

## ENERGY AND VIBRATIONS

There is a very interesting concept expressed long ago in the Vedas called 'Chitra Gupta'. It says all negative thoughts, emotions or actions have a negative impact on one's cells and our surroundings and the other way round. So also all positive thoughts, emotions or actions have a positive impact on one's cells and surroundings.

Since quantum physics is becoming more important within the scientific mainstream, there has been a lot of research about human consciousness, the impact of one's thoughts, emotions and actions on one self and our surroundings. And nowadays some of these scientists come to the same conclusion, as what was said in the Vedas.

A few scientists even claim to be able to measure the frequency of emotions in Hz. And they say that negative emotions like fear have low frequencies and positive emotions like love have high frequencies.

They say that all negative vibrations close access to a higher consciousness and their advice is: vibrate 'high', vibrate love, be love, be in joy, quickly get rid of your fears, your anger and free yourself from those emotions and thoughts which 'lower' your vibrations.

We don't know if these are the results of 'wishful thinking', or even if emotions can be measured in frequencies at all. But for sure we experience that emotions like fear give us hot vibrations and that if we are in a state of thoughtlessness we experience joy and cool vibrations. Also we know that we are able to work on ourselves with several techniques, like giving bhandans on blocked chakras, to get from a warm to a cool vibrational state. And we know that this helps us to get in the state of thoughtless awareness, which of course is a state in which we do not have negative thoughts or emotions. So many things seem to come together.

Anyway since the 17<sup>th</sup> century, science has measured and recognized the frequency of what they call vibrations (that is, vibrations per second) of our planet, and measured it at 7.6 Hz. Physicists call it Schumann resonance. This is a 'hard-core' scientific fact, since it is even used by NASA for all of their calculations.

[https://www.nasa.gov/mission\\_pages/sunearth/news/gallery/schumann-resonance.html](https://www.nasa.gov/mission_pages/sunearth/news/gallery/schumann-resonance.html)  
[https://en.wikipedia.org/wiki/Schumann\\_resonances](https://en.wikipedia.org/wiki/Schumann_resonances)

Regarding Schumann resonance, there are scientists who claim that the frequency of 'vibrations' is increasing every few years. Others say that there are fluctuations, but that there is not a steady rise.

Human beings feel comfortable and relaxed with the average frequency of the Earth's energy field (7.6 to 7.8 Hz.) However, a few studies suggest the following or similar increase of 'vibrations':

January 1995: 7.80 Hz

January 2007: 9.80 Hz

January 2013: 13.74 Hz

January 2000: 9.30 Hz

January 2012: 11.10 Hz

January 2014: 14.86 Hz

So if the frequency of the earth is really rising, human beings might have to adjust themselves to it, to remain feeling comfortable.

Now, this is the result of a particular research, and although several scientific research works point out to the same direction, we (the Sahaja Yogis) feel that it presents a bit of a 'Dooms-day' scenario. In this link below you can find other opinions on the matter, some of them in the same line of increase of frequency, but not to the level expressed in the previous research.

Here you can find the different Hz that different types of thought-waves produce

<https://www.linkedin.com/pulse/rising-schumann-resonance-raising-human-consciousness-hendriks/>.

Maybe what summarizes the whole issue in a nutshell are these words by Dr. Joe Dispenza, a quantum physicist that you have seen in a clips of science shown in the Superego presentation.

***“Perhaps we are on the verge of a great evolutionary jump. Another way to say it is, we are going through an initiation after all we go from one phase to another. Perhaps the earth is assisting us in lifting the veil initiating us to a quickening in energy and enabling us to see our true nature. Maybe when we see remember and awaken to who we truly are, human beings can finally move as a collective consciousness from a state of surviving to a state of thriving”.***