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Vibrations

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[Evelyn Wheeler, A. M.](#)

INDEPENDENT SPIRUALIST ASSOCIATION OF THE UNITED STATES
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Educational Hour

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By Evelyn Wheeler, A. M.

Our education hour today will be on vibrations, what they are and how we use them in mediumship. Our worker for this will be Evelyn Wheeler, from the Gateway Spiritualist Church. She has prepared several exercises to help you understand vibrations and how to work with them.

Some of these exercises will use training tools. We want you to understand that sometimes they are difficult for those who have spent their entire life learning to shut off the spiritual senses and rely on the material senses. We must relearn how to use our spiritual senses. These are simple tools the teacher can use to help students to recognize and learn once again to use their spiritual senses.

Yes, the Independent Spiritualist Association (ISA), disapproves and forbids the use of any prop to enhance their work. If you have been to a psychic fair, you know the public looks for the most interesting prop. This is not so at a Spiritualist Silver Tea. You should not be using props to lure clients away from a medium who is working only and directly with spirit.

The person who has been trained since childhood to recognize only the material reality, and to separate reality from fantasy, has difficulty seeing and feeling spiritually. For example, the material minded person will look at a hand and see only a hand with four fingers and a thumb. The spiritually sensitive person will look at this same hand and note that it is not the hand of a child, but of a 65-year-old woman. They will notice the little bump on the fingers that have held many pencils and know this is someone who has held many pencils. The materially minded person will see the tiny scars on the back of the hand and know that at some time there was an injury. The spiritually minded person will see the scars and sense they were made when the hand hit the pig feeder while trying to load unruly pigs. Just as the extra broken lines in the palm of this hand tells, the spiritually minded person that the wrist was broken. A good medium may even see the slip and fall and the wrist hitting the sidewalk.

However, you cannot change the habits of a lifetime in a few moments or even hours of meditation before learning to use these senses again. They must learn to recognize the feelings that go with them. Most of you already know how to recognize these feelings and how to interpret them. For you, the exercises will be games, but they are fun games that may remind you of some of the feelings

you have not been using too much lately. So go ahead and join in. For those who have not yet learned how to open the spiritual eye or ear within the mind, they could use help. Just remember, they are learning tools and we never use them to enhance our work or attract attention. A Medium is not developed enough to do public work until they no longer need any props but can work directly with spirit.

Some mediums like to hold the hands of the person they are reading for. Technically, this too is a prop. It helps them to feel the vibrations of the one they are reading for. They really should learn to sense the vibration of the one they are reading for without having to hold hands. A baby often uses a walker to learn how to walk, but it would look rather silly for healthy adults to be walking in walkers. The good teacher may use tools in the classroom but should never end the lessons until the students are able to throw away their tools and stride confidently without them.

Now give your attention with open minds to our speaker, Evelyn Wheeler A.M.

When I was growing up, I would feel tingly sensations. Sometimes I would feel this during a religious experience, in classes, prayer, discussions with friends, etc. Sometimes I would get this feeling during commonplace experiences. At parties, in school, or in doubt or in deep thought about important decisions. I did not know what these feelings meant or what to do about them. It is not a thing you usually hear in discussions, and I felt they were a private thing.

My first experience in Spiritualism was a reading at one of the silver teas at Gateway Spiritualist Church. I cannot remember what was said, but I certainly remember what I felt. It is hard to describe, but it was similar to the magnetic pole of an electric current flowing from me to the Medium. It was the strongest sensation in that regard I had ever felt, and it was a little scary for me, but I was intrigued. I later learned that what I felt was the Medium feeling my vibration, and I wanted to learn more. This workshop is based upon what I have learned.

Nature

We observe there is a rhythm in nature. We see that season follows season and night follows day. The Bible tells us that there is a season for everything under heaven. This rhythm we call divine order.

We like to break this down into other laws of nature, such as the laws of attraction and recompense, but they all fall under, and are the result of the law of divine order. This rhythm, this pulse of the universe, is vibration, and because we exist, this rhythm affects us. The world touches you through vibration and the way you react to this vibration is your vibration. You hear by the motion of sound waves; you see by light rays bouncing off an object. All your senses are feelings. Vibration touches you and you react, consciously or subconsciously.

Everything is vibration. The ether, being a finer vibration and the physical being a denser vibration. We are all accustomed to the denser vibration of the physical using our bodies as the vehicle of our perceptions. The finer vibrations of the spiritual realms are more difficult to feel. We call this sensitivity, awareness; all this means is a deep feeling of one's surroundings. The more you work and learn, the more sensitive and aware you become. Communication between the spirit world and we is a natural phenomenon. By studying the natural laws and experimenting with them you will find what works best with you. If you perceive, and you do because you exist, you can deepen this perception.

Colors

All things produce vibration because all things are the thought of God. Some of these vibrations are perceived as color. The vibrations of color or combinations of colors invoke a different feeling within us. Each of us is unique and we will react to colors differently. We have favorite colors because of the way they make us feel. We even use colors to describe our emotions. When in a bad mood we describe it as black; when depressed, we call it blue. When we get angry, we say we see red, and we say someone is green with envy.

As we describe our feeling in color, we can also use colors to change our moods. What colors you are wearing right now tells a lot about how you felt when you got up this morning. If you are depressed, wearing a bright cheerful color will help you feel better. Blue is a healing color as is green. Blue will help to calm you down when upset.

Science has discovered that the color of a schoolroom has a lot to do with how children learn and respond to the teacher and each other. In some jails they have a room for violent prisoners painted a special color because of the calming effect that color has on them. When my children were younger, I painted my sons' room blue and they played quietly, the room stayed neater, and they went to sleep a lot faster. My daughter's room was painted a vivid yellow and they played more actively. She was the last one to go to sleep and the first to wake up.

I'm not going to list the colors and their effects because I think each of you should do that individually. Experiment with them and see what you discover. Your spirit guides may come to you as a color. The color may symbolize what they represent and what they wish to teach.

[Exercise: this was done at the presentation and can be done in a class.](#)

When I learned about colors in school, red, yellow, and orange were described as warm colors. Blue, green, and purple were described as cool colors. As I pass around these colored papers, pass your hand over them or touch them and see if you can feel the difference and vibration in each one.

Teacher passes out sheets of various colored papers.

Remember, you are already feeling this color with your physical eye. Now we are going to try to feel these colors in a different way. Put them over your head if you wish, and you may want to try two colors before passing them on.

Thought, magnetic pull, and healing

Paracelsus, in the 16th century, said our thoughts are simply magnetic emanations which, in escaping from our brains, penetrate kindred heads and carry thither a reflection of our life and the mirage of our secrets.

Anything causing movement is vibration and can be felt. Scientists have long proven that humans generate electricity. Tiny electrical charges help move signals from one cell to another in the brain. Thoughts are movements of the mind. We are often told that thoughts are things and what a man thinketh, so is he. Man is not in a steady state, but a self-transforming creature that is even now in the process of growth. The movement of thoughts within the brain causes vibration and thus, creates a magnetic pole attracting things of a similar vibration. We create ourselves.

Innumerable combinations of thoughts and their emotions are constantly sending vibrations to various parts of the body and into the ether. Science has long known that the absence of brain waves indicates physical death and that the emotional outlook of a person is important to his recovery. There are psychosomatic illnesses where some actually think themselves sick.

Negative emotions such as anger or jealousy are of a lower or slower vibration and produce less energy. Think for a moment. How did you feel physically after the last time you were angry with someone? Tired and drained. Love and happiness are of a higher or faster vibration. So, these emotions energize you.

Moods and thoughts are contagious and a vibration strong in one, may influence another, as is found in healing. You can concentrate your energies and direct them. The use of positive thoughts is a very important aspect in healing, not only when you are a healing channel, but also for yourself. I find the use of affirmations in my meditation, or whenever I find myself thinking negatively, very effective. You must be careful, however, that there is nothing negative in the affirmation. Do not say I am not ill, but say I am healthy. It is necessary to replace the negative term with something whole and positive.

Exercise #1

After memorizing the affirmations, close your eyes and relax completely, say aloud the affirmations.

Every day. In every way I am getting better and better.

Every day and in every way I am becoming more alive.

Every day in every way, I am becoming more aware.

I have everything I need within myself to be anything that I wish to be.

I am one with the entire universe.

I am free.

I am safe.

I am happy.

I am filled with energy.

I am loved.

I am strong.

How do you feel now? Can you feel the difference? Repeating these affirmations and taking the time to feel what you have said until you are filled with strength, happiness, and energy will have an amazing effect, and is happening around you.

Experiment #2

To demonstrate the strength of positive thought, find a partner. One of you will be the sender of strength. Become quiet and go into a meditative state, when you feel that you are filled with strength, concentrate on sending this strength out of the palms of your hands. The other person will raise their hand when they feel when they are being affected. Afterwards, change roles.

Aura

Although the human aura has long been considered a psychic phenomenon that is visible to those who are sensitive, some scientists have always maintained that the aura is an objective reality. All living things radiate an electromagnetic field surrounding the physical body. Some think of it as the spirit body that survives bodily death. The aura is not the abstraction it is commonly considered to be but built up of definite forms. The shapes of these forms are dependent on the quality of thought and vibrations. These forms are seen as colors. Kirlian photography is able to reveal these shapes of color.

Your aura is the reflection of who and what you are. The aura reflects your emotional, physical, and spiritual wellbeing. If you are one who is able to see the colors in the aura, you can learn to give a reading by interpreting the changing colors. Each aura is unique to the individual. You can identify people with whom you are familiar by feeling their vibration when they walk up to you. I do this with my children, and they really think that mom has eyes in the back of her head. The aura is found in Christian art around the heads of the character depicted. The crowns and distinctive headdresses worn by kings and priests in the days of old are thought to be symbolic of the aura.

Experimentation has found that the aura is influenced by a magnet, and it is sensitive to electric currents. The aura may also be affected by vapors of various chemicals and lose its brilliance during hypnosis. Illness affects both, the size and color of the aura and impairment of the mental powers causes it to shrink in size and distinctiveness. The aura can be affected by an effort of will. It may be projected away from the body and change of color.

Exercise #1

Your aura can not only be seen, but it can also be felt. Find a partner and take turns feeling each other's aura.

Exercise #2

Since the aura is around all living things and can be felt, since we, as spiritualists, know that spirits are alive, they can also appear in much the same way. Ask your guides to stand in front of you and use the same method to touch them or their aura. If you can touch spirit, they can also touch you and

may use this as a method of communication. You can use this method to answer yes and no questions as well as for identification.

Dowsing

Usually when one thinks of dowsing the picture that comes to mind is of a special person with strange powers, or the uncanny ability to find water. Dowsing has been an activity since ancient times. There may be evidence that rods were used for divining in the records of ancient Egypt. In Germany they called it the wishing rod when used for readings. They were also called the striking rod because they appeared to strike over top mineral ores. Priests in the 16th century treated dowzers as demons in disguise, and were included in witchcraft persecutions, they were tortured and burned at the stake.

At one time there was the belief that a magnetic pole was between the rods and the minerals. This was proven false when the rods were balanced on a delicate pair of scales, and nothing happened. The rods only worked when in human hands. Currently, the belief is the dowser feels for the object, and subconsciously discerns it. Thoughts bring forth vibrations and may be attracted to whatever you are looking for, water, minerals, oil or lost articles. Dowsing can even be used with a map. There may be a tingling in the hand or arm, but most dowzers insist they are not moving the rods.

A form of dowsing using a pendulum is called radiesthesia. Radiesthesia means radiation perception. Radiesthesia is vibration, so if you are sensitive to vibration, you can use rods or pendulum to amplify the sensitivity. If you work to develop this sensitivity, you will no longer need the rods or pendulum, but their use is an easy way to start.

Exercise #1:

This is how I taught my children. (You will need a piece of string with a weight tied to it and an article.)

Find a partner. The one holding the string will be the dowser. The other will hide an article in one hand. See if the douser can find which hand the article is in. The douser may feel sensations in their hand or arm rather than the pendulum swinging. Afterwards, change places.

Exercise #2

Continuing with your partners. The one with the string will be the dowser. The other will ask a yes or no question. If the pendulum moves in a clockwise direction, the answer is yes. Counterclockwise will be no. Pay particular attention to how you feel, positive or negative. Afterwards, exchange places.

Psychometry

Again, I repeat that everything has vibration because everything is the thought of God. Stand outside barefoot and feel the magnetic pull of the earth. You can feel the earth moving. You can feel the flow of underground streams. Put your hand on the trunk of a tree and you could feel the sap as it moves through the tree and the affect a breeze has the branches.

Everything that has ever existed, every object, scene, event that has ever occurred leaves its trace. The history can be felt in the ether and more easily felt in objects. Have you ever walked into a room and felt its atmosphere? Psychometry is the ability to feel the vibration of an object and receive impressions from them. The act of psychometry is based on your ability to feel these vibrations and interpret them.

Exercise:

(You will need a personal article.)

Find a partner, preferably one you do not know. Exchange articles. Hold the object in the palm of your hand or against your forehead. Pretend that this object is part of you. Then ask the object to tell you it's story. You may get your impressions clairvoyantly, but most likely they will be as feelings. Share the information each of you has learned.

Conclusion

This has been a very rewarding experience for me to develop my sensitivity to vibrations. As I learned about what vibration was and how the universe works, I have found ways to apply that knowledge, get more control, and joy in my life. I have also discovered a feeling of harmony with nature and the universe and a oneness with everyone I have met. I would like to thank each of you for coming to my class and allowing me the opportunity to share with you some of the things I have learned.