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VIBE HIGHER: THE POWER OF OUR BELIEFS

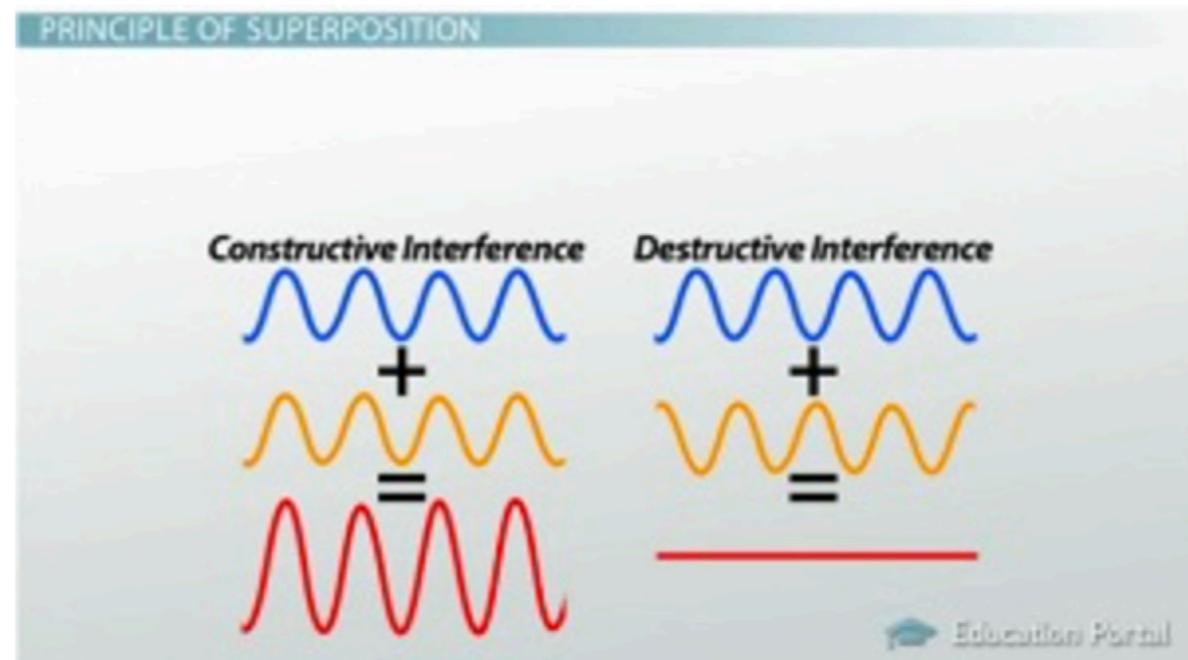
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“Out beyond ideas of wrong doing and right doing, there is a field. I’ll meet you there. When the soul lies down in that grass, the world is too full to talk about. Ideas, language, even the phrase “each other” doesn’t make any sense. The breeze at dawn has secrets to tell you. Don’t go back to sleep. You must ask for what you really want. Don’t go back to sleep. People are going back and forth across the doorsill where the two worlds touch. The door is round and open. Don’t go back to sleep.”

-Rumi

Our ideas and thoughts are powerful. We actually create vibrations when we broadcast thoughts from our brains. The thoughts our brain broadcasts operate as a sophisticated tuning fork creating either constructive or destructive waves in the environment around us. These are basically what we might call good or bad vibes. A constructive interference is when the crests or troughs of two interfering waves meet and their amplitudes add together. It’s opposite is destructive interference, when the crest and trough of two interfering waves meet, one amplitude subtracts from the other and the waves flatten. A simple way of thinking about this is when you meet someone and you just “click”, you are in a groove with someone, lifting each other up. As opposed to when you feel depleted in the company of another, may appear as one person taking advantage of another. This is one of nature’s ways of letting us know that we’re in the right place, or not. As quantum physics teaches us, we are all energy, everything is energy.



The results when adding constructive and destructive interference



B E L I E F

Our thoughts are a byproduct of our beliefs. OMG, and where do these come from?

Before we dig into that, here is what we know about the conscious and sub-conscious parts of the mind, and which one is running the show. Knowledge is power, people.

The **conscious mind** is the seat of our personal identity, our wishes, desires, aspirations.

“Neuroscience research tells us that because of the conscious mind’s ability to flit from thought to thought, humans, on average, use their personally creative conscious mind to control their behavior-regulating cognitive activity about 5% of the time. By default, the remaining 95% of our cognitive activity is controlled by previously acquired programs downloaded into the subconscious mind.” *The Honeymoon Effect pg. 74*

The **subconscious mind** is a data-bank for everything, which is not in your conscious **mind**. The subconscious mind has a much more powerful influence on our behavior than the conscious mind.

“The conscious mind’s prefrontal cortex can process and manage a relatively measly 40 nerve impulses per second. In contrast, the 90% of the brain that constitutes the subconscious mind’s platform can process 40 million nerve impulses per second. That makes the subconscious mind’s processor 1 million times more powerful than the conscious mind’s”.

The Honeymoon Effect, pg.75

So what is in this subconscious mind? The subconscious mind is primarily a playback/recording mechanism that expresses little creativity and has no sense of time. It is always in the present moment, and is not concerned with the future. It stores your beliefs, your previous experiences, your memories, your skills. Everything that you have seen, done or thought. It is your guidance system.

Programming Beliefs In Utero and Post Utero

“In the wake of the epigenetic revolution and new science revealing that environmental signals control gene expression, we now know that the developing fetus is influenced by more than just the nutrients in the mother’s blood. Maternal blood also contains a vast array of “information” molecules, such as the chemicals, hormones, and growth factors that influence and control the mother’s emotional and physical health.” *The Honeymoon Effect*, pg. 77

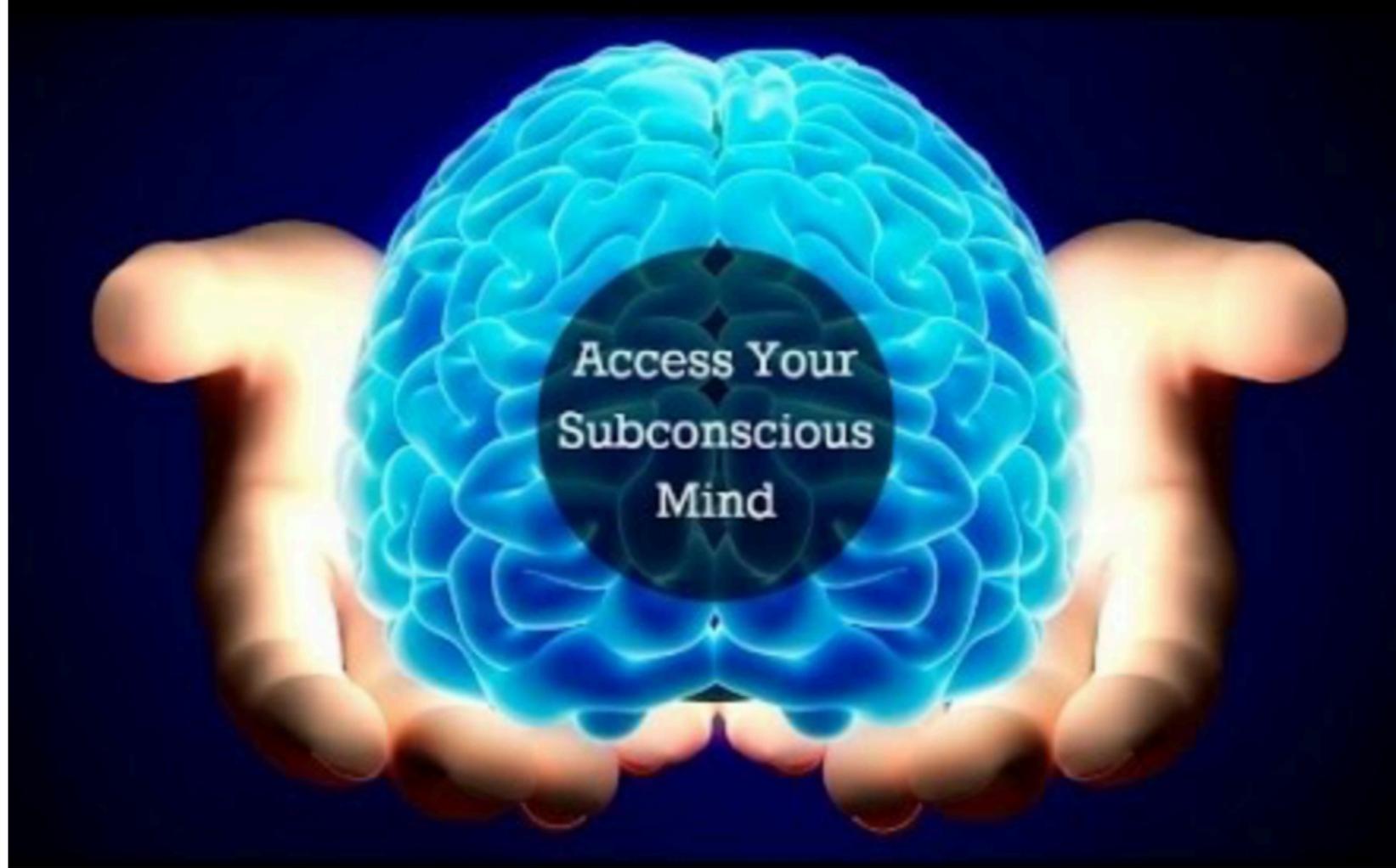
Basically this means that we, our genes, are affected by our environments. The programming in utero happens when the fetus reacts strongly to the environment provided by the mother and influenced by the father. It not only responds, but it acquires a memory of these chemical cascades which becomes the downloaded emotional soundtrack for their behavior. After birth the child goes about creating life experiences that are in time with that beat.

The brainwave state of a fetus in the womb and a new born (first year) is predominantly .5-4Hz, which would be delta waves, the slowest waves. From ages 2-6 the predominant wave is 4-8Hz, which is theta waves. This vibrational frequency is associated with being in a state of imagination. This is why children have such an easy time living in their imagination! It is where they are living. Theta is also the state associated with hypnosis, during which information can be directly downloaded into the subconscious mind! The programming Post Utero happens for children in this brain wave state. They are recording vast amounts of information they need to survive in their environments. Because they are not also operating in the alpha, beta, or gamma states, they do not have the ability to *consciously* evaluate the information. It is just downloaded Amazing.

To recap, the subconscious mind is driving 90% of the time! From the ages of 0-7 our brains are mostly in the theta wave - the dream state, imagination state. We have downloaded many of our beliefs (based on the environment around us) between the ages of 0-7, like a computer download, because our brains were in this state. It was while in this theta state, and because of this theta state, that we downloaded all this information really rapidly.

What does that mean for us? That even if we want and desire certain qualities about ourselves or our lives, this does not automatically get integrated into the subconscious mind. This explains why we can sometimes struggle with manifesting a desire. It gets sabotaged by a belief in our subconscious mind. On top of that, it’s SUBCONSCIOUS, so we don’t even realize what’s happening. We just berate ourselves for not succeeding, improving, changing. The hidden subconscious may look something like this: someone (because others can see this) says that you are just like your father or mother - you protest, no I am not! Because you don’t see it, but it is there. Others see it, and they help us to see it so that we can BEGIN to choose and change our beliefs, and get off auto-pilot. I have been working with positive thinking and I’m finding that there can be days when it’s just not working. It’s not sticking. This is the subconscious, and it’s not just a matter of positive thinking. Sure, that helps! But to truly change the patterning of the subconscious mind, we need a new habit, a repetition, a practice. Interestingly we already have many habits, it’s just that they are connected to beliefs that are not our own, not consciously chosen by us. Maybe its a habit of self doubt, seeing limitations, self sabotage, fear, maybe it’s racism. We need to override these with a new habit, a new belief.





There is hope!

Studies have shown that there is a plasticity to our brains and we can in fact create new pathways for new thoughts. And in turn, new vibes. The best time to reprogram our subconscious mind is when our brains are back in that theta wave, where it all started. As we become adults we move through many brain wave states during the day, landing in the theta just before sleep and just upon waking. This state can also be achieved through meditation, repetition of mantra, hypnosis, listening to music and binaural beats. It is when we are in this brain state that we can reprogram and upgrade our beliefs. We can reprogram our subconscious mind to be in sync with our conscious desires. In addition, a practice of mindfulness can help to track our thoughts, to get out of auto-pilot. You could start by paying attention to where your mind goes while driving. See where they wander.

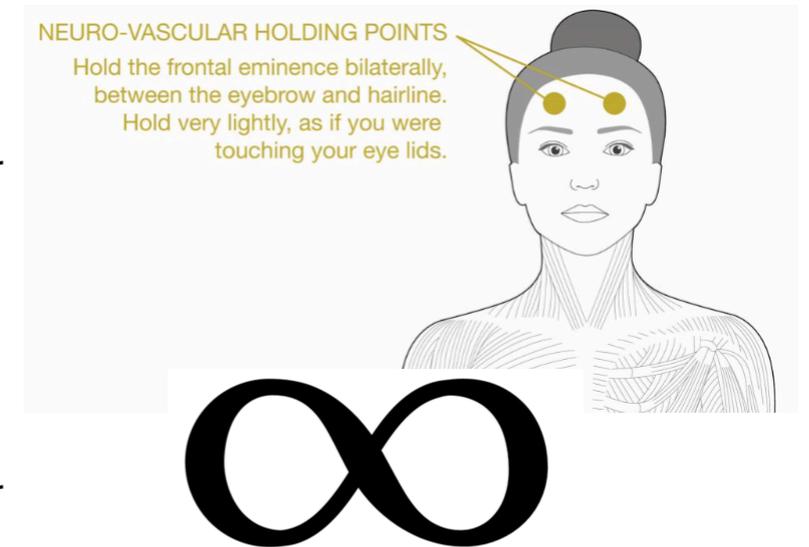
Being that we are all energy, this type of change is inherently shifting our energies. So I suggest a two-fold process: One is to create new thoughts using different techniques while in theta. The second is to get the energies to flow. As Donna Eden says: "If your energies are freed for healing and creativity, your mind will follow." We can move towards a life and a world that is not bound by beliefs we never chose, and consciously create a life that is more joyful, more beautiful, more abundant, unlimited, and maybe even free us from prejudice.

"The need to reprogram our fields of habit has never been more urgent. No longer can we keep up in today's world by thinking as our parents thought, by believing what they believed, or by acting as they acted." *Energy Medicine, Donna Eden*

ENERGY MEDICINE REPROGRAMMING TOOLS:

- 1. Defusing Traumatic Residue:**
 - A. Holding Your Neurovasculars.** Bring fingers to the neurovascular points on your forehead and rest. You can also lay one hand on your forehead and the other at the back of your head, opposite. This creates an energetic link between front and back parts of the brain, brings energy to the hypothalamus and sedates the kidney meridian fear points.
 - B. Eye Pattern Release:** While thinking of a stressful memory, cluster the thumb and first three fingers, holding 6-12" in front of bridge of nose, make a sideways figure 8 pattern. Starting upwards and to the right, as high and wide as possible while still having them in your field of vision. Follow with your eyes.
- 2. Programming in a Positive Feeling:** Connect with a feeling of gratitude or recall a wonderful memory. Tap your 3rd eye with your middle finger. Tap the positive feeling into this spot. You are sending a message into your nervous system and into your habit field.
- 3. Changing a Physiological or Psychological Pattern:** The Temporal Tap. Tapping around the temporal bone, beginning at the temples and traveling around the back side of the ears. This makes the brain more receptive to learning while temporarily suspending other sensory input. It also sedates the Triple Warmer - which governs your bodies habits. Identify a habit or attitude/emotion you would like to change, describe it in a single sentence - a statement that you would like to be the truth in the future. Make it into a positive and negative statement. IE: Under pressure, I stay calm and centered / I no longer get stressed under pressure. Starting on the left, tap with the left hand from front to back 5x, stating the negatively worded statement. Repeat on the right side, tapping with right hand, this time use the positively worded statement. You can repeat this several times per day. The more you tap the affirmation the stronger the effect on your nervous system and field of habit.

EXTRA FOR THE TIMES: Sedating the Triple Warmer, when you are feeling overwhelmed or crazed: Tracing the Triple Warmer Meridian backwards. Place the fingers gently on the eyes, gently move to the temples, hold for one breath. On the inhale, slide the fingers up and around the ears, smoothing skin, maintaining pressure. On the exhale press them down the side of your neck and hang them on your shoulders. Push the fingers into your shoulders and when you are ready drag them over the tops of your should and to your Heart Chakra, one hand on top of the other. Hold for several deep breaths.



Note: I want to give some context for my choice to change my topic for this paper (very last minute). I live three blocks from where George Floyd was murdered by the police on May 25th. Since then I have been down to the corner of 38th and Chicago everyday. To leave flowers, to pray, to be among the community, to witness the amazing strength and resiliency that exists. I have marched. I have boarded up some of our clinics windows and spray painted them with "Black Lives Matter" and "Justice for George", and "Stop Killing My Neighbors". Tanks have rolled down my street, threatening peaceful protestors. People have been shot with rubber bullets on their porches. All the while white racists have flooded my city, burning down PoC businesses, grocery stores, gas stations, banks, pharmacies - all things these same communities need, and then blamed them for the destruction. I have received threats to burn my business and home down because of my signs. Very little sleep as we wonder, when? It's a perfect time to check our beliefs, get off auto-pilot, to stop compartmentalizing so that white folks (like myself) can feel more comfortable, to find out what our truth sounds like and speak it. Embody it. Heal.

References:

The Honeymoon Effect and Biology of Belief; Bruce H. Lipton, Ph.D. (and all his references)

Energy Medicine, Balancing Your Body's Energies for Optimal Health, Joy, and Vitality; Donna Eden

Other resources:

Emotional Freedom Techniques (www.eftfree.net)

You Can Heal Your Life, Louise Hay

Change Your Thoughts - Change Your Life, Dr. Wayne Dyer

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