maximum expression of life for all species.

Infinitely abundant - The skies, the cosmos, the energies!, the billions of galaxies. - truly infinite and full of life - LIFE WANTS TO LIVE!

Creative - the balance, the changes in forms to accommodate changes in the environment, etc. etc.

Benevolent - incredibly supportive if we allow it. Many chances to get it right. .

Exuberantly expressive - children playing, dogs enjoying whenever they can, etc. We are born to have fun and naturally long to express our gifts.

Seeks harmony and balance - Left alone, nature and the cosmos works in harmony with all forms and expressions.

Perfection and beauty in form - Look out at anything at all and see the beauty and perfection

REMEMBER: WHAT IS TRUE OF NATURE AND THE COSMOS IS TRUE OF US! - So the essence of your, let's say, spontaneously adventurous partner you suddenly hate is the same as the nature of creation.... So, to what extent do your immediate beliefs have to the truth of your partner in his or her essence and even in this moment of his life?

One day we will be free and we will experience the bliss of receiving and giving unconditional love. And we will see the perfection of all that is - thin watch out!

MARY

Let's look at ourselves as a three-part person. I call it the "Triune Us". First, we live mostly in the MIND which is the intellect, will and emotions. The mind relates and reacts to others and outside, or external, stimuli.

The SPIRIT relates to the Whole and does NOT react.

The BODY relates and reacts to the physical realm and responds to the mind and the Spirit.

This is how we normally live.

*"We cannot see what is 'out there'
merely by looking around.
Everything depends on the lenses
through which we view the world."*

Parker Palmer, *The Courage to Teach*

**The mind is the lens through
which we view the world.**

Because the mind **IS** the lens through which we view the world, it is the mind we need to work with. In order to do that, we need to see what the mind is doing. It thinks it is its job - but it is not.

THE MIND

- **processes and interprets**
- **assigns meaning to events, people, attitudes, behavior**
- **does not discriminate by where it gets fed**
- **triggers emotions — perception controls feelings**

1. The mind processes and interprets things
2. It assigns meaning to events, people, attitudes and behavior
 - a. AND it has been assigning meaning ALL of our lives
3. Does not discriminate from where it gets information.
 - a. it takes information from **anywhere** and works with it.

This is great time to interject that the mind GRABS thoughts that float by.

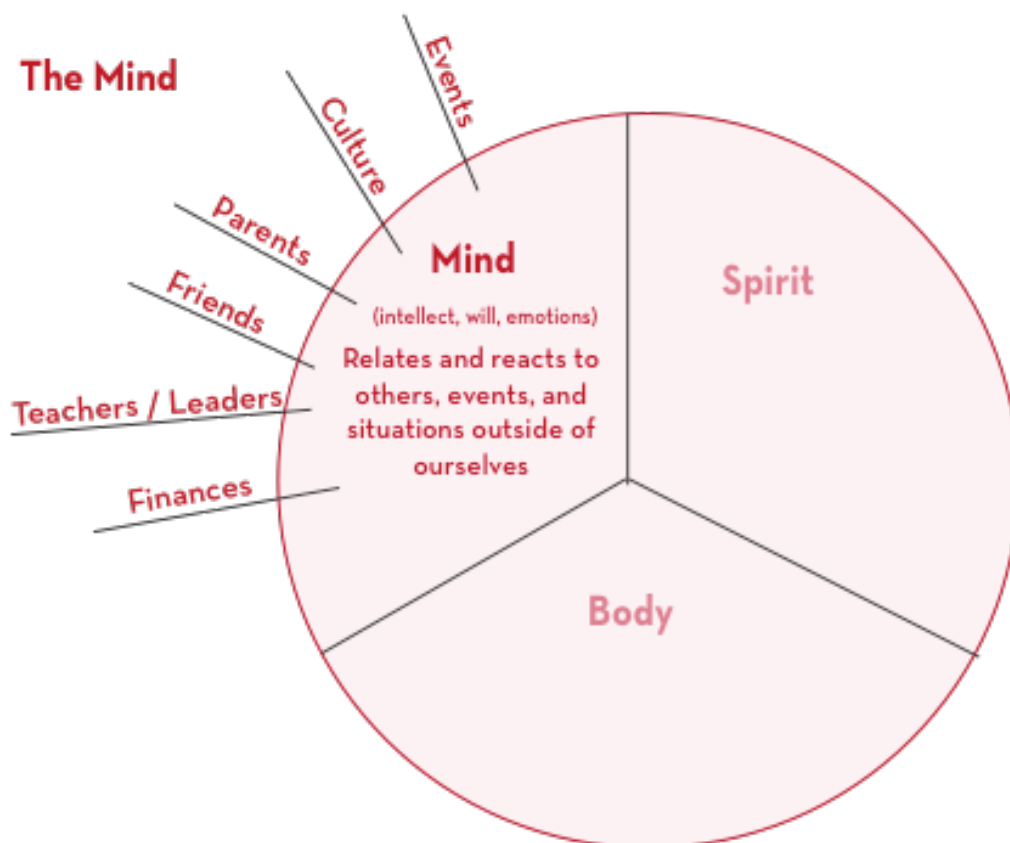
- As we all know, there is nothing new under the sun.
- Every thought we have, someone else - at some point in history - has already had that thought.

So, thoughts - in the form of energy - are floating everywhere. We then randomly reach out and grab one. And, based on the way the world is - and has been forever, most thoughts are in the lower vibrational category.

LASTLY... 4. The mind triggers emotions, meaning perception controls feelings

- if we believe we are in danger, we feel FEAR
- if we believe we are loved, we feel JOY

These feelings are ALWAYS attached to perceptions that came from experiences we have already had, to people in our lives, or to things we believe.



Our job is to dig deep to find our unconscious thoughts and beliefs that are impacting our emotions. These are usually adopted in childhood - the time in which we are **developing our perceptions of life.**

Look at this slide and some of the outside influences we all have. Events in our lives, the culture we grew up in - including the generation, OUR PARENTS - made a huge impact on our lives, feelings, perceptions - and no parent was perfect. (Some were better than others.) Our friends, the teachers and leaders in our communities, and the financial situation we were in...

Think about these things as well.

Your position in the family.

- It's one thing if you are the oldest child, another if you are the baby.
- - - Heaven forbid if you are the middle child.
- What if you are an only child?

What size town did you grow up in? Chicago vs. Chattanooga

Were you from the city or the country? These are big factors in your view and experience of life.

Did you grow up in a religious family? This will give you very strong beliefs... or not.

Did you make the team in school? Did you fail a class? How was your health?

ALL of these things form who we are and **THUS--** what we believe and the perceptions we have. We usually don't realize that **our childhood set our vibrational level** and... **UNLESS** we consciously choose to change it, we stay there. We **HAVE** to dig deep to find our unconscious thoughts and beliefs.

JANICE:

Isn't it interesting that so many people on this path who come to these kinds of meetings have had difficult and traumatic childhoods. I have experienced the same thing Mary described. In my case to uncover and release these unconscious thoughts and beliefs formed in childhood, I went to Dr. David Hawkins and his book, *Letting Go, The Pathway of D\Surrender*. I would recommend this to anyone who would to uncover and release these imbedded beliefs that are keeping your vibrations low. David Hawkins techniques are what helped me considerably. This subject is so important to us. If we are to stabilize at a higher vibration, healing of our inner traumas is needed and we all deserve to be free of these inner beliefs and emotions that do not serve us. At our meeting on October 19th Mary Histing and Mike Perez will address dealing with emotions and suppressed traumas. They will speak from their own experiences both professionally and personally. So please come to that meeting on October 19.

MARY:

If we don't face **OUR UNCONSCIOUS BELEIFS**, they keep our vibration low **OR** at the least they keep us *dipping* into the lower spectrum.

This is an awesome fact about changing just one incorrect belief:

AWESOME FACT

**When we change even one low thought,
we automatically raise our vibration.**

Some people either **DENY** or **DON'T SEE** that they have any misguided or unconscious perceptions. Trust me, we all do to varying degrees - **it's HOW we learned life.**

The first step is to release our uncovered negative thoughts and beliefs so we can stop: thinking and feeling "less than" or bad about ourselves, reacting in defensive ways, or having bouts of shame or anger

All of these behaviors are based on subconscious belief systems that are **LOW VIBE.**

**ALL lower vibrations were
planted in us FROM THE OUTSIDE.**

THEY ARE NOT THE TRUTH.

We are the
FULLNESS of God *in* an expression.

We were not created to be in low vibrations because we are not just an expression of God or the Universe. We are the **FULLNESS** of God *IN an expression*.

Once we clear those negative energies that are blocking the higher ones, it becomes more and more effortless to raise our vibrations.

TRY THIS: Write down a situation you are struggling with...

The Situation: _____

Now get in your body and feel it.

What feelings are there? _____

Ask yourself: How old do I feel? _____

How old we feel may be an indication of when the feeling arose. Our minds are the sum of what we have seen, heard, experienced and learned in our lives. Our feelings are our reactions to it.

Let's look at the culture in which we live.

“As members of society, most of us see only what we expect to see, and what we expect to see is what we are conditioned to see when we have learned the definitions and classifications of our culture.”

Victor Turner, Anthropologist

The paradigms in which we live are **NOT FACTS**.
They are belief systems.

Here are some examples of situations where beliefs are formed:

- *If all family gathers to eat special meal once a year –
it can be interpreted as required event
OR
as a belief that good families get together once a year for a special meal
If it doesn't happen you may feel stressed because the mind says 'something's
wrong'.*
- *If you grow up in a community where work is **survival**
You may believe that if you don't work for it, you won't or can't get it
OR
You may believe people who don't work that hard are privileged
OR
You may feel like a victim of life*
- *Your parents are polite and dress up when Mr. Jones comes over for dinner,
the mind judges him to be a really important person
OR
The mind says that when people come to visit, you must dress up.*

These are all small examples of reasons not to believe the mind. But here's a big one.

Right now, our culture is telling us all kinds of different, difficult, conflicting, and insane things. We can't believe the mind's REACTIONS to these things. We have to go inside and ASK Spirit what the TRUTH IS.

**Write down a belief that may have held but may not suit you
anymore _____**

These are two simple yet profound Facts about the World:

FACTS about the world:

- *The world is just a three-dimensional reflection of what's going on inside our minds.*
- *The world is a very accurate, symbolic representation of our belief systems.*

So, changing our thoughts and beliefs can change the world for us individually and for the world collectively.

JANICE:

Raising Our Vibrations – By Mastering the Mind

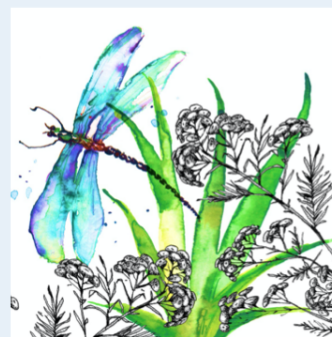
The Good News!

THE GOOD NEWS!

The Universe* always has your back.

Truth needs no effort; it just IS (Power)

Knowing this brings COURAGE!



***UNIVERSE: • Life-affirming • Benevolent • Creative • Prosperous • Harmonious, ETC.**

The GOOD NEWS.

The Universe has our back: When we begin to change our thoughts and beliefs to come into alignment with Truth, we have all the universe behind us as immeasurably life-affirming, and benevolent beyond our imagining. The universe and nature always seeks to return to balance and harmony.

REMEMBER effort is not needed to sustain the Truth, it just is! - Once we embrace and begin to FEEL the wonderful emotions that come from thought and beliefs that are more aligned with the truth it expands us and opens our infinite potential, increases our power and vitality, life becomes more and more easy as things just appear where needed.

STEP INTO COURAGE - Remember Courage is the vibrational level that begins the upward journey to positive life-affirming and expansive levels of vibration. This, then, is the first test - to find the courage to do something new. It is not easy to change our long-held beliefs in what we can and can't do, etc. We must step into courage and dare to face what seems to the ego like stepping into the unknown.

Now let's talk about how to master the mind.

Raise Vibrations by MASTERING THE MIND – 1

1. Doubt all thoughts

- Ask for alternatives
- Find other perceptions



WRITING EXERCISE: write and finish these sentences.

A Problem concerning me is.....

My incessant thoughts about it are

A different perspective or another alternative is that.....

Since the mind is where beliefs and thoughts arise, we need to disregard the thoughts. This can seem a tall order for us. How to do it? **Start to doubt the thoughts that come in.** Don't immediately believe any thought. Ask the Spirit to give you some alternatives: What else is possible here? What other interpretations can be made? What other perspectives can be seen? Remember we live in a field of all potentiality. This is science and also mystical awareness.

WRITING EXERCISE: - COMPLETE THE SENTENCE:

A problem concerning me is.....

My incessant repeated thoughts about this are.....

Other possibilities are.....

(This could be other outcomes, other ways of thinking about this, etc. -)

We live in a field of infinite possibility (this is science!) so if you open, you WILL receive many alternate possibilities.

Raise Vibrations by MASTERING THE MIND – 2

2. Mind is a computer – use it only for it's useful purposes

- It stores information
- It cannot interpret
- the mind is your servant

3. Train your mind – you are the natural master

- Give it specific instructions
- Play with the mind – dismiss it, bring it back, etc.



2. **Use the mind only for its useful purposes** - The mind is your servant and perhaps the most useful one - if you use it for what it does well. The mind is a computer. The mind can calculate scientifically, learn and retain information. It is good for immediate practical things. Don't let the mind interpret. It is not useful for interpreting feelings, knowing love, understanding situations, or innate wisdom. This is the realm of our higher selves.

1. Learn to dismiss this servant when and if it attempts what it is not designed to do. This takes courage and fortitude as we are used to delegating our innate consciousness abilities to the mind. **THE MIND IS OUR SERVENT. WE ARE NOT IT'S SLAVE.**

2. Train your mind - you are the natural master:

EXERCISE 1 - ask for a thought ... “give me a thought to consider... come on! Most of the time the mind will freeze for at least a moment. This can stop the mind cold!

WITH PRACTICE THE MIND CAN COME TO SURRENDER TO IT'S NATURAL MASTER

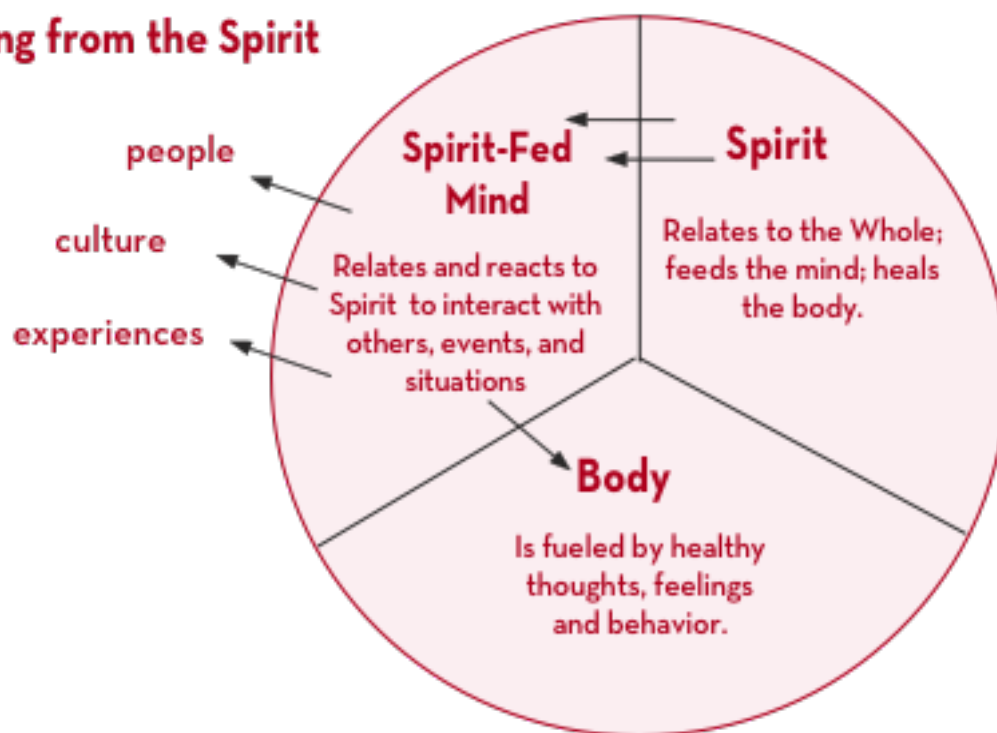
EXERCISE 2 - FAST AND SLOW - take a thought that makes you uncomfortable and say it over and over each time drawing it out to be very, very slow sound out syllables very slowly. You will laugh as this is funny.

Then take the same thought and repeat it quickly - very fast and jump up and down or dance in your chair... This is even funnier. Use a statement such as “I am a failure” “She is worthless” “I’m going to die” etc.

LAUGHTER WILL RAISE OUR VIBRATION IMMEDIATELY

MARY:

Living from the Spirit



Let's look at **Living from Spirit** --- *WHICH IS HIGH VIBRATION*

Once we stop living from the mind, we can begin to live from Spirit. God, Spirit, the Universe is the place of truth, peace, unconditional love, and the big picture of life. In Spirit, we let go and possess what we **already have**. Look at how free we are when we live from Spirit.

INSIDE OF US SPIRIT IS FREE OF...

- systems
- competition
- personal identity
- opinions
- judgment
- any human limitations

When we live from the inside out, WE

- RELATE to *external things* NOT REACT.
- We don't live from the EGO - the mind.
- Begin to FEEL beliefs and live from the GUT.

The gut is where we find or receive INTUITION. Intuition is receiving input and ideas without knowing exactly how or where they come from. We don't figure answers out.

Albert Einstein said: "The intuitive mind is a sacred gift and the rational mind a faithful servant. We have created a society that honors the servant and has forgotten the gift."

There are many, many ways to develop intuition, but remember you can't force it - it evolves with practice. Ways to determine if it is the mind or Gut is to compare the feelings.

Another way to tell if it's mind or Gut is compare the feeling

The Mind

- Demanding
- Judgmental
- Loud
- 'Ought-To' tone
- Confused
- Justifies
- Plots/Plans

Guidance/Intuition

- Suggesting
- Impartial
- Gentle
- 'Feels' Right
- Clear
- Certain
- Spontaneous "AHA"

JANICE:**USE FEELINGS to GAGE the TRUTH of ANY THOUGHT**

- Become aware of your feelings – don't judge them
 - Negative feelings – not aligned with Truth
 - Positive feelings – aligned with Truth and Love
- Truth will just appear when thoughts stop
- Surrender ALL thoughts to God* - **THAT IS ILLUMINATION!**

* This is the BEST way to raise your vibration – David R. Hawkins

USE YOUR FEELINGS TO GAGE THE TRUTH OF ANY THOUGHT. -

Here we can learn when it is the mind and its insistence and bossiness or the “still small voice” of the higher perspective.

Become aware of your feelings, but don't judge them.

- You can easily feel what is positive or negative in the realm of emotions being emitted by someone. With practice you can also Feel the truth (aligned with the positive) or the falsity (aligned with the negative) of any thought, writing, claim, etc. Become aware of your feelings. Does it feel good or uncomfortable? Don't go into judgement if you feel uncomfortable. Just notice and ask if there is any other option, perspective, etc. Begin to doubt the truth of any negative emotion as it is not aligned with truth

Negative feelings are not the Truth. As mentioned before - they are not in alignment with universal truth - the nature of the universe

Positive feelings are aligned with Truth and Love.

Eventually we will come to surrender all thoughts and turn them over to a much higher power and consciousness. One day we will have no thoughts as Truth will reveal itself beyond words and thoughts. As we come to habitually doubt the mind's thought, then master the mind, then begin to use it only for what it does well, then finally release all thought, we come into a higher dimension where Truth, Guidance, Insight, Love, all just appear in ways that have no description the mind can access - that is illumination.

Truth will just appear when thoughts stop.

Surrender EVERY THOUGHT to God... THAT IS ILLUMINATION.

Can you now see why Dr. Hawkins says the best way to raise your vibrations is to Surrender EVERY thought to God?

MARY:

PRACTICAL PRACTICES

- **Consciously focus above your belly button and feel the emotion.**
- **Make your car a helicopter.**
 - notice hands on steering wheel, body in seat
 - **LOOK AT** surroundings; don't be in them
 - hover above, look out and just observe
- **Stop trying to change anyone else – LET GO.**
- **Give a compliment.**

Here are some tangible things to do—PRACTICAL PRACTICES to raise your vibration and help keep it up.

Consciously focus on the area above belly button and feel the emotion.

- it is either rising to your heart or it feels heavy
- it helps you understand your level of vibration
- If it's heavy, focus on your heart.

Another excellent practice is to

Make your car a helicopter. See the world while driving. MOST of us drive mindlessly, but to become aware

- feel yourself in the seat and notice your hands on the steering wheel
- consciously look out the window and observe your surroundings as though you and your car were hovering about a foot off the ground. Like you are not in the line of cars around you, but above it.
 - look at the trees, sky, clouds, birds and FEEL yourself like them...
 - *a creation here for a time.*

This can automatically raise your vibration because you *leave your humanness*.

STOP trying to change anyone else.

- puts us in negative judgmental vibe.
- when we stop our efforts, the Universe is FREE to take care of it for us.

Give a compliment --- as often as you can

- When I see older woman (we like to feel good)
- I tap her on shoulder and say, “I love that outfit.. looks great on you.”
- IT IS THE TRUTH.
- So, I don’t think it, I say it. It raises my vibe and it raises hers, and then mine again.

JANICE:

MORE WAYS TO RAISE YOUR VIBRATION

- **GENEROSITY** – You can’t out-give God.
- **FORGIVENESS** - Be as you would want.
- **EAT HIGH VIBRATIONAL FOODS** – From plant world – organic
- **ELIMINATE ALCOHOL AND TOXINS**
- **SURROUND YOURSELF WITH BEAUTY**
- **WALK IN NATURE**
- **SPEND TIME IN SILENCE**
- **DO WHAT BRINGS YOU JOY**



GENEROSITY - You can’t out-give God. Begin to give to people, animals and plants: your time, your patience, a bit of your prosperity, a loving note, a warm smile, a gift for no reason, encouragement. We all have so, so much to give - let it flow.

FORGIVENESS - Send love and understanding to anyone who has offended you, seek to know what pressures, what negativities led to their thoughts and actions. Think of the unconscious suppressed traumas they may have that were triggered. Let them go, turn them over to Source, God, Love and wish them peace and release from the negative vibrations.

Think of a time you lashed out at someone, or did something else that hurt someone or yourself. What were the stresses, the energies around you, your thoughts raging inside, the difficulties you were facing, the lack of resources you may have now?

One of the greatest wisdoms of the very high dimensional state is that in every moment, each person is doing the best they can be considering the inner and outer forces impeding them in the moment. At an even higher state of wisdom, the advanced sages teach that nothing else in each moment could be different than it is. This can be the basis of forgiving yourself by realizing this fact. Then you are able to easily forgive others and even feel empathetic understanding toward them.

We cannot raise our vibration much if we are holding on to resentments. Let it go with understanding and compassion. Be grateful you are here and open to and receiving spiritual wisdom. You deserve to be free of the burden of blame and resentment.

EAT HIGH VIBRATIONAL FOODS - Particularly the vibes available from the plant world organic, fresh, and raised with care. Be grateful you are here and open to and receiving spiritual wisdom. You deserve to be free of

REDUCE OR ELIMINATE ALCOHOL AND TOXINS - these lower our body's vitality, your mastery of your mind and actions, and all this lowers your vibration.

CONSUME HIGH VIBE MUSIC, MOVIES, BOOKS - you know what they are- they uplift you.

SURROUND YOURSELF WITH BEAUTY - one of the great spiritual teachers once said "God's great passion is beauty"

Surround yourself in beauty - it is all over nature

Walk in nature ... Look - and let nature teach us the truths of creation. ALL OF MY MYSTICAL EXPERIENCES EXCEPT ONE HAVE COME TO ME WHEN I WAS IN NATURE.

Spend time in silence - SLOW BREATHING...

Do what brings you joy - remember joy is one of the very highest vibrations - even surpassing love. What brings you joy? What is fun for you? Do it every day.

MARY:

Let's look at some more Practical Practices.

PRACTICAL PRACTICES

- **Stop labeling your feelings.**
 - just feel the feelings and let them pass
 - that is HIGH VIBE work
- **SLIGHTLY raise your cheeks.**
- **FYI - The future doesn't exist. Stop trying to plan it.**
 - life lives itself if you get out of the way
 - ALL EFFORT is low vibe

Once you have done the deep work and looked at the situations that caused beliefs - and thus feelings - and you are pretty stable in your vibrations,

Stop labeling your feelings. Labeling feelings uses mind to create a story. Just feel them and let them pass through. This is HIGH VIBE work.

I have found this one very PRODUCTIVE

Slightly raise your cheeks as though you were going to smile - but DON'T. It is amazing how it automatically makes you feel lighter and you can hold it there --- it's LIKE strings are attached to the smile lines down to the heart and it raises your heart or expands it. IF you ACTUALLY SMILE, the mind begins to ask what are you smiling about?

FYI - The future doesn't exist. Stop trying to plan it.

- Just be.
- Life will live itself -- if you get out of the way
- ALL EFFORT is low vibe.

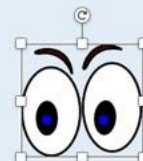
***"We are divine expressions of
the Creative Principle...
there is nothing we have to try
to achieve or attract;
we contain the potential
for everything within us."***

Shakti Gawain, *Living In The Light*

Here are some more Practical Practices

PRACTICAL PRACTICES

- **Gratitude every night**
- **ALL life begins from within – our core vibration is HIGH.**
- **No person or thing outside of our EYEBALLS can change a thing.**
- **"Thank you for the wonderful things that will happen today"**



Gratitude every night.

- in bed, think about day and write:
 - *I saw a beautiful bird.*
 - *My friend made me laugh.*
 - *My back didn't hurt as much.*
 - *I LOVED the GF cookie I found.*

All life begins from within where core vibration is high.

No person or situation outside of EYEBALLS can change a thing.

“Thank you for the wonderful things that will happen today.” Every morning.

JANICE:

PROTECT YOUR PROGRESS

PROTECT YOUR PROGRESS

1. Stay away from media.

- Use only for practical purposes.
- Use discernment.

2. Choose your friends

- Limit or eliminate negative people without judgement.
- Find positive people who uplift you.

3. Don't take anything personally.

Now that we have worked hard to raise our vibrations, we have done much to gain such a precious thing as a stabilized higher vibration. We need to protect it! it is fragile at first... we have long-time habits of judgment, fear, unworthiness. Now we begin to live in a higher state. this can easily be torn down. Especially in this time we are in.

We need to protect our progress

Stay away from the media and other negative people and programs - As you begin to master the mind and disbelieve the thoughts don't bombard the mind with negative ideas and discourse. If you must learn about what is going on in the world or in the lives of others, use it for simple practicality only. This will help train the mind to think in a very practical way... this is a good use of the mind.

Choose your friends. As much as possible, stay with positive, creative, uplifting people that can help you incorporate uplifting thoughts and new positive beliefs about yourself and everything else. Watch the habit of the mind to judge in its effort to protect. It is not a good protector - give it something practical to find.

DON'T TAKE ANYTHING PERSONALLY. Mary will tell us how to accomplish this.

MARY:

We ALL want to stay in uplifting and positive vibration. But there are times when people or circumstances come into our lives that cause us to dip into a lower vibe.

-- We need to see this as an opportunity to release more misguided beliefs or feelings from past thoughts.

Another **BIG** key... and this is **HUGE**...

DON'T TAKE ANYTHING PERSONALLY. 😊

- **Look at the world as an observer/scientist.**
- **See the big picture.**
- **Chaos is the forerunner of transformation.**
- **See fearful people with understanding, not judgement.**
- **What can I do to help?**

See things from a positive, expanded and IMPERSONAL perspective. *By not taking things personally...* Won't go into a lower wounded victim or angry vibration.

Look out at the world...

- not as a victim, but as
- observer/scientist.

Be able to see the big picture - it's not just about you.

REMEMBER -- Chaos is the forerunner of transformation.

We need it and the world needs it. The dark comes before the Light.

See fearful and panicking people with understanding and compassion.

ASK: How can I help?

Listen to someone, send a card, give a hug where appropriate

JANICE:

OPEN TO YOUR CREATIVITY AND GUIDANCE

OPEN TO CREATIVITY & GUIDANCE

1. **Calm yourself with slow breath – QUIET THE MIND.**
2. **SEND LOVE TO EVERYONE AND EVERYTHING**
3. **See the big picture - that will open creativity more.**
4. **Bring in your higher perspective to understand the big picture.**
5. **Use your mind to assimilate facts – NOT INTERPRETATIONS.**
6. **Open your imagination to flow (solutions, alternatives, etc.)**
6. **Ask for Guidance: What is mine to do?**

Staying in higher vibrations and seeing things from an expanded impersonal perspective opens our creativity. Our creativity is very much needed in this time. Creativity comes from our highest selves. Ways to open and use it are:

The world needs all of our gifts - especially now. We each have a role, it could be artistic, scientific, services to people and the environment, teaching or just radiating higher vibrations into the world. We especially need the calming love vibration to heal so much that is happening now.

Let's see how we can use these steps in a crisis situation that we may have in the future - it is actually quite likely. As light workers, we can be the calm amidst the

chaos and help to save many people - remember high vibrations influence a lot of people.

Let' imagine... that we are in a situation similar to what happened in Portland when there was rioting and businesses and homes were being burned, the rioters would not let the police in, and people were injured and even killed. Let's imagine this was happening near you.

First, let's remember that chaos is what forces us to raise our vibration to constructively address any situation. Also, chaos is the for-runner of transformation - always. This is science!

1. first let's take a few deep breaths to quiet the mind and calm the fears
2. Send love to everyone - on both sides - remember what we all are - remember the nature of the universe has our back if we remain in a high vibration of power and influence.
3. Now that we are calm, look out at the big picture - what is actually happening - be very practical. Put the situation in a longer term perspective.
4. Open your perspective even larger and ask to understand the big picture - the motivations, the history, the issues of the participants. Seek to understand all parties. This will help in what you are to do.
5. Look again at the actual facts of the current situation. This group is fighting that group, people are angry, others are in the way and getting hurt, etc. Don't let the mind go into characterizations or other interpretations. See the facts on the ground - only the facts.
6. Open to guidance and use your imagination - what are the immediate solutions, alternatives - for yourself, your family or the situation. Look at the situation as if you were a top general on a battlefield, calmly opening to creativity and strategy to give the orders that will benefit the most people.
7. You have asked for possible solutions, now open to guidance and ask **WHAT IS MINE TO DO**. It may be to call a neighbor, it may be to see if you can resolve something with a person or many outside your door, you may be guided to simply send love and peace - send your very high vibration, you may be guided to meditate on peace, etc.

In this way you are coming into a higher and higher vibration and lifting yourself above fear, staying calm and radiating to the situation a high vibrations which will take effect.

MARY:**GOALS**

- I am willing to change – everything or anything
- I practice listening to my gut and do what it tells me
- I am open to see where I have lived in misunderstanding.
- I am agreeable to reevaluating my values and ideas.
- I want to know and see myself to the core.
- I will make raising my vibration a priority.

EXERCISE

Write down each one you want to work on ...*OR add some of your own.*

JANICE: font type and size 16

BY LIVING IN HIGH VIBRATIONS WE CAN CHANGE THE WORLD –

HOW!!!

Look at this:

BOTTOM LINE...

- 🌍 SURRENDER ALL THOUGHTS
 - 🌍 BE GUIDED BY YOUR GUT (Feelings)
 - 🌍 LIVE IN THE NOW
 - 🌍 THE UNIVERSE HAS YOUR BACK
 - 🌍 YOUR HEART IS FILLED WITH LOVE – OPEN IT
- 🌍 **BY LIVING IN HIGH VIBRATIONS, WE CAN CHANGE THE WORLD.**



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
<p>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, <i>Power vs Force</i>, Hay House, page 220-221</p>		

ONE individual vibrating at the level of 300 (willingness and acceptance) a level just above Courage, can counterbalance 90,000 individuals radiating at a level of 200 (below courage). One individual vibrating at the level of reason, or logic and detachment can counterbalance 400,000 individuals below 200.

We can have this effect by the power of our high vibrations.

We have come into this time not by accident, but by design. We were meant to be here now and help to heal the world. Raising our vibrations is the answer. It should be our first priority if we are to envision and bring in a New Earth.

Here is our list of the main things we would like you to take away from this presentation:

BOOKS TO READ THAT HELP YOU RAISE YOUR VIBRATIONJ

JANICE:

POWER VS FORCE, by David R. Hawkins -

This is the book we have been discussing which goes into much more detail about the research on the nature of emotions, beliefs and their impact on vibration.

LETTING GO - THE PATHWAY OF SURRENDER by David R. Hawkins, M.D. Ph.D.

This book was very helpful to me in uncovering unconscious beliefs and letting them go by allowing the feelings to be felt without the mind's story about it.

LOVING WHAT IS - FOUR QUESTIONS THAT CAN CHANGE YOUR LIFE by Byron Katie

This is an excellent and easy method showing how to question the truth of any thought or belief - it is a simple and very effective way to begin to doubt the mind's conclusions about anything - leading to peace and understanding.

THE UNTETHERED SOUL, by Michael Singer

This is a memoir of a very successful businessman who taught himself to disregard the beliefs and thoughts of his mind which led to a surrender to God, Universe, in complete belief that whatever happens leads to greater life.

MARY:

BECOMING SUPERNATURAL by Dr. Joe Dispenza

The book by Dispenza is a little more intense than I usually read, but it walks us through all the components of becoming fully awake to who we are and what we can do AND has a lot of information about how other people are raising their vibrations.

EXCUSE ME, YOUR LIFE IS WAITING by Lynn Grabhorn

This book is fun and easy to read. The author uses a lot of humor and addresses the reality of how we attract too many “don’t wants” and how to change our thinking to attract the fullness of life.

Here is our information if you wish to contact either of us - we both do spiritual counseling and we are available to you. Also for you who are here for the first time you can check out our website for videos, resources, articles and much more.

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JANICE: Thank you for listening and I hope you have come away with some ideas and practices to raise your vibration and become a light to the world. I believe you are with us today because this is your mission. I believe in you.

MARY: Thank you...

JANICE:

Thanks again for coming and thank you so much Mary for your wise insights. Thank you,

Our next meeting will be on September 7th and we will be presenting some more good news to help us set into courage and confidence and great vibes.

We will be talking about what we call POINTS OF LIGHT. And we hope you will join us in this discussion. There are so many people throughout the world who are working to bring in a New Earth. These included individuals and organization dedicated to peace, environmentalism, connecting with and healing nature, new ways of healing ourselves, new freeing technologies, and so much more. Between now and next time we meet, please think of the points of light you know about and bring us information about them. We want to support these points of light with our thoughts of encouragement, and other ways to support their work. This should be a very uplifting meeting as we all are Points of Light - each one of us.

Feel free to contact me if you want to discuss your Points of light discoveries.