**Level Up**

**Worksheet 4**

Day 16-20

Blessed Love, Blessed Ones!

We have explored how thought is vibration, now let us recognize that everything is vibration.

Physical matter, written words and sound. Sound is a major vibration that most of us acknowledge and use every day.

**What sounds do you hear right now?**

Water can absorb and store sound effects.

Noticing the sounds around us can remind us to be present and allow us to observe the environment around us. Although we cannot always control the sounds around us-outburst of strangers, crying babies- we can control the places we step foot in and the music we listen to.

The next few days we will focus on the people we choose to have around us and the music or entertainment we fill our lives with.

Take a mental note of the conversations you have today. What are the reoccurring topics? Do they hold negative or positive value, or any value at all?

If we are over 80% water, considering that water records and stores sound, what sounds are your body recording? Go through your most listened to music, what words, sound effects and ideas are being streamed into your earlobes and stored into your conscious?

Listen to the song you listen to most, recently. Look up the lyrics and analyze the words.

**Song:**

**Main Idea of Song:**

**Feeling/ Vibration felt while listening to the song:**

**Immediate impact of song on my emotions:**

**What information are you storing and recording with this song?**

**How might that information add to your daily thoughts and actions?**

Repeat this exercise with TV shows, movies or any media you regularly listen to.