

Notes presentation Vibrations

Slide 1

Images used in this presentation emit vibrations. Check it while you watch!
The vibrations open our heart and are there for you to enjoy. Without thinking an image gives a smile on your face. Music can have the same effect.

Slide 2

Image: emits Motherly love

Slide 3

Negative vicious circle: Sahasrara not open, no vibrations can flow, no more strands of Kundalini rise as chakra's don't open and so less opening of the Sahasrara.

Slide 4

- Kundalini has to rise to open Sahasrara so your attention gets enlightened and you can feel vibrations. The Kundalini in you gives you your Selfrealisation.
- Getting your Selfrealisation is a must to feel vibrations and to get your enlightenment.
- Uluru good /cool vibrations for Muladhara chakra. The aboriginals recognize its divinity.

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- Life guide: let the vibrations organize your life.
- Vibrations balance us on all levels.
- Collective = enlightened awareness = we feel the vibrations of others in our hands.

Amazing!

Slide 6

Mount Everest in Switzerland: good for Sahasrara chakra. Check it when you are there.

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- We know that fear makes our heartbeat faster, to be able to run...
- Also pain in our body makes us more tense in our emotions
- Breathing regularly gives us a regular heartbeat. It helps us.
- The heart generates the largest rhythmic electromagnetic field. This can be measured with sensitive magnetometers, even several feet away from our heart/body!
- In short: improve your vibrations out of self interest ☺

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- Research is done by a Russian scientist:
- In tribes they know to do important things according to certain 'solar moments'.
- Stephen Sinatra M.D. is a cardiologist and discovered that walking bare feet reduces inflammation in our body, because the earth has (positive) electrons, which we absorb through our feet.

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Schumann resonance: lightning creating electro magnetic waves circle around the earth. Some of these waves create a repeating atmospheric heartbeat known as Schumann resonance

In 2014 they measured spikes up to 8.5 Hz, and some days they measured double: 16.5 Hz. Other scientists say there always have been 8 different Schumann resonance frequency levels and the base frequency is always the same (gemiddeld): 7.8!

Human beings have different brainwave frequencies: For example: delta wave 0.1 – 3 Hz, theta wave 4 - 7 Hz, Alpha wave 8 - 15 Hz, Beta wave 16 – 31 Hz Gamma wave 32-100 Hz. Scientists know that these frequencies have different effect on us, the lower ones are like gear 1+2 in a car. More day dream state. The higher ones give us the capability to think and plan. The one around 8 Hz is the neutral position of the car, we can switch from one task to another. It is the relaxed state.

- The human brain is a very sensitive electromagnetic organ

Some scientists say: Gamma brainwaves are correlated with a kind of super consciousness and awareness as well as higher amounts of love and compassion. It could upgrade our nervous system and expand our perception and awareness of reality.

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.

From Dr. Joe Spenza.

Schumann frequencies are in tune with our human brainwaves. These brainwaves are said to be linked to human consciousness. The higher the wave the higher the consciousness (?).

Some scientists are talking about a (coming) shift in consciousness, to more collective consciousness. They say the earth's electromagnetic field can influence our nervous system. Others say that we cannot measure the very high brainwave frequencies in Hz.

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Vibrations are love, they raise the Kundalini. Energy of love: quantum energy. They understand what is needed and act / do what is good for the whole.

You get the knowledge, the light, the love.

Image: vibrations shown in the picture!

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Joy is the quality of the Spirit. Image as in slide10.

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- Pure knowledge = energy like electricity. The way you feel it, you understand it, that is love. Cool vibrations tell you the truth; the Spirit is happy. Hot or absence of vibrations,

tell you something is against your ascend and against the benevolence of the whole; the Spirit is not happy.

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Paramchaitanya is nothing but vibrations, it contains everything inside: knowledge, truth, light, love. Another example of pure action is working on ourselves.

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- Massage your hair (headrub) is very soothing for the nerves.
- Rub (the back of) your hands, before you start feeling vibrations
- Trust that it works by itself, take a surrendered attitude. Things work out automatically, because the vibrations are in charge, they are the doers and enjoyers.
- Have patience with yourself. It is given to you... Take a relaxed witness attitude. Enjoy the birds, the flowers and try again next day... It has to grow.
- Explain the role of the Vishuddhi to be able to feel the vibrations.

Slide 15

We emit vibrations when we are thoughtless, the Divine takes charge. You could say we are 'online' when we are thoughtless...

Picture: Mount Kailash, Himalaya, this mountain has good vibrations for the left heart.

Slide 16

Shri Mataji Her voice, Her picture has vibrations, this is why we sit with our hands open to receive the vibrations. Don't think, just receive it / feel it.

Slide 17

- Personal anecdote: When I eat food cooked by yogis I can digest it better! So our body reacts physically on it as well. Mention Shri Annapurna mantra, to vibrate our food?
- The more detached and unconditional your love is the better it is. So when you put this love in your food / art / music, the people who receive it get lots of vibrations!
- Some art works are admired by almost everyone, this art is eternal because it has good vibrations (not fashionable). Examples: Mozart, Michel Angelo, Rembrandt, Vermeer, William Blake

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- Everything that is bad for our attention also is bad for our vibrations, because we need to be thoughtless to be able to feel them. So our attention needs to be in a silent mode.
- Attention needs to be looked after. Whenever it goes too much into any thought say: 'Oh forget it' or "Not this, not now".
- We believe/trust our thoughts and emotions, but we need to believe our vibrations!

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- Vibrations are always there, only we don't always feel it. The question is what stops us feeling the vibrations.
- We are like the microphone through which the sound comes.
- After Realisation you can be aware that your Spirit emits vibrations of peace, joy and love. So you can give peace, joy and love to others. The Spirit always emits vibrations, but people don't feel it 'normally'.
- Doubts means thinking, it comes from the mind. So you need to be thoughtless....

Slides 20 -22 No remarks