

The Vibration of That Which Makes You Feel Strong Within Yourself

As I sit at my desk on this dark & stormy day, headphones filled with spacey cathartic vibes of Ms. DJ Maggie Moon- an integral Goddess of the SoCal desert-dwelling music collective, MoonTribe, I suss out the rhyme and reasons for naming this paper the way it ought to be named. Like most things in life, we “name” to feel we know what something is and/or what it isn’t. A “chair” is used for sitting in. A “spoon” shovels food from bowl to mouth. A “lamp” illuminates a room. Yet, the rooms of my mind are drawing blanks as to what the word is that should be selected to accurately entitle this paper. So instead of choosing one for us, I’ll let you, the reader, enjoy a game of trying on some options to see which one fits best. One size does not fit all here. So, let’s begin.

Confidence : the feeling or belief that one can rely on someone or something; firm trust.

Conviction : a strong persuasion or belief

Self Certainty : assured in one’s own mind or action

Intuition : knowledge or conviction gained

Of the above definitions, pulled from Merriam Webster’s Dictionary, which word best matches your innate sense of self knowing? When you make moves, decisions, steps forward in life-which one matches that feeling of “Yes, this is right. This is it. This is my path”? Initially, I picked confidence. Growing up, it feels like that word was branded in my brain. I was pushed and shoved into directions I didn’t feel were for me & told with a sharp nail to the chest to “get up there and be confident”. This delivery of the word mutated it’s meaning for me and in many ways quickly degraded and then stripped confidence from me like the Amazon being mined of it’s natural beauty.

Fast forward to early 2020, when I hit the absolute lowest low of self confidence I’d ever experienced. Yet, despite feeling void of confidence, I was full of intuition and conviction- I had gained knowledge that strongly persuaded me that I could NOT give up on life. I had to rearrange the puzzle pieces and look at it all from a different corner or perhaps paint a new picture entirely. All I knew, all I was convinced of was that many things needed to change. Was I confident of how to do this? Hell No. But, I was **certain** that my **conviction gained** would over time help me build back the **confidence** and that’s exactly what happened.

Throughout this process, the Globe Institute was a light for me in many ways & through the school and it’s weekly community for which I participated as much as

possible, I was shown certain techniques to help solidify and elevate the vibration of that which makes me feel strong in myself. In this paper, I will be sharing that info plus more. I hope that you can take away skills and knowledge here to support you on your path forward too.

Ahead of specific music, or an arrangement of sounds having melody, rhythm and usually harmony, I was attracted & surprised by the vibrations which started to arise from within me spontaneously, automatically, & without effort when reintroduced to sound by way of the Institute. There was some inner-working combination of vocal exercise and listening awareness that organically allowed these sounds to arise. Often, they would come in the form of words & these words demanded to be repeated, & before ya know it I was bubbling up and out mantras- mantras supporting self worth & confidence. I recall sitting out on my balcony in the early mornings doing the “vocal tracing” Ms. Vicky Dodd showed us. This daily morning ritual helped me feel deeper into places of my body that I don’t think I was as in tune with-as fed by- before. The science behind this expansion of resonance producing such outbursts of vibration speaks to me like -& this is kind of odd ha!- a dirty, spit filled clarinet-when after being swiped with the bristly cleaning tool becomes mostly clean and you’ve got to blow out any remaining residue with a pressure filled ““whooh” & that’s when the sound springs forward. By pushing vibration around in parts of my body that had not felt that in soooo long, I believe I loosened and released stuck energy which inturn transmuted out as mantra. In school, we talk about feeding the body what it needs & in some way this broader spectrum of sound “fed” my body the vibrations it needed to “ open up”. Spontaneous mantra now comes to me mostly as singing song & after I can mostly not even remember what came through. Maybe I should start recording when I recognize what’s happening? Feels like a dream where you know your dreaming but you can’t wake up.I like to think vibration has helped the subconscious speak in this dreamlike state and assert it’s wisdom in providing self-affirming, confident convictions.

When we looked at Ernst Chladni’s vibrating sound plates, we could see where the sonic nodes and antinodes morphed depending on the geometry/material of the plates, plus the driving frequency pushed upon them. In these examples, we could physically see how sound shapes reality. And, while hardly similar in theory, when I saw this I couldn’t help but think of some of my favorite works of art ever, sand art! I will link to some examples of sand art below, but essentially the likeliness that I draw here is the ability for both driving sound & the driving hand of the sand artist to so gently, yet swiftly manipulate physical form. When extrapolated out to the whole body, this ability to change can be mimicked by conscious, repetitive movement. Two schools of movement that change the body instantly & even more so overtime are yoga and workout. I personally enjoy daily sustaining both yoga and workout. We can utilize the following

movement flows to awaken “sleeping” parts of our bodymind & vibrate our bodies into a strong existence. I have chosen postures & transitions that target/nourish the solar plexus, our energy center related to confidence, personal power, and self identity.

YOGA:

Warrior 1



(www.adventureyogaonline.com)

Reverse Triangle Pose-



(www.pocketyoga.com)

Full Boat Pose-



(www.drweil.com)

Bow Pose-



(www.blog.alomoves.com)

WORKOUT:

Crunches, Situps
Bridge Pose
Butterfly Kicks
Plank
Heel Touches

Sand Art:,

<https://youtube.com/c/KseniyaSimonovaTV>

Another way to utilize the power of vibrations of that which make you feel strong in yourself, is to surround yourself with people who exude the strength that you want to embody. For example, recently I have been practicing Buddhism by doing Zazen with a group of long term practitioners. The vibration that they bring into my world is very unique and strong in a sense that I have not found anywhere else. I feel empowered in their presence -even despite the silence and the awkwardness that sometimes comes up in that space. Regardless, I know that the dominant collective vibration is strong and following the law of entrainment, I am okay with being entrained and then transformed by it. As the old saying goes, birds of a feather flock together & I am beyond thrilled to fly with this new flock even when at times it feels uncomfortable. That's the vibration of change. That's the feelings similar to early 2019 for me. I knew change had to come and while my confidence wasn't entirely developed-the budding seed of conviction had been planted. A baby doesn't run before it crawls or in this case-sits.,

Speaking of babies, I'd like to end by going back to the beginning. Often, life can feel like we- you, me, he, she, they-are walking, sitting, standing, lying alone. We come into this life alone, & we leave alone. I disagree. I disagree

because of my direct experience with Spirit guides & ancestors communicating with me in very real ways. One could say it is subtle, but in the moment the messages seem loud and clear like a flag stretched out by the wind on a blustery day. I think of how (as we discussed in the Vibration in Nature class) certain birds & reptiles experience the world differently and even interact with it at vibrational rates much faster or slower than ours. Ancestral connection or remembrance is exactly that. The signs are all around us, if we can slow down and stretch time enough we may see (hear, feel, know) them. As a person who is very go go go, I have found immense value and re-connection in just sitting, doing nothing. When the wrinkles of time are smoothed out by stillness or perhaps a “simplified vibration” (as even in stillness everything is for always changing), we can allow for faster vibrations to reach us. Veronica, consciousness elevator of the YouTube Channel, The Wholeness Shift (<https://www.youtube.com/watch?v=9StlAgZle7Q>), said something that really stuck with me for years. In the video linked above, she speaks about using a pendulum and suggests that for our ancestors to communicate with us through the pendulum, we must first raise our vibration to meet the compensation of them lowering theirs to meet us. This makes a lot of sense when you think about how lower vibrations have longer wavelengths and take more time to travel between each peak and valley, & higher vibrations the opposite. Because of this wisdom, I only turn to my pendulum after meditating & giving gratitude (the highest vibrational frequency according to Hawkins scale of Consciousness). Maya Angelou in the poem “Our Grandmothers.” said it best when she voiced “I come as one, but I stand as 10,000.” Knowing and embodying the fact that we all have legions of ancestral bloodline standing with us every second of the day, seen or unseen, is an uber powerful vibration that stands the test of time. Ancestral vibration is the most confidence, conviction, self certainty, & intuitive building vibration that I can think of. It is also what I have been called to further step into moving along this path in this life & I am devoted to deepening my knowledge, techniques, and connections related to the past lives/ancestral space.

Ultimately, I hope that you can see how music, mantra, movement, and ancestral remembrance provide vibrations of that which can make you feel stronger within yourself. You are never alone and these facets of life are here to be used, played with, questioned, loved, considered, felt, & experienced by you. In general, it’s a weird world out here and some days do get pretty dark & stormy, yet continuing to show up for yourself and using the above techniques and tools will not only restore your strength, but restore the strength of those around you who witness your love. And as the solar plexus is the sunny, fiery, center of our subtle bodies, I’d like to part ways for now with the following quote:

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is light from within."

Elisabeth Kubler Ross

-Zahra Musgrave-