The Importance of Energy, Frequency and Vibration

As co-creators of our reality we are all manifesting all of the time whether we know it or do not know it, and it is impossible not to manifest as that is a Law in this Universe. Your frequency of vibration affects how you feel, it affects your relationships, how you earn money, your health and the events that you see in your life. Your frequency of vibration is of paramount importance in gaining command of your life and your circumstances.

As you believe you will receive

We are all masters at manifestation, YOU are a master of manifestation. However we are usually manifesting unconsciously and thinking that the world is acting upon us rather than realizing the world is becoming in and through us and returning to us experiences and situations that are in the same vibrational frequency as us. I shall explain more on vibrational frequency later.

To create the life we want it is necessary to BECOME what we want to experience. It is a ‘simple’ truth that what we are thinking, believing, feeling and doing is reflected back to us from what we perceive to be ‘outside’ events, circumstances and people. We find this universal law in statements such as "you reap what you sow" or "like attracts like".

I understand that becoming what we want may sound easier said than done as we are conditioned to believe it is complex. The ego mind says that it is not possible and our senses in this physical world say it is not possible. And so, many people live life believing that life is happening TO them rather than coming FROM them. This is often being confirmed in the media and in the environment around us. This is why people feel powerless in this world to make changes in their lives. They may even know the song that their Soul wishes to sing but are afraid to let it out. My work is to empower others to realize that they already hold the answers, this is what I love doing, this is part of my gifts and purpose here on this physical plane. And I know you can make changes to your life when you choose to:

BECOME THE CHANGE YOU WANT TO SEE IN YOUR WORLD
Years ago back in the early 80’s when I first learned about attracting forces and manifestation I was in fact studying and practicing the mystical traditions and shamanism. This was long before the law of attraction came into the mainstream of current thinking. I learned to match colored candles with days of the week, moon phases and planets, and to match these with oils, herbs and incense, and to match these with symbols, angels and the spoken word in order to manifest the desired outcome that I wanted. Very convoluted I have to say! But it worked. I would walk around feeling and knowing that what I desired would appear in my life and more often than not it did.

It was the equivalent of what may be called dream or vision boards that are used today in the law of attraction. The oils, herbs colors and so forth all held meaning and were all matched for frequency and vibration in order to resonate out into the Universe a desired outcome. However, the most important aspect of manifestation taught by the mystery schools was that it is necessary to feel the desired outcome and to take powerful action through word. It was not enough to envision or affirm, you had to become.

**Thought + Feeling + Action = Creation**

As my spiritual grounding matured I decided that this way of manifesting was convoluted and forced, and I no longer wished to put my power in crystals, ritual or anything else, I wanted to experience directly from my own Soul what I wished to create in my life. So I let go of manifesting through ritual, turned inside and connected to The Source of All That Is. I held my belief in Source strongly, I trusted, I lived knowing it is happening, and I manifested what I had wished for and desired. I would talk about what I was excited about, I would be enthusiastic, I held the feeling and the knowing that all I wanted would come to me, was already in my space. And it came. But as the saying goes – be careful what you wish for! I got all that I wanted but not necessarily in the way that I had expected it to be and so more learning occurred! As I say, all is message and the message for me was to stop limiting how things appear and to open up to all possibility so that my own soul could do the work for me. It took a few life lessons for me to learn to trust this!

*Stop the limitation of thinking life has to be a certain way - instead expand into the field of All Possibility and let it bring what is yours to you in the best way possible!*

And so it is that today I can speak with you and say that I know that becoming works, it has worked and is working for me and many of my clients and students. And it will work for you. Stop thinking maybe it will work and become the working.
The fact of the matter is that matter is not solid!

“Concerning matter, we have been all wrong. What we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.” Albert Einstein

Everything in existence is comprised of energy and all energy exists as and emits a frequency of vibration that is vibrated out into our Universe and returns to us what we are giving out.

We believe that matter is fixed and solid but quantum physics has found that matter is not solid, it is an illusion that remains apparently physical through a process of vibration and frequency. What appears to us as solid and physical is actually energy that has been condensed into a low vibrational frequency that translates as real and solid. It is in fact consciousness that is moving through everything, from the air that we breathe to the bodies we are inhabiting.

Consciousness is everything!

We are souls who have chosen to live in this world of matter and to experience the sensation of physical life. We have a choice to change what we are experiencing by simply shifting our consciousness, this changes the way we perceive ourselves, others and our environment and this in turn changes what we attract into our lives. Our purpose of expression is to live the authenticity of our soul and to experience the truth of the soul. The truth is that all is consciousness in differing states of energy, vibration and frequency. When you live this knowledge you begin to realize that you can create the life you desire by changing your state of consciousness and connecting with your heart’s desires which are in fact messages from your Soul. Your soul knows what you require to feel abundant and how to open to receiving and when you begin to read the messages from the life you have already created you can begin to change our life into a life you would prefer to create - this is what I call abundance. Whether the best you is experienced in being a parent, or whether the best you is experienced in being an artist, or whether the best you is created in being a corporate marketer. It matters not. You and your Soul already know what you need in order to feel the best you can feel.

What you are living today is the manifested evidence of your beliefs put into action yesterday!

It is not events, people or our environment that cause our problems, it is our interpretation of events, people and our environment, and our interpretation is influenced by our unconscious beliefs. These beliefs come from our social conditioning from birth, coupled with experiences that either refute or confirm the conditioning. We can change our conditions.

Everything, including ourselves, is energy vibrating at different speeds that allows us to experience various qualities or frequencies of living. Energy vibration contains resonance. When we attract something or someone into our lives it is because the ‘someone’ or ‘something’ is resonating with the frequency we are holding. In other words we are vibrating at the same level of existence, we are on the same ‘wavelength’.

This is why we can make many affirmations or design many vision boards, but they do not bring us what we want to create, because it is the frequency we are LIVING that is sending out the signals to the
universe about who we are, and this is what we are attracting back to us. So it is not the affirmation that we have returned to us but the same vibrational signal that we are sending. So we need to change the vibration through changing our current state of consciousness and this changes the frequency we are emitting and then life naturally flows to us and expands into the Field of All Possibility. **We shall be doing some exercises on this later in the program.**

We all talk in terms of vibration and energy. Ie. “We are not on the same ‘wavelength”, or “that person did not have the right ‘vibes’ for me”. This is because we intrinsically know that we are energetic beings that vibrate at different speeds of energy. This is why we can either feel comfortable or uncomfortable in a certain ‘atmosphere’. We are picking up the energetic vibration in a place that either resonates (matches with) our frequency or does not resonate.

*The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself.*

Carl Sagan quantum physicist

Consciousness is energy. It resides in the seen and the unseen, quantum physicists would say that consciousness is the unseen made manifest in the seen through a process of vibration and frequency which is revealed in experiencing our world as solid. Yet it is not solid, it is energy existing at a low vibration within a particular frequency band of experience. When taken into the minutest form an atom, the building blocks of the material world, exists in the unseen. We could call this consciousness. Seeing the color red is an aspect of consciousness, experiencing pain is an aspect of consciousness, tasting chocolate is a part of consciousness, thinking about what we did yesterday is a part of consciousness, breathing in the air that surrounds us is consciousness - all these different experiences are frequencies of the expression of consciousness vibrating at different speeds which gives them form for us to experience.

For metaphysicians the substance is what they call etheric, plasma or metaphysical (beyond the physical), it resides all around us in the seen and unseen worlds, what quantum physicists are now calling “the Quantum Soup”, ”The Matrix” or “the Field”. It is through this paradigm that we can begin to see how we are consciousness, spirits having a physical experience, and that we are in fact co-creators of this world together as individuals and as a collective. And as conscious beings we can create the life we want to experience.

*If you want to understand this Universe think of energy, frequency and vibration* Nikda Tesla

We are all existing in an electrical field of differing frequencies of vibration. The frequency in which we are currently existing or at least aware of in this physical experience is called third dimensional and is but one frequency of existence. I use the analogy of the radio waves often to explain frequencies. Radio waves exist in the same space and in general do not interfere with each other. In order to experience a certain radio station we need to ‘tune in’ to the radio wave or frequency of that radio station. If we look at consciousness as being able to join certain frequencies we will see that we can tune out of our current frequency and tune into a frequency that we prefer to experience. Of course sometimes there is static on the radio frequency - I see this static as the limitations we put on ourselves and our lives through our subconsciously held beliefs - more on this later when we begin to transform your limiting beliefs into a different frequency.

Like radio waves, everything around is frequency oscillating and vibrating at a certain speed which gives solidity or non-solidity to an object. It is the rate of vibration that makes a table appear solid, in reality, when broken down into its sub atomic particles a table is no more solid than the air that we breathe. So
we could also say that a table has a level of consciousness, or is made from a particular frequency of consciousness vibrating at a low energetic frequency at its ‘deepest’ levels. So the vibration of the sub atomic particles brings what appears to be solidity, and the frequency of the sub atomic particles bring quality.

So the table is ‘solid’ and so also is a glass ‘solid’ but the **quality of their materials is different**, we can say this is frequency. Which is why a singer can reach a high note on the same frequency as a glass and the glass will shatter yet the table will not. The frequency of the note is matching the frequency of the glass and the resonance becomes so perfect that the glass shatters because the sub atomic particles are responding to being vibrated at the same rate of its existence. It could be said that when we meet somebody that we have instant attraction to we are like the glass, not shattered necessarily, but we vibrate at the same resonant frequency, we recognize the notes that each is playing, we are on the same ‘wavelength’. And so it is also true for what we are creating in our lives. What we create in our lives is resonating with, or on the same wave length as, who we are and what we are living.

**We exist in worlds within worlds**

We and The Earth also exist on other levels of existence or dimensions, which is reflected in what the Hindus call the aura and chakras. We could say that the aura and chakras are different frequency expressions of our existence. For instance, our physical body vibrates at a dense slow level, we can see and feel it as apparently ‘solid’. Our mental body cannot be ‘seen’ but we know it is there as it is experienced on a different frequency as thought, it is vibrating at a different level of vibration but we remain aware of thinking. Our emotional body cannot be seen but is experienced as a different frequency of emotion. Our soul could be said to be at the highest level of vibration and frequency, it is usually not seen but experienced through our feeling state, or through our intuition which quietly tells us which way to go. Or through our excitement and passion about a certain subject that we love or direction we choose to go in. **All are vibrating at certain levels of energy vibration which allows or disallows them to tune into a lighter frequency.**

And although I speak of these as separate aspects of ourselves, they are all working together, collaborating together to make up the multidimensional beings that we are. Like a rainbow. We see the rainbow as a whole, yes it contains different vibrations within its being which are expressed as colour – different vibrations of expression – yet it is the colours brought together that make it a rainbow. We as beings of multidimensional beings of consciousness are like the rainbow.

If we want to experience a better quality of living we can raise our vibration to tune into a lighter frequency and experience a different quality of consciousness, or a lighter consciousness. How do we know this? You are aware of when you are feeling fear, this is a low frequency vibration, fear does not feel good and it affects how you perceive and experience the environment around you. It may make you irritable and stressed and this may be reflected through how you perceive and treat others or the environment around you. The world looks and feels ‘grey’ we may react more aggressively or more withdrawn. You know when you are feeling a frequency of love, this is a high frequency vibration. Love feels great we feel more relaxed and happier. When we are in a frequency of love it affects how we perceive and treat others and our environment the world usually looks and feels ‘lighter’ and we react more amenable and outgoing.
When we are hiding ourselves behind a mask or when we are doing something out of duty rather than out of desire we are living a low vibrational frequency. We feel heavy, we feel dissatisfied with our lives and with our experience. When we are following our Soul song and listening to our hearts, when we are expressing ourselves with authenticity and integrity we feel light because we are living love. We are living in a high vibrational frequency and we fall in love with what we are doing, we feel passionate about what we are doing, we love the life we are living. This is the lived experience of the different frequencies and vibrations of consciousness. We just usually take it for granted that we either feel good or we do not feel good, we do not usually think about this as having a frequency.

Again I will explain in simple terms regarding what we experience as human beings. Fear is a ‘dense’ or ‘heavy’ energy, it stops us from moving in the directions we want to move, it can literally make us feel paralyzed to do what we want for ourselves. It is disempowering. Love is a ‘light’ energy, it makes us feel good, we feel as though we can do more, the world looks brighter. We feel empowered. These are frequencies expressing through us as feeling. We may go further and say that love is a transcendent frequency it propels us forward, and fear is a descendent frequency that keeps us stuck. Love is a light transcendent frequency that allows us to be open and trusting, whilst fear is a dense frequency that closes us off from others and from ourselves. Like choosing a radio station all we have to do is tune into a different frequency in order to pick up a different channel and we do this through feeling.

If we return to frequency and vibration as sound, as expressions of consciousness, we would want to express ourselves in a harmonious way, this is a lighter way, a transcendent way, however we want to term it, it is living at a lighter level of vibration, this allows us to join a frequency that is in harmony with that vibration, In doing this life becomes more of a flow, and we live within what I call “the Peaceful Heart”. Through the peaceful heart we have the lived experience of containing The Source of All That Is within ourselves. These are all still aspects of consciousness or the source of all that is which remains a constant, we can either channel more of the source and feel lighter, or channel less and feel heavier. We can use the analogy of the light bulb, if we want a brighter light we do not look to changing the electrical current for that is a constant, we change the bulb in order to pick up more electricity and manifest more light.

All is expression of consciousness and we as spirits having a human existence are living and expressing this consciousness in frequency and vibration as feeling and thought.

In our everyday awareness we may vibrate to a certain frequency contained on earth, but the earth, like our aura and chakras, also exists in different frequency states, called dimensions. So we can take a different awareness, raise our frequency, tune in and experience the frequency of All That Is if this is what we choose to do as the Earth is contained in and expressing The All That Is.

“The cosmos is within us. We are made of star-stuff. We are a way for the universe to know itself.” — Carl Sagan quantum physicist
What are you letting into your life?

**Everything you think, feel and speak is an expression of consciousness and energy vibrating at different speeds which resonates to a particular frequency which will become your lived experience.**

These notes, or frequencies are held within all that is around us, grass holds frequencies, dogs hold frequencies, trees hold frequencies, water holds frequency because they vibrate at a specific quality of awareness and this gives them the feature of grass, dog, tree or water. So what we see and what we do not see has vibration and frequency. All is made from the same substance, whether we call that subatomic particles or whether we call that God makes no difference. It is all existing through consciousness, all expressions of consciousness vibrating at different frequencies which bring specific qualities to that object, plant, animal etc. If we take water as an example, it can express at the vibratory level of fluid, ice or steam, yet at its core it still remains water. We as human beings also express different qualities of being and in so doing consciously create the lives we want to live.

As I have said earlier, what we have in our lives is also an expression of the frequency that we are matching and resonating into our environment. This includes people you have around you, whether they are consistently aggressive or peaceful, or consistently happy or sad. All this is an indication of the vibrational field that is surrounding you. It is important to be aware of the people that you are allowing into your life as they are expressions of the frequency you are choosing to let in to your energy field and this will affect what is IN your energy field.

I work with a lot of people who are sensitives and many of my clients are like this. Sensitives or intuitives are able to feel what others are feeling, they are empathetic to others and the environment around them. They pick up the vibrational frequency that others are emitting and can go from feeling happy to feeling sad depending upon who is in their space at the time. This is not because they are inconsistent with who they are, it is because they are able to unconsciously tune into the wavelength of the person they are with or the place they are in and this affects their own feelings and thoughts.

I work as an intuitive, or what many like to call 'psychic'. I have been working with my abilities for many years as an energy worker and coach etc. And I am acutely aware of whether I am picking up other thought waves or whether I am in myself. I am blessed because I have been in this line of 'work' for a long time I am able to distinguish what is mine and what is not mine and am able to either let it go in the moment or be aware enough to leave the place I am in.

**Exercise**

**Check your System.** If you are suddenly thinking or feeling something that is bringing you down or making you feel 'out of sorts' ask yourself. Who does this belief/feeling/thought belong to? By doing this your energetic system will respond by dropping what is not yours! This is a great exercise to practice daily and you will find that your energetic system begins to clear and change frequency as you rid yourself of what does not belong to you!

I was out with a colleague having lunch the other day. I was sitting talking with her and noticed that I suddenly got acute back and hip pain. I sat for a few minutes with it and then said to her that I wanted to move to another chair. I did not know why, I just 'felt' that I needed to move. As soon as I moved the
back and hip pain disappeared as quickly as they had appeared. A vibration was being held in the chair that had obviously belonged to somebody else who had sat there previously, my system was picking it up intuitively.

We are ALL intuitive to differing degrees and we can all learn to increase our intuition through becoming more aware of what is in our vibrational field and how this is affecting the frequency we are living. We do not even need to know what is affecting us or how it is affecting us, we just need to feel what is happening and follow our intuition – even if it seems a bit crazy! As I have been saying, everything is consciousness and holds a frequency of vibration and energy. This is held in objects, people, situations and so forth.

For this reason it is important to take note of the kind of vibrations that you allow into your space. This includes the type of TV programmes you watch, the kinds of people you hang out with, even the types of music that you listen to. Listen also to the words that you speak. All of these things have an effect on the vibratory frequency you are allowing into your space and therefore what you are experiencing and resonating out into the world. As we discussed earlier this then affects what is created in your life.

Who you are choosing to BE is what resonates out into the world and this is what comes back to you in the form of physical situations, events and people

Raising vibration quickly can be done through:

**Feelings hold vibration**

- Practice feeling appreciation for what you have in your life
- Smiling! (releases feel good hormones into the system AND makes others feel good!)
- Take a moment to think of the people you love in your life
- Take a moment to think about how wonderful it is to have even the small things (I live in Indonesia and it is a blessing to have clean water!)
- Breathe deeply!
- Touch your heart with your hand and relax. Feel the connection with your Soul
- Wearing essential oils. (acts on neurotransmitters in the brain, is absorbed into body). Oils such as Rose, Sandalwood, Rose Geranium are great for mood and feel good neurotransmitters.

**Your environment is a part of your morphic field. Keep it clear and high vibration.**

Many things that have been traditionally used down the ages to raise vibration because they emit negative ions and remove positive ions. Negative ions are the feel good ions that we get when we sit by an ocean and make our bodies and minds relax and feel good.

- Music
- Smudging your room with sage or incense (releases negative ions)
- Smell (aromatherapy acts on the neurotransmitters in the brain).
- Watching a comedy (laughter is a high vibration)
- Sharing yourself with others (group activity multiplies feel good vibration)
- Meditation and mantra. (quiets the mind and relieves stress)
• Taking a walk in nature. (releases negative ions – green connects to your heart)
• Opening the windows and letting air in (let out the stale vibration let in the new)
• Lighting a candle (symbolizes letting in the light of the soul)
• Wearing crystals and having them in your living space. Crystals hold a high vibratory energy and transmit this into your home and morphic field.

**Exercise**

**Go to PDF clutter clearing**

Today we are going to do a practical exercise that will have a resonant effect on what you are creating in your life. Anybody who is familiar with the ancient Chinese system of feng shui will know about clutter clearing. As I said earlier, EVERYTHING we have around us holds a frequency and is reflecting back to you your beliefs, your feelings and the choices you are making or have made for life. It is a great exercise to occasional gather some empty boxes and put all the old clothes, items, and broken gadgets etc. that you have not used or worn for the past six to 12 months.

**All these items will hold an energetic signature or frequency which will be emitting itself into your field of experience and therefore by default into what you are creating in your life.**

**If you don't LOVE what you have in your home then it has no business being there**

Every now and again I am drawn to an object in my home that just seems out of place. It may have been with me for years, or a recent acquisition that seemed to be a good fit when I bought it but when home was not a good fit for my homes ambience. And I am not speaking of aesthetics but of feeling. When this happens I know that the object may have fitted who I was but no longer belongs in my personal space. So I give it away to someone who will appreciate it more and that it fits with. (As I live in Bali there are many people who have need of clothes and items we take for granted in the West. They always leave with a smile on their faces when I do my clutter clearing. This is a great way to raise vibration for me and for others at the same time!)

If you have items from broken love affairs, or things that hold difficult memories or flat and stale memory for you. Or if you just don't like them, **GET RID OF THEM!** They are emitting a frequency of vibration that is not resonant with who you have now become and who you intend to be.

**When you do this you are making space for new possibilities to enter your life**

**Clutter clearing - making room for new possibility to enter**

**Please read the passage below from Isaac my channel and think whilst you are clutter clearing realize you are illuminating those parts of your home that no longer serve you. This is the same with refining your frequency of vibration on the level of the Self.**

• Acquire 4 large empty boxes – you may or may not fill them. This does not matter.
• Take a look around your home starting with one room at a time.
• Really take time to FEEL your surroundings.
• Anything that does not fit put in a box.
• Take time to look in your wardrobe and cupboards. Anything that you have not worn or used for the past 6 to 12 months put in a box.
• Do the same in the kitchen, any old or unused gadgets put in a box
• Take the boxes to a charity or give to someone who needs and WANTS the items.
• Notice the energy of your home after you have completed the task!
• Take note of any changes that occur over the next two weeks that signal that there is a shift of energy in your home and in your life.

Take a moment to look at the list that I gave earlier for raising your vibration quickly. Yes these are quick and temporary fixes, but they are useful for getting in touch with how you want to feel on a long term basis and will raise the vibration of your home and your morphic field on a more permanent basis if done regularly. Of course the best way to have a high vibrational space is to stay peaceful and engage peacefully with others that share your home!

Once you have cleared your clutter, clean your home, open doors and windows and let some fresh air in, make it as bright as you can. Then either smudge it, or play beautiful music to it, or light a candle and burn an aromatherapy oil – or whatever floats your boat! See how quickly the atmosphere in your home changes into a peaceful and light energy.

It is useful to do clutter clearing every few weeks to avoid a build-up of old energies and to invite new possibility into your life.

Important Notes:

Embarking on a path of authenticity can muddy the waters

Many spiritual teachers forget to tell their students that when we embark on a path of self-development, healing and spirituality that we can sometimes meet up with what is called a ‘healing crisis’. This is where the debris of past thoughts, actions and feelings rise to the surface like oil on water to be cleared. As you refine your field sometimes things seem to be stirred up before they get better. This is why we are doing EFT and clearing exercises throughout the series.

My channel Isaac likens this to cleaning house!

“When you have been in a dark room and the sun shines in there is illumination in the dark room, the corners are illuminated, the dust is seen, the cobwebs are seen the grubbiness is seen, and there is opportunity for a clearing of this. We can put this in terms of dissolution, the dust and the grubbiness is being brought into the light to be cleared. But you are aware that there is also the experience that as you illuminate yourself there may sometimes seem to be a crisis, or more comes to light that needs to be cleaned.”
You may feel that there is a breakdown of the old order. But this is not a breakdown, it is a breakthrough! This is a positive sign, it could be likened to a shamanic experience or a rite of passage given in the mystery schools of old. We go through the trials in order to see what requires to be refined within ourselves.

“As you are refining and refining there is less of this grubbiness to be cleaned. So the more you clean house the less needs to be cleaned until you get to the point where it is a, a minor cleansing and you can get to the blessing and to the incense and to the water and to the salt and do a thorough cleansing and a more refined energetic frequency cleanse shall we say. And then as the sun shines all you see are the tiny specks of dust that are illuminated by the light, floating in the air like beads of light.”

But, yes, it is a truth that very often this is what happens. The corners are illuminated hence, yes, there can be disruption within the life and egoic self then of course begins to fight, does not want to be illuminated in this way for it is, also, a loss of control in terms of what is known. There then is the possibility of the fears arising and to clear these we need to connect to the Soul, to listen to the Soul and the messages. And usually the Soul will tell us to be still, to trust, stay in peace, for all is happening as it needs to happen. The illumination is bringing in the light, we go into the light more comes that is lighter and lighter and life becomes more refined.”

When our loved ones are not being loving

Human beings like to know that the world is predictable, we like consistency. If we go out in our car we want to be able to predict that each person driving on the road will predictably follow the rules of the road. We are like this with our relationships and others around us like to know that we are consistent in who we are.

This can cause a problem when we are making the choice to raise our consciousness and to make changes within ourselves. For suddenly others cannot predict what we are believing or our new found behaviours and this can often cause them to attempt to pull us back to our old predictable selves. This keeps everybody around us feeling ‘safe’.

Another layer to this is that others not only feel safe but they also do not have to change themselves to fit with our new beliefs and behaviours. Often if somebody in a group of friends changes, ie if someone decides they will go out with friends but do not want to drink alcohol anymore. Friends try to persuade them to drink. Why is this? Because when we change our behavior others begin to see that change is possible and that perhaps they also have behaviours and beliefs that would be beneficial to change.

We may no longer be resonating on the same vibrational level as our group of friends, our partners or our family. They also have choice to change or not to change, and often when we change certain aspects of our behavior others will fall in and change theirs also. Sometimes however this sadly does not happen and the others around us feel threatened and want to pull us back to where we were before.

Examples of this are those who live in aggressive and abusive relationships. When one changes the other will often try to pull them back into the pattern of the dance. Because if they will not come back and reenter the dance then there is no choice but to make the change also or for one partner to leave.

So another important note I would like to add:
Loving somebody does not mean you have to be with them

We are taught in our culture that if we love somebody that we should stay with them – for better or for worse. This is a belief system that has damaged many people who have stayed in relationships where they have outgrown their partners and are wanting to move on. The truth is that we can still love and also make the choice to do something different for ourselves. To live a different life more congruent with who we truly are and to live our lives according to our Soul’s composition.