

How Vibrations Affect Us

Everything in the Universe, whether solid, liquid or gas, is vibrating energy. Each thing in existence, including our emotions, thoughts and actions, has its own, unique vibrational fingerprint.

Our vibrations not only affect others, they act like a magnet which attracts, in equal measure, similar vibrations. So, for instance, angry, cynical or pessimistic thoughts or emotions will attract, in equal measure, people and/or circumstances with similar vibrations; happily, the same is true for loving, positive thoughts or emotions.

Just as light and sound each has a range of vibrations from low to high, so do our thoughts and emotions. Fear-based thoughts and emotions are at the low end, and love-based thoughts and emotions at the high end of the vibrational scale.

Higher vibrations consume and transform lower vibrations. By assimilating higher vibrations we automatically raise our vibratory patterns. In so doing, we increase our light, consciousness, wisdom and higher powers. In other words, the higher our vibrations, the quicker we grow spiritually.

Quantum physics now agrees on the workings of a law known in the East for thousands of years as the law of vibration.

In physics, vibration is the speed of oscillation, the speed at which something moves back and forth. On the atomic level, vibration can be understood to be the speed at which electrons orbit around the nucleus of the atom. Atoms are mostly empty space. The empty space between the nucleus and the electrons is where negative energy exists. When the atoms in your body become clogged with this negativity, the electrons whirl slower and slower, your body begins to lower its vibration and resonate more with negativity and less with light.

Medical research has also discovered the effects of the Law of Vibration. Research results show that happiness promotes health and well-being, while unhappiness destroys it. The reasons, we are told, are that happy thoughts and feelings have high vibrations, while negative ones, like depression, anger or anxiety, have much lower vibrations.

What all of this means, is that if we could increase our overall vibration, lower vibrations would automatically be transmuted. It also means that people, situations or circumstances with lower vibrations cannot disturb us anymore. In other words, the higher our vibration, the greater our health and well-being. It's really as simple as that.