

Raise Your Vibration Today

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First: The Intention to Learn and Love

We are mental organisms. We live in a world of intelligent energy. This energy has taken form through vibrations. There are many different frequencies, and there is an individual frequency for everything that is. Each of us is vibrating at our own personal rate with our unique perspective of life.

These vibrations are not static. Everything about us is happening in response to what we are thinking at that moment. Through intention we direct our thoughts, and by directing our thoughts, we can choose higher vibrations that improve the quality of our lives. This small book is intended to shorten the learning curve for those of you who want to raise your vibration.

The vibrational frequency of one person is no better than that of any other. Where we are is simply where we are, and that is a matter of our choosing. Just like we have chosen to incarnate here and now, and become a part of the experience that is unfolding around us at this time, it is for us to participate in the living experience in a way that we choose. No matter what our role in the drama of the day, the experience itself is custom made for us by the Universe so that we get what we want from it all. Even the worst actors in the play can have a divine purpose. Love and acceptance are the way.

Some souls have chosen to live in the lower, heavier frequencies—such as hate, anger, fear, jealousy, depression, or any state of being that is less than love—for a reason. We as individuals are just a point of experience in the never-ending movement of life. It is all of us, living and being simultaneously, that summon the life force forward. Because the Universe has polarity, negative versus positive, and the Universe is perfect and has no lack of anything, there must be people to fill all the necessary roles to make the drama of life flow.

All of us experience emotions. The drama of living with other humans can be both joyous and traumatic. All emotions come from thoughts. The

way that we think about what happens to us plays a big role in how we respond to it.

I'm sure that most of you who read this book are aware of yourselves and your personal paths. You would like to know what, or how, you can be at your best. The first step to raise your vibration is to declare your intention to learn and love as you participate with those around you in a way that facilitates your desired experience and growth.

I have purposely left out any references to religion. I believe it is a human construct and has very little to do with the personal freedom to pursue and explore one's life. My goal is to share the things about our Universe that are constant and work for all of us, such as the understanding that all of life is mental, that is, everything in the physical world was a thought *before* it became a thing.

Those thoughts turn into things through the unseen mechanism of life known as the *Law of Attraction*. This mental mechanism for slowing the pure thought energy of God into different vibratory rates is what creates the very real perception of the three-dimensional world that we inhabit when we incarnate into this world. Everything vibrates. Even the thoughts that we think are vibrations. The thoughts that we think affect every aspect of our lives.

Taking responsibility for your thoughts is the beginning of real awareness. Emotions are physiological reactions to thoughts. Emotions are very powerful creations of the human mind, and without oversight they can wreak havoc on your life. However, each of us can attain the personal awareness and control that comes through intention.

I would like to share what I have learned about our ability to decide where we live within ourselves. We can live in a peaceful place, or we can live in chaos by default. It is our choice. Intention is the power behind choice.

1. Intention

The starting point is intention. It is not really a goal, but rather a decision to change your life in a way that will make you feel continually better about yourself as you go through life, a decision that will raise your vibration.

By declaring your intent, you give notice to yourself, to both conscious and subconscious minds, and the Universe, that you realize that you are on your way and would like some assistance. It is the act of choosing that summons your life forward.

It is the choice itself that is so important. We live in a world of contrasts, and we are constantly choosing between these contrasts. We make many choices without even thinking of them, and yet there are others that we labor and fret over. There are no right or wrong choices as far as the Universe is concerned. The Universe is life in motion and builds our three-dimensional illusion according to our desires. Whatever we think about most is what the Universe interprets as our desire.

What do you think about most? Do you spend more of your day happy or something less? You can choose. It takes work to find a different you in you, the happier you.

Intention is to growth like what picking a destination is to vacation plans. Without intention life goes on, and the experience can be quite interesting; on the other hand, there is the possibility of less than satisfactory results.

To become aware of oneself, as a conscious being, is the beginning of the exploration of life.

Every second of the day we are thinking, producing thoughts. We make a choice about every thought: what to think, when we think about it, and how we think about it. (The thought forms an opinion that leads to how we feel about it.) We often think the same thoughts over and over. It seems as if these thoughts just appear by themselves. These thoughts come from the human mind not the intelligence of our souls. Thoughts

from the mind are learned and are developed in response to the stimuli of life's drama. Thoughts from the soul are inspirational and feel original. After you declare your intention to have your thoughts come from your soul instead of your mind, your life begins to change.

Meditation is a very helpful tool in establishing control over your mind. But remember, meditation itself is only a tool. Daily practice of meditation can work wonders for you. The more dedicated you are to the practice, the better your results.

Our lives are not about devotion to a deity. God loves you whether you meditate or not. Our lives are about us. Living is about the experience of life itself. It doesn't matter what you do; as long as you are doing, you are summoning life forward. For better results, control your thoughts and *think* before you act.

2. Meditation

The human mind is part of the physical experience. It is part of the body, and its function is to respond to the situations of life and protect us. The mind is fear based. It is always looking for what is wrong or out of place, and it is ever vigilant for danger or opportunity. You can recognize thoughts from the mind, because they are judgmental and self-protective. These types of thoughts often lead to thought loops, where you think the same thoughts repeatedly, without resolution. You can stop this behavior with practice.

Behind the mind is our essence, the consciousness that is aware of self. This awareness is God experiencing itself as us. Usually, we are not aware of this at all, because we are continually caught up in the human drama of life here on Earth.

There are many ways to meditate, and each method has a different outcome. With practice we can find the inner space that is ours. Daily practice of meditation is one of the most effective ways of healing from the collective stress, or PTSD, caused by our chaotic society. Once a day is good. If you can establish a morning and an evening practice of meditation, the results will be unbelievable after six months. Twenty minutes of meditation in the morning and evening is very effective. So that you're not constantly watching the clock, I recommend using a timer to establish your routine.

Breathing is the most fundamental activity of the body as a whole. It is the exchange of life on the physical level. It is rhythm, cause and effect, ebb and flow, tension and release. The in and out of the life force is our center. You can find your center by simply listening to your breath without focusing on the act of breathing, that is, breathing as you would without thinking about it, without undue emphasis.

You don't need to close your eyes. It is just as effective to sit and look at the same object without thinking about it. I learned this tool from Eckhart Tolle in his book *The Power of Now*.

3. Powerful Things: Our Thoughts

Thoughts are things, wonderful creative things. After a thought has been thought, it becomes part of the fabric of our Universe. Thoughts create. In all the dimensions of our Universe, creation is instigated by thought and directed by intention. Humans as a group are just evolving to the point that this understanding is available to us. We have been developing skills to master the outside world we live in. The next step in our evolution is to understand that the “new frontier” is really our own inner landscape.

Everything that is was a thought before it became part of our reality. Every thought that we think takes on a life of its own after we think it. Every thought that we have ever thought is still here and/or there. Those things that we think about often and intensely have even more power. When we have a thought—a thought to the degree that we have created an associated emotion—we have really increased its power. Emotions are manifestation of thoughts. (More about emotions in the next chapter.)

Thoughts are not automatic. We do not have to think a thought that we don't want to. We have the power to change the thoughts that we think. In fact, that is the *only* real power we have. That power is the essence of free will. Every second we are awake, we are deciding what we think and what we think about it. If we each could spend 51 percent of our day in a happy place, the world would change for the better.

Every experience in your life is an opportunity to change the way you think and, as a result, change the quality of your life. With the intention to change the way you think, change will come. That does not mean that the Universe is going to stop trying to kill us, ever, but intention will give you the skills to overcome the adversities that come your way.

Along with new skills comes responsibility. We are each responsible for the thoughts that we think. For purposes of discussion, thoughts can be divided into two groups—negative and positive. With every thought, we are choosing one or the other. We live in a world that has been very hard on us, and most thoughts that we think as humans are fear-based

thoughts. Fear-based thoughts are heavy and elicit lots of emotion. Humans love emotion and emotion is a distraction. All emotions fall on a scale from universal love all the way down to the absence of love. Anger and hatred are very powerful and intense but are generally heavy and pull you down. Love is light and brings positive thoughts, raising your vibration.

You choose where you want to be on the emotional love scale with the thoughts that you think. People who spend 51 percent of their day in a positive space have gained forward momentum on the path to self-realization. Declaring your intention to pay attention to your emotions is a good way to start to understand whether your thoughts are negative or positive. Positive always feels better. Positive thoughts raise your vibration.

Does it mean that your life will get instantly better when you begin to change how you think? No. It does mean that you are beginning to understand how the Universe works and how you can make lemonade from the lemons that life throws at you. This understanding brings a certain amount of personal power. Along with that power comes responsibility. You are responsible for the thoughts that you think; therefore, you can control your perspective of your world.

What's that? You don't want the responsibility of creating your world? Who else would you have do the creating? God? God gave the job to you. Remember that free will thing? If you don't like what's going on in your life, it is because you are creating by default. *Not deciding* is a decision. Letting the mind run freely with all of its fear-based thoughts and judgements is the default setting. Assuming responsibility and then choosing your thoughts puts you back in the driver's seat.

What about things like war and natural disasters? We can't be responsible for them, can we? As individuals our job is our response. How we each think and feel about what is happening around us affects the energetic "soup" we live in. Life is always responding to the thoughts and emotions of the now. It is like a big soap opera that gets rewritten constantly, depending on what else is transpiring. We are writing tomorrow's play today.

Every thought that we think influences our life. The culmination of our thoughts has created the world we live in. To create a better, nicer world, we need to clean up our thoughts.

At first being aware of your thoughts seems to be a daunting task. Very few humans have ever been able to accomplish this completely or quickly, but with persistence you can experience results. Start with intention, which you then turn into a daily practice. The search for inner awareness takes on a life of its own.

If you were to look at the thoughts you think during the day, you would be amazed at the number of thoughts that are counterproductive. When you find yourself thinking something negative, you can turn it around simply by thinking of it in a positive way. Think of it like rungs on a ladder. In the case of fear and desperation, anger feels better and can be an immediate improvement. Using anger as motivation has saved many people; however, it is also healthy to drop the anger in exchange for appreciation. But that is often very hard to do. You do live in the now and must take it like it comes.

I first learned about the real power of my thoughts in 2004. I also learned some tools for changing them. I found that the more I applied myself, the better my life felt to me. I started to see improvements quickly. After a year, I looked back and found it hard to believe the extent of the changes that I experienced in my outlook and quality of life.

There are many tools for changing our thoughts and, therefore, our vibratory frequencies, and there are many different sources of this information. If we desire knowledge, it will come to us. Sometimes a book jumps off the shelf at us, or we are gifted one. We have received an immense number of new ideas from movies and other media. Life never stops moving. We never stop learning and growing.

4. Emotions

Your emotions are the best tool that you have to monitor your thoughts. Emotions are products of thoughts. You must think about something and form an opinion before you have an emotion about it. Positive emotions come from positive thoughts and negative ones from the negative. It is that simple. If you want to know if your thinking is aligned with your soul's intention, you just have to explore your feelings. I'm not referring to the fleeting thoughts that pop up as you go through your day and are soon forgotten, but those thoughts that you keep thinking about until you have a feeling or opinion about them. These thoughts reveal themselves with examination.

If you pay attention to what you are feeling during the day, you will know if you are in vibratory alignment or not. Harmony feels good, discord does not.

Most people think that emotions just happen. They think that emotions are just an automatic response to life. Emotions do not just happen. They are the result of a thought process. It is our perception of an event or situation that sets us up for what and how we eventually think about that situation. What we think is what we feel.

The feeling of an emotion also translates to a sensation in the body. Emotion is a physiological response to your thinking. Carrying the world on your shoulders results in pain in the upper back, neck, and shoulders. Explore how your body feels. How much pain do you feel because of what you think? What are you chronically afraid of? What are you angry at? What about the world seems out of place to you today?

Emotions and bodily sensations can be a big help in decision making. Imagine that you are in a relationship and things have graduated to the point that marriage seems to be the next step, but every time you start to think about marriage you get a tight feeling in your throat or an upset stomach, or even that feeling that something's not right. This is your body talking to you.

When it comes to emotions, love reigns supreme. Love is the grace of God. It is important to love yourself. The only love that you will ever feel—*feel* not witness—is the love that you express through emotions. If you can't love yourself, you won't be able to love anyone or anything else.

5. Change

There is only one constant in the Universe and that is change. Life is ever evolving and moving forward. Vibrations are not static. Nothing is static. It is also true that the more things change, the more they stay the same. The Universe is in perpetual motion. Everything in the Universe vibrates. Life is always on the move.

The most misunderstood aspect of being human is that *we* have the power to direct the changes in our lives. We are cocreators in this magnificent life we are living. Our thoughts and intentions are the tools that summon life forward. We each have the choice of how we view and approach the life we are living. Positive thinking brings positive changes.

6. No Right No Wrong

In the grand scheme of things, there is no right or wrong. Life on Earth is a world of duality. The physical world is electromagnetic, and like a big battery, it is both positive and negative. One of the choices we get to make is where we are on that plus-minus continuum. We make that choice with the thoughts that we think.

You can't get it wrong. Life is a never-ending series of choices. You are always choosing, even if it is choosing *not to choose*—which is *living by default*. By choosing the thoughts that make you feel better, you raise your vibration and that of the planet.

Some might wonder what would happen if we all really did what we wanted to do, because at this point in our evolution, most people can only think of themselves, and most of their thoughts are fear based. When we apply ourselves to the practice of always looking for a positive way to think about every situation, the fear falls away.

Something magical happens as we learn that we are spiritual beings having a spiritual experience in human bodies. That “magic” is a form of awakening, of reestablishing our place in it all.

While it is true that there is no right or wrong, the *Law of Causation* (cause and effect) is also a part of our reality. We, as individualized experiences of the Universal Mind, have free will to think as we choose. Along with this free will comes responsibility. Because no one else can think our thoughts for us, we are each responsible for the results of our thinking.

7. Judging

Judging another person is one of the most harmful thoughts that we think. Every person is doing what is right for them and, as a result, what is right for the world. We cannot know, nor do we have the right or need to know, what another's motivation is, which is the essence of free will. It is ours, and only ours, to think what we want. We are each having a life experience here on Earth. Those experiences are so incomprehensibly different that we do well when we stay in our own lane.

We are all included in the organism that we call God. We are like the millions of lenses on the eye of a fly. We all see the same picture but from a different perspective. Our perspective is the story of our lives. Accepting that all perspectives are necessary to complete the picture is personal growth. Perspective and wisdom are the true measure of intelligence.

8. Gratitude

Gratitude is a very powerful emotion and a perspective of great strength. When we are filled with gratitude, there is little room for lesser vibrations. Gratitude is right up there with love. Gratitude is a precursor to appreciation, which is a more refined understanding of why we are grateful.

9. Nonattachment

Nonattachment can grow from a simple concept to a way of being. It is wonderful to desire. Desire is the instigator of all creation. Because of the Law of Attraction, the Universe gets to work, bringing everything to us that is energetically aligned with our desires. It is also doing the same for every other person, and because we are all part of the same play, the Law of Attraction must allow for our individual desires to be copacetic with those of others.

When we are attached to the outcome of a situation, we are setting ourselves up for disappointment. We get in our own way when we start to think that things have to turn out the way that we envision them. We have a limited understanding of the possibilities. The Universe has no such limits. When we can accept the situations that life presents in a positive light, life flows smoothly, even if it isn't what we thought we wanted. "Let go and let God" is always the best choice.

God created us to have desires so that those desires can be satisfied, and in turn even more desires are created. There is no end. It is from desire that life is summoned forward. There is no end to life. When an individual consciousness develops to the point that it is aware of itself as a being, it will be aware of itself forever. In other words, *once you have arisen, you will have everlasting life.*

We are never finished. Life never quits coming at us, and we can never control how it comes. Great peace comes when we are not attached to the outcome. Nonattachment makes it possible to enjoy the ride.

10. Fantasies

What I have to say about fantasies is very simple. Every thought that we think becomes a thing when we think it. There is no higher power that monitors or cares what we think as individuals, but what we think is the essence of who we are and what we are creating. Ask yourself: What are you creating?

11. Love

Love is the most refined and powerful vibratory frequency in the world. To be in love is to be in bliss. Loving yourself is the key to raising your vibration and to lasting love and joy.

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This book would not have been the same without the sharp eye and tireless dedication of my oldest and best friend, **John Faulkner**, also known as the **Editorial Maniac**.

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Thank you,

Bob Neeley