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April 29, 2018

MIND OVER MATTER

The vibration of thoughts and how we manifest

Have you ever felt like your mind and the reality around you are in sync? After paying close attention, I've noticed that shifting my thinking, will change the outcome of my life. It's no accident that positive and grateful people attracts more positive situations to be grateful for. Have you ever thought of someone you haven't heard from in a while and shortly after received a phone call from them? Have you ever found a piece of furniture in the street or was offered a gift randomly which you were just talking about buying? It all happened to me and for the longest time I've been interested and have been exploring the Law of Attraction, self fulfilling prophecy, and manifestation. I'd like to share with you what I've come to realize from my own experience, my research, and of course, our instructors this last semester at the Globe Institute. I am going to focus on the vibrational field we are all apart of and how our thoughts or absence of thoughts plays a part in it.

More and more people are starting to realize the *direct impact that their mind activity have on their reality*. Our minds generate vibration that is constantly at work. Our thoughts and feelings all have frequency, just like sound and light, radio or ultraviolet waves, a thought vibrate through the mind and whether we're aware of it or not, our thinking manifest into reality. Some people become adept at mastering their thoughts and most people can develop awareness and control over their thinking processes. With the right mindset frequency, it is possible to manifest happiness, joy, health, wealth, freedom and transform reality in a tangible form.

Nikola Tesla once said, *"If you wish to understand the universe, think in term of energy, frequency and vibration".* Everything vibrates; the earth, the sky, the wind, fire and water all vibrate and have their own unique frequency. Our physical body, our organs, blood, all animals, trees, flowers, rivers, the ocean, stones, crystals, metal all vibrates. The Law of Vibration states that *anything that exists in our universe, whether seen or unseen, broken down into and analyzed in its purest and most basic form, consists of pure energy or light which resonates and exists as a vibratory frequency or pattern*. Everything in our world is made out of the same building blocks and when breaking down all matter, science has found energy vibrate in different frequencies. In addition to the fact that everything vibrate, all matter that seems solid (or liquid or gas) is actually empty space. The electrons, protons and neutrons in the atom are in constant motion (vibration). The physicist Albert Einstein says *"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get into that reality. It can be no other way. This is not philosophy, this is physics."*

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Some people call this The Law of Attraction or The Law of Vibration, it really doesn't matter what we call it, as long as we are aware of it and respect it as a universal law, just like we understand and respect the law of gravity. We already know about the law of resonance in which *the stronger, most stable frequency will overcome and entrain a weaker frequencies to vibrate in its own frequency*.

"Very basically put, the law of attraction says that like attracts like. But we're talking at t level of thought." says the author Bob Doyle. Our thoughts, the images, and conversations we're having in our minds hold a certain vibration. John Assaraf, Entrepreneur and life coach who helped millions change their lives for the better and manifest their hearts desire, says *"What most people don't understand is that a thought has a frequency. Every thought has a frequency. We can measure a thought. And so if you're thinking that thought over and over again or if you're imagining, in your mind, having the money that you need, building that company, finding your soulmate. If you imagine that, you're emitting that frequency on a consistent basis. Our job as humans is to hold onto the thoughts of what we want, make it absolute clear in our minds what we want and from that we invoke one of the greatests laws in the universe, and that's The Law of Attraction. You become what you think about most but you also attracts what you think about most."*

Dr. Joe Vitale MSC. D, Metaphysician says *"Thoughts are sending out that magnetic signal that is drawing the parallel back to you. See yourself living in abundance, and you will attract it. It always works, it works every time, with every person."*

The Law of Attraction works just like the law of resonance or the law of gravity, it is always at work. Whatever we're thinking about, we're attracting to our lives, our lives right now is a direct result of our thinking and unconscious expectations from the past. It is essential for our well-being as human to spend time thinking positive thoughts, simply visualize what we want to experience, imagining the feeling of how we want to feel and sent out that vibration to the universe.

Constantly generating negative thoughts and not knowing why life keep manifesting negative situations, is just jumping in the air and expecting to fly. Humans can't fly, gravity is pulling us in just like a strong vibration transforms all other vibrations in it's vicinity into its own frequency.

The term "Self-Fulfilling Prophecy" was created by a sociologist name Robert K. Merton, in 1948. Merton described it as a prediction we make that affects our behavior in such a way that we make the prediction happen. The philosophy behind this concept suggests that our conscious as well as our subconscious thoughts impact our mind-set behavior and the behavior of the people around us. As a result, these thought processes influence the future outcome of our life events. A classic example of

self-fulfilling prophecy is in a school environment. Teachers have a profound role in guiding their students toward success, when their attitude toward the student is positive. At the same time, when a teacher has low expectations from a student, that student will most likely realize the teacher's expectations and fail. Self-fulfilling prophecy can be influenced by others, but it is often personal. We make predictions about ourselves that impact our own behavior and outcomes. For example, when facing a new challenge in life, if approached with confidence and expect to succeed, we'll most likely will. However, if we have a strong belief that we will not be able to handle the responsibilities, this will negatively affect our mood, create a bad attitude, and you will most likely be less successful. No matter what we think about ourselves or about others - we are right because we will manifest it.

In his book The Power of Now, the author and spiritual teacher Eckhart Tolle teaches how to raise our vibrational frequency by turn off thinking completely. Eckhart explains that the mind absorb all consciousness. "Compulsive thinking has become a collective disease." Eckhart states. He calls to reclaim consciousness back from the mind by practicing inner body awareness.

Simply feel the body from within as one energy field, this practice will free vast amount of consciousness that has been trapped in the mind. "The key is to stay in permanent connectedness with your inner body, to feel it at all times. This will rapidly deepen and transform your life. The more consciousness you direct into the inner body, the higher it's vibrational frequency becomes. Much like a light that goes brighter as you turn up the dimmer switch and so increase the flow of electricity. At this higher energy level, negativity cannot affect you anymore and you tend to attract new circumstances that reflect this higher frequency." Eckhart explained. By keeping the attention in the body as much possible we will be anchored in the now, won't lose ourselves in the external world and won't lose ourselves in the mind. Thoughts and emotions, fears and desires may still be presents but they won't have the momentum to take us over.

Some people reports feeling uncomfortable when practicing inner body awareness, most likely this is due to as a lingering emotion that we were probably unaware of until we started putting some attention in the body. "Unless you first give it some attention, the emotion will prevent you from going deeper into the body. Attention is the key to transformation, it is like a beam of light. The focus power of our consciousness transmutes everything into itself. In a fully functioning organism an emotion has very short little life span, it is like a momentary ripple or a wave on the surface of your being. When you're not in your body, however, an emotion can survive inside you for days or weeks or join with other emotions of a similar frequency that have merge and become the pain body."

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Awareness of the inner body has the power to transmute negativity in the body into light and by performing this spiritual cleanse, we raise our vibrational frequency. When vibrating in a higher frequency we also slowing down the ageing of the physical body. As soon as your habitual state changes from being out of the body and trapped in your mind to being in the body and present in the now, your physical body will feel lighter clearer, more alive. As there's more consciousness in the body, it's molecule structure actually become less dense. More consciousness mean a lessening of the illusion of materiality. We feel the vibration that we are and have a deeper connection with the world around us. We experience oneness.

The body loves our attention and the art of inner body awareness is also a potent form of self healing. "Most illnesses creep in when you're not present in the body. If the master is not present in the house, all kind of shady characters will take up residency. When you inhabit the body, it will be hard for unwanted guest to enter." Says Eckhart and add that our psychic immune also enhanced when we're in our body and protects us from the negative mental-emotional force field of others which are highly contagious. Inhabiting the body protects us not by putting up a shield, but by raising the frequency vibration of our total energy field so that anything that vibrate at a lower frequency such as fear, anger, depression doesn't resonate with our higher, clear and, stable frequency.

This next meditation is recommended by Eckhart to practice last thing at night before falling asleep and first thing in the morning before getting up: flood your body with consciousness. Close your eyes, lay flat on your back, choose different parts of your body to focus your attention on briefly at first, hands, feet, arms, legs, abdomen, chest head and so on. Feel the life energy inside those parts as intensely as you can. Stay with each part of 15 seconds or so then let your attention run through the body like a wave a few times from feet to head and back again. This need to only take a min or so after that feel the inner body in its totality as a single field of energy. Hold that feeling for a few minutes. Don't worry if occasionally the mind drew you into thinking, as soon as you notice this is happening, just return your attention into the inner body.

As human, we have free will, the ability to be the watcher and observe our thoughts, become consciousness and by doing so we're enter the state of *being*. By observing our thinking and practice inner body awareness and gratitude we will free ourselves from pre-programed mind reaction to the world around us, we will be able to feel our emotions fully and let them go easily, we will be able to choose our experiences. We will use our mind when we need it, rather than let compulsive thinking and out-of-control emotions run our lives. We can change our frequency and our entire reality when we can raise above our thinking and learn to use our mind as the powerful tool that it is and remember it is just a tool, that we, as consciousness can use.

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“Think positive thoughts” is what we all heard from Peter Pan when we were kids. As far as I’m concerned, this won’t give us the ability to fly and stay young forever, but who knews? What I am confident about it that positive attitude, gratitude and believing in ourselves can change our reality in a tangible way. We all hold the power within ourselves to manifest our life experiences and influence our future when we realize that all we are is vibration. Humanity have the power to transform it’s vibrational frequency and I believe that each person can create their own reality.