

What Is Your Vibration?

Your vibration is your personal energy frequency. It is a culmination of every life you have ever lived, every thought you have ever had and every action you have ever performed. It is the energy that surrounds and permeates every cell in your body.

Your vibration is your divine signature, your soul essence, and it is special only to you. Just as there are no two snowflakes alike, no two souls in the entire universe have the same “soul signature”. That’s how incredibly unique you are. Your vibration is a direct reflection of your inner thoughts, feelings, beliefs, choice of words, how well you take care of yourself, the Earth and others. The higher your vibration the more-light you hold, the faster your light particles vibrate, the higher your consciousness and the stronger you are connected to your soul and God self.

When your vibration is low, your light particles are vibrating slowly and become condensed. Your energy literally feels heavy because you are not in alignment with your soul or divine self and are mostly operating from your lower self or ego. Distorted beliefs, fear, anger, resentment, blame, guilt, jealousy, judgment, shame, addiction, unforgiveness, conditional love, lack of self-worth, greed, separation consciousness and poor health keep you in very dense low vibrating energy.

When you are a high vibrational being you recognize your divinity and the divinity within others. You are in alignment with your soul, that is nourished by spirit, you are vibrantly healthy and your life flows with ease and grace.

We are much more than our physical body; we are multidimensional, energetic, spiritual beings having a physical “human experience.” It is important for us to bring into our awareness the many layers of our energetic body. This is the key to our self-empowerment. When it is brought into our awareness, our soul will begin to integrate all the layers of ourselves bringing us into a state of wholeness. Each of us needs to become aware of who we really are and reclaim all of our energy.

When we become aware of our energetic bodies and set our intention to heal, balance and activate them, we have the potential to raise our vibration to such a point that each layer of our energetic body will unify and activate the creation of our “light body”. When this occurs, we have reached a very high vibrational state where our spiritual self or God self is able to merge with our physical body. This cannot occur until we have raised our vibration high enough for divine union to occur. This is the moment of enlighten-ment and the return to one’s true spiritual essence and identity.

Although we identify ourselves with our physical body, we are energy or light beings. EVERYTHING IS ENERGY. Every thought, word, feeling and thing is energy.... everything! Things that appear to be solid are very tightly compacted energy particles creating a shape, form or physical matter. Our physical body, that part of us that is not eternal, is surrounded by our eternal divine essence consisting of our emotional, mental and spiritual energetic layers.

Being reborn is when our divine essence or God self merges with our physical body and we experience a oneness with God and all beings. We experience our true nature, the truth of our being, which will catapult us into a new journey of self-transcendence. This is divine plan for everyone to eventually reach this state of divine union helping us to bring Heaven (Spirit) here down on Earth (Matter).

We are in the process of planetary ascension and everyone choosing to stay on this planet will raise their vibration high enough to anchor in their Spiritual self or God self. Each of us are at some point surrender to this process allowing ourselves to be “reborn.” We shed the illusions of the ego and shadow part so we can unite all our ourselves into wholeness.

Although our spiritual self is never separated from us it does reside in a higher (or faster) vibrating dimension, called the spiritual realm. The Creator has given us free will and it must be our choice to choose to climb the mountain of self in order to access and activate our divine right of God realization.

This is divine plan and bringing our higher vibrating, true selves down into our physical body is how we will heal the planet. Expecting someone or something outside of ourselves to save us is dis-empowering and will not get us anywhere. No one is going to save us; we must save ourselves. We heal ourselves and we heal the planet. When we take personal responsibility for our own vibration the healing begins. As we begin to heal, we begin the process of not giving our power away. Your ability to change resides within yourself. As you commit to your own spiritual growth and development, you will shift your connection to the God self within.