

## POSITIVE VIBRATIONS

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MOST PEOPLE UNDERSTAND THE TERM POSITIVE VIBRATIONS, AND, IT IS IMPORTANT TO BE SURE THAT WE ARE ON THE SAME PAGE WHEN USING SUCH WORDS THAT CAN HAVE DIFFERENT MEANINGS AND INTERPRETATIONS.

“EVERY THOUGHT OR FEELING HAS A VIBRATION THAT CAN BE MEASURED. THE REASON YOU WANT TO RAISE THESE VIBRATIONS IS TO BECOME HIGH ENOUGH TO CONNECT TO THE POWER OF INTENTION. THAT PLACE IS THE SWEET SPOT WHERE YOU FEEL JOY AND HAPPINESS, AND YOUR DREAM LIFE WILL BECOME YOUR REALITY.” QUOTED FROM [mbg.com](http://mbg.com).

POSITIVE IS DEFINED BY MERRIAM WEBSTER DICTIONARY AS:

:GOOD OR USEFUL

: THINKING ABOUT THE GOOD QUALITIES OF SOMEONE OR SOMETHING : THINKING THAT A GOOD RESULT WILL HAPPEN : HOPEFUL OR OPTIMISTIC.

: COMPLETELY CERTAIN OR SURE THAT SOMETHING IS CORRECT OR TRUE.

VIBRATION IS DEFINED BY THE SAME SOURCE AS:

: A CONTINUOUS SLIGHT SHAKING MOVEMENT : A SERIES OF SMALL, FAST MOVEMENTS BACK AND FORTH OR FROM SIDE TO SIDE.

: A FEELING THAT SOMEONE OR SOMETHING GIVES YOU.

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EVERYTHING VIBRATES. THINK ABOUT IT. SOUND IS VIBRATION, MUSIC IS VIBRATION, YOUR VOCAL CORDS VIBRATE WHEN YOU SAY HALLELUJAH. EVEN WHEN YOU WHISPER, THEY VIBRATE SOFTLY. YOU MAKE A QUIET SOUND LIKE A WATERFALL OR WIND RUSHING GENTLY THROUGH THE TREES IN YOUR THROAT. THEN YOU USE YOUR TONGUE AND MOUTH TO MAKE THE AUDIBLE SOUNDS AS THE AIR PASSES THROUGH. HA, LE, LU, YAH. TRY IT. DO IT GENTLY, OR CRANK IT UP AND BELT IT OUT.

THE REASON THAT YOU CAN HEAR THROUGH YOUR EARS IS BECAUSE VIBRATING WAVES OF SOUND BOUNCE UPON YOUR EAR DRUMS, AND THEN SEND ELECTRICAL CURRENTS TO YOUR BRAIN, THAT INTERPRETS THE INFORMATION AND KNOWS HOW TO ADJUST THE VOLUME, AND WHETHER IT MAKES YOU HAPPY OR SAD, AND CAN TAKE YOU BACK THROUGH HISTORY THAT IS RECORDED IN THE ARCHIVES OF YOUR EXPERIENCE AND MEMORIES OF EVENTS IN SOUND LANGUAGE.

“GOOD VIBES” IS ANOTHER WAY TO PUT WORDS TO FEELINGS THAT WE EXPERIENCE.

BOB MARLEY, THE FAMOUS MUSICIAN, WROTE A SONG CALLED POSITIVE VIBRATION:

<https://www.youtube.com/watch?v=wWExueaMgaQ>

SOME OF THE LYRICS MIGHT BE INTERESTING TO PONDER. THE FIRST WORDS ARE:

“LIVE IF YOU WANT TO LIVE.” A GOOD PLACE TO START, AND THEN IT GOES ON:

“THAT’S WHAT WE GOT TO GIVE. GOT TO HAVE GOOD VIBES.”

“IF YOU GET DOWN AND YOU QUARREL EVERY DAY. YOU’RE SAYING PRAYERS TO THE DEVILS, I SAY.”

“WHY NOT HELP ONE ANOTHER ON THE WAY?”

“MAKE IT MUCH EASIER...”

POSITIVE VIBRATIONS. WE ARE LEARNING THAT WHERE WE PUT OUR ATTENTION AND INTENTION IS WHAT TENDS TO MATERIALIZE IN OUR LIVES. WE SEE IT EVERY DAY, BUT MIGHT NOT ALWAYS MAKE THE CONNECTION BETWEEN WHAT WE ARE THINKING IN OUR HEADS AND FEELING IN OUR HEARTS, AND WHAT IS SHOWING UP IN OUR REALITY.

AS RANDY MASTERS SAYS, "YOU MIGHT NOT HAVE NOTICED. BUT YOU MIGHT NOT HAVE NOTICED THAT YOU DIDN'T NOTICE." AND WHEN HE OPENS THE REFRIGERATOR DOOR AT THE GLOBE INSTITUTE OF SOUND AND CONSCIOUSNESS HE EXCLAIMS "IT SMELLS LIKE CALIFORNIA IN HERE!"

A SENSE OF HUMOR CAN MAKE THE DIFFERENCE BETWEEN AN UNCOMFORTABLE CIRCUMSTANCE AND AN OPPORTUNITY FOR LIGHTHEARTED CHUCKLES AND A REMINDER TO LOOK IN THE MIRROR AND SEE WHO IS POINTING THE FINGER AT WHAT, AND WHY.

LOOK AROUND, AND THINK ABOUT WHAT IN YOUR IMMEDIATE ENVIRONMENT MAKES YOU FEEL GOOD, AND WHAT DOES NOT. WONDER WHY THAT MIGHT BE, AND WHAT YOU MIGHT DO OR NOT DO TO CHANGE THAT. WE KNOW INSTINCTIVELY WHAT IS GOOD FOR US AND WHAT WE LIKE.

JUST FOR FUN, GOOGLE SEARCH: POSITIVE VIBRATIONS: IMAGES, AND SEE WHAT SHOWS UP:

<https://www.google.com/search?q=positive+vibrations&espv=2&biw=1745&bih=822&site=webhp&tbm=isch&tbo=u&source=univ&sa=X&sqi=2&ved=0CDkQsARqFQoTCL2joc-lsccCFYc7iAodN4UEFw>

IF A PICTURE IS WORTH A THOUSAND WORDS THEN LET US SOON END THIS WORDED EXPLORATION AND LET THE IMAGES OF WHAT PEOPLE FROM ALL WALKS OF LIFE EXPRESS AS WHAT THEY ENVISION POSITIVE VIBRATIONS TO MEAN TO THEM.

MOSTLY THIS IS A FUN AND INSPIRING INQUIRY IN TO THE PLAYFUL AND IMAGINATIVE TOPIC OF KEEPING A POSITIVE ATTITUDE, WHICH DOES NOT MEAN THAT WE NEED TO PRETEND TO BE HAPPY ALL OF THE TIME, BECAUSE TO KNOW TRUE HAPPINESS WE MUST KNOW REAL SADNESS.

IT IS A REMINDER TO LOOK FOR THE SOMETIMES HIDDEN BLESSINGS IN SEEMING MISFORTUNE. THE TRAFFIC JAM THAT MAKES US MISS OUR AIRPLANE FLIGHT, ONLY TO FIND OUT THAT THE PLANE WENT DOWN IN FLAMES. THE MISSED BUS THAT MAKES US LATE TO A MEETING, ONLY TO FIND OUT THAT THE MEETING WAS TOMORROW. THE SPILLED COFFEE WE BROUGHT FOR A FRIEND, ONLY TO LEARN THAT HAD THEY DRANK THE CAFFEINE IT MIGHT HAVE BEEN A FATAL COMBINATION WITH THE MEDICATION FOR THEIR HEART CONDITION.

THE BOTTOM LINE IS TO STAY OPEN TO THE UNKNOWN, TO ADOPT A SENSE OF CURIOSITY, LOOK THROUGH THE EYES OF CHILDREN, AND NOT BE SO CERTAIN THAT WE KNOW WHAT IS GOING ON BEHIND THE SCENES. YOU MAY OR MAY NOT BELIEVE IN ANGELS.

NICOLAI TESLA SAID " IF YOU WANT TO FIND THE SECRETS OF THE UNIVERSE, THINK IN TERMS OF ENERGY, FREQUENCY, AND VIBRATION."

SINCE THIS IS A FINAL PAPER PRESENTATION ON A CERTIFICATION COURSE IN SOUND HEALING, I WOULD LIKE TO SHARE A QUOTE FROM DAVID GIBSON, THE MAGICIAN BEHIND THE SHOW, THE PIONEER ON THE BOW OF THE SHIP, THE HUMMINGBIRD ON WATCH, THE EXAMPLE OF HOW TO THINK AND FEEL THROUGH YOUR HEART, AND A DEAR BROTHER TO US ALL :

"EVERYTHING IS VIBRATING. EVERYTHING IS FREQUENCY- HUM ALONG"

AND MY FAVORITE QUOTE OF ALL, WHICH IS WHAT CATALYZED MY CURIOSITY IN THE POTENTIAL OF SOUND FOR 25 YEARS :

"THE BEST PART ABOUT SOUND IS WHEN IT STOPS." SO SAYS DAVID GIBSON. I FIND IT TO BE TRUE.

MY UNDERSTANDING IS THAT HEALING TAKES PLACE IN THE CALM AND QUIET PLACES.

