

# Vibrations

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American music group *The Beach Boys* released *Good Vibrations* in the mid-1960s, demonstrating even six decades ago the popularity of this topic. Even though that song was about somebody getting excited over a girl, it touches on today's post.

"Raising vibrations" probably qualifies a buzzword in *New Age* circles, but what does it mean? How does one achieve this and what benefits come from doing it? Should we? I turn my questions in the direction of The Committee.

*Q: Esteemed Committee, humor me and others if you are so inclined, about vibrations and a human being. What does this mean?*

*C: Greetings, Earth travelers and readers, our honor to be asked for information, which we provide happily and with joy.*

All things vibrate; humans included. This is the meaning.

*Q: So simple; that seems too simple. Shouldn't all New Age stuff be complicated and mysterious?*

*C: No.*

*Q: Okay, please explain vibrations.*

*C: Temperature is the best Earth surface example. The relative speed or velocity of an atom's components, which means compared to other atoms, is the effect of vibrations. Heat is the movement of vibrations into other atoms. Heat seems to dissipate because the source of the higher vibrations diminishes. Hot coffee or tea left outside in the cold air is a good example. Return the liquid to the source which increased its temperature, and the process repeats.*

*Q: How does this relate to humans?*

*C: Unlike a drink or any liquid, humans are more than a body and the atoms which compose it. The human soul powers the body, which as nearly all humans know, is warm because of being alive. This process has been well studied by medical science, but for the soul part. The human brain is not the human mind, just as a driver is not the vehicle.*

The human soul determines the vibrations of the body & soul combination.

*Q: How?*

*C: Attitude; specifically love.*

*Q: What do love and attitude have in common?*

*C: The former determines the latter.*

*Q: What then is love?*

*C: Desire for well-being, of others then oneself.*

*Q: In that order?*

*C: Yes, always. One must always want for others what one desires for oneself. The opposite not only does not work, but it is also incongruous with being a human.*

Q: *Why is it incongruous?*

C: Because your soul cannot function this way, any more than objects fall up. Gravity draws towards its source, love flows out then back; no exceptions.

Q: *So, to raise our vibrations is the objective or the result?*

C: It is the result. The level of vibrations means nothing in isolation, but your soul is never isolated. Thus vibrations have meaning, because they strengthen or weaken connections as they rise and fall, compared to other souls connected.

Q: *Drum roll; how do we raise vibrations?*

C: Quite simply; all people, animals and living things you encounter, which enter your awareness by any means, should be observed, heard, looked upon and treated with love. As this is done, vibrations rise, both the observer and the observed.

Q: *Our love of a tree...*

C: Makes it grow and become greener also. Humans have studied the absence of love, achieved superficially through absence of physical contact, with lab animals such as monkeys and also human newborns. All perish; it is not merely the lack of physical touch; this physical isolation represents lack of love.

Q: *Yeah, the Nazis, what a thing we did mid-20<sup>th</sup> century. Feed, bathe and clothe a newborn baby but never hold or hug the little girl or boy, or do anything normal. This seems worse than killing another human with a weapon.*

C: Nazi employment of that method has also been well documented.

Q: *If the mother, presumably pregnant in a concentration camp, had known that her love could be sent mentally to her baby Reiki style, would this save the baby?*

C: Likely yes, and this happened in many cases but not with newborns.

Q: *Fascinating as that disgusting & vile subject is, I am interested in the mechanics of love.*

C: Humans auras are the energy of the soul; colors represent desires, intent and will. Unlike an object without a soul, such as a star, not all colors and frequencies of the light spectrum emanate from the soul. Human colors observed are what is not absorbed by an object; colors of the soul are the opposite, what is generated is sent out.

This is energy, and it controls, shapes and creates all things. On Earth as a human, the process operates on a delay when physical objects are involved. When realms above Earth dimensions are involved, the Earth environment delay disappears; it doesn't apply.

Q: *So if we imagine a castle on a hill in Heaven...*

C: You create it, and as solidly as it exists on Earth, in fact even more so. The difference is, you are on a human trip, so you cannot go to this castle physically and also continue your human trip. You must wait until you are asleep. Then the castle can appear in your dreams. You shall remember the dream if you choose to, but rest assured, what you imagined exists and what you desire to create, is created.

Q: *Relate this back to love.*

C: Benevolence; do you see living things on Earth to be loved? The greater the love you offer with your thoughts, the greater the effect upon the living things you perceive, and the

greater the love reflected to you.

*Q: Even our enemies?*

C: Banish this concept from your mind, and love others who would or do harm you. This brings love to you in at least equivalent proportions, likely greater.

*Q: This is how we raise our vibrations?*

C: Yes, but vibrations are a reflection, only a measurement. Do not concern yourself with vibrational level; it is not a mathematical formula, procedure, training regimen or protocol. It is much simpler, basic and powerful.

Love all living things; this does not mean love everything all living things do. It is possible, normal and desirable to take issue with a tree for allowing a branch to suddenly break and fall on you, or with a person who attacks you. Forgive it, her, him and them one and all; offer them your love. In your mind, if no place else.

The benefit you shall feel cannot be described, Try and see.

*Q: So, if we offer true, bona fide love, it reaches its destination the target we choose and is reflected, thus raising our vibrations.*

C: Yes, but you did not include the amplification which occurs as the reflection back to you occurs. This we should have mentioned earlier, but do now.

*Q: Thank you, Esteemed Committee.*

C: Welcome are you, one and all. Do return, as shall we. We love you all.