

Vibrations of Your Thoughts and Emotional Energy

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Summary

Matter vibrates, sound is vibration therefore sound effects matter. Our thoughts, minds, and words carry vibrational frequency and they impact our world.

Thought, energy, and language connect together in intricate ways. Sounds and language express thoughts. The thoughts we think and the words we use can impact our world. Our words carry vibrational frequency.

These vibrations generate electromagnetic energy, which can affect our cells and on a bigger level, how our body functions. The vibrational frequencies are affected by our thoughts and emotions. On the other hand, manipulating these vibrations can also affect how we think, how we feel, and even our physical health.

Today, researchers agree that babies go through a period of pre-linguistic thought. A small child has thoughts but no words to express them. The connection to thought and language develops through the cognitive stages of a child's development. As a child develops, he or she constructs meaningful words. A sound without meaning does not qualify as a word, yet each sound carries a vibration ranging from high to low.

Sanskrit, a precise and unambiguous language more than 3,500 years old, has been called "the language of sound." When scientists at NASA worked on creating a precise artificial language suitable for their computers, they found Sanskrit to be the only completely unambiguous human language. Scientists learned that Sanskrit words carry remarkable power in the energy/vibrational field.

According to Jonathan Goldman, every chakra has a sound. In his book "The Power of Harmonics", he explains the scientific and spiritual

viewpoints about how to use the transformative power of sound for healing on the physical, emotional, mental, and spiritual level.

But how do we measure our emotional frequency?

Dr. David Hawkins developed a work called “The Map of Consciousness” which is detailed through his book ***Power versus Force***. Dr. Hawkins divided human consciousness into 17 stages based on vibrational frequencies, which are measured via kinesiology. Based on Dr. Hawkins’s research, our muscle’s response to stimulus differs in frequency depending on whether the stimulus is perceived as positive or negative, as well as truth or lies. Frequencies, as we know, are measured in the unit Hertz, 1 Hertz (Hz) means there is 1 vibration in 1 second, and 60 Hz means there are 60 vibrations in 1 second. In Dr. Hawkins’s Map, the lower the vibrational frequency, the more destructive or negative the energy is. Dr. Hawkins performed this muscle test to various conditions to measure different extremities and as a result, he developed ***a Map of Consciousness*** consisting of 17 different levels or scales, which I will discuss below.

Shame(1-20hz)

Considered the lowest level of emotion and consciousness, someone that experiences shame has low self-esteem and is humiliated and paranoid. In short, he/she is feeling miserable.

Guilt (30 Hz)

At the level of guilt, the self is viewed as unworthy, pitiful, contemptible, and unlovable, consumed with self-recrimination, victimhood, and sin, provoking rage against self and others, and leading to physical and psychosomatic illnesses.

Apathy (50 Hz)

A feeling of hopelessness and helplessness. One is actually reaching out for help from others but doesn’t know how to express it.

Grief (75 Hz)

Dominated by regret, loss, and sadness, often manifesting as depression. Considered a higher level than apathy since we feel something with some energy despite being dominated by negative feelings. Failure is accepted as the normal state of life, and a loss of friends and family is common. According to Dr. Hawkins, hatred is a common effect at this level, including hatred of oneself, the world, and even of God.

Fear (100 Hz)

At the higher end of the ego commanded self a sense of dread, doubt, anxiety, hesitation, and distress runs much of the self. Centered around worry and anxiety. Various stimuli can cause fear, like fearing rejection, failure, uncertainty, challenges, and so on.

Desire (125 Hz)

Centered around greed and sometimes, addiction. At this energy level, we pursue our ambitions sometimes unhealthily, leading to the feeling of never being satisfied. Since the energy field is never fulfilled, a sense of chronic dissatisfaction and feelings of incompleteness prevail. These feelings of lack lead to compulsiveness, addiction, frustration, envy, and jealousy resulting in rivalry, seeking prestige and status, and an endless desire for possessions, where money becomes an end in itself.

Anger (150 Hz)

Hate is the main emotion at this energy level, which often produces aggression. Anger can also express itself as frustration and resentment.

Pride (175 Hz)

The highest level of destructive energy, and while it's no longer as destructive as the frequencies below it, pride is dependent on external possessions and conditions, so it is fragile and you can easily move down to lower frequencies when these external conditions are no longer there. Pride often produces arrogance and denial and can cause one to be too demanding to oneself and others.

Courage (200 Hz)

Courage is the threshold to enlightenment; a defining moment for every human. People with this frequency level will view life as exciting and full of opportunities. In short, this is the level when one starts to feel empowerment, marking the active pursuit of growth, and the person is now able to act to deal with various situations and challenges accordingly.

Neutrality (250 Hz)

Neutrality is a level of flexibility, non-judgment, and wellbeing, where the self rises above dualities and positionalities. This energy level marks the beginning of inner confidence, people here can stay happy in an objective way without being attached to possessions and situations.

Willingness (310 Hz)

In this willingness energy level, one is open to trying new things, which often leads to rapid acceleration of growth in various areas. Many people with this energy level perform very well in their careers since they can channel their energy in the best way possible and overcome their inner resistance in achieving growth.

Acceptance (350 Hz)

A complete capacity to live harmoniously with life is the characteristic of this level. People will start accepting that they are the ones responsible and in control of their own destinies, opening up possibilities for major transformations. At this level, we are now aware of how to discern limiting beliefs and how to position ourselves above limiting situations and conditions.

Reason (400 Hz)

According to Dr.Hawkins, this is the level of most of the great scientists, thinkers, writers, artists, and philosophers who introduced paradigm-shifting understandings to the world. This level is marked with rationality and intelligence, and the individual is able to process information objectively to reach conclusions. The individual leads a meaningful life, but it's possible to fall into the trap of over rationalizing from time to time.

Love (500 Hz)

Unconditional love. This level is forgiving, nurturing, and supportive of life. Love emanates from the spiritual heart, allowing for accomplishing great feats due to its pure motives and power. It is unconditional, takes no position, and thus rises above separation and positionality. According to Dr. Hawkins, only 0.4% of the population ever reaches this level.

Joy (540 Hz)

Increasingly unconditional love becomes experienced as inner joy that is constant, consistent, and unaffected by external events. The individual has achieved an inner joy that can radiate to produce notable effects on others. At this level, the individual has merged with the divine consciousness, and near-death experiences can temporarily bring people to this stage.

Peace (600 Hz)

Only attained by 1 out of 10 million people, according to Dr. Hawkins, the individual has achieved transcendence, and there's no longer any distinction between the observer and the subject.

Enlightenment (700-1000 Hz)

The pinnacle of consciousness, only the greatest people in history (Buddha, Jesus, Krishna) have achieved this emotional energy level. This is the ultimate state of self-realization and total cessation of the self as it merges back into the ultimate Self. There is no longer the experience of a separate self, rather an identification with Consciousness and Divinity. The peak of the evolution of consciousness in humans. This is the level of the prophets and messengers, and the great spiritual guides and teachers of mankind.

Our thoughts and words co-create our reality. "Everything is created twice," first through thought, and then in physical reality. Everything you have ever held, used, or seen was first thought before finding its way into the physical realm. Therefore, all expressed language, whether through self-talk or conversation with others, co-creates our destiny. The language used

intentionally and mindfully enhances our ability to access and develop our intuitive and psychic awareness.

Emotions = Energy in motion.