

For Nick – Increasing Vibrations

Title: Increasing Relational Vibrations through Focus and Love

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You can increase your vibrations more effectively if you know who or what you are increasing your vibrations WITH. I call this relational vibrations.

Increasing your energy level (vibrations) is not about sitting alone and exerting effort until you glow with light. You are not alone, even when physically alone. You raise your vibrations WITH your spouse, or WITH your child, or TOWARDS your garden.

You transform your vibrations WITH your job or a certain project, or ABOUT a goal you have. This is the first idea - that your vibrations are with someone or something else.

Two ways I strengthen vibrations with or toward a person is through FOCUS and LOVE.

When my 7-year old talks to me and shows me a picture, do I focus with him? If I don't, then my mind is elsewhere and my vibrations with him are not very high. I choose to forego the energy sharing I could have enjoyed with him.

On the other hand, when I do focus on him, I feel the increase of energy. I actually am happier when I focus because I am PRESENT with him. Being present is our natural state. Being engaged and involved is our natural state.

The other way I increase relational vibrations is with love. I define love as being willing to extend myself (work) for the benefit of another.

No matter what project or interaction I'm involved in, I can do it mechanically or I can do it with love. When I act with love, I keep the purpose in mind.

Whether I'm washing dishes, writing a newsletter, or planting a garden, I can do it mindlessly, or I can act with a loving intent. The loving intent gives meaning to the action, because the intent increases the relational vibrations.

Practice this everyday, because we forget.

Christopher

Christopher is the author of the Holographic Creation method of manifesting.

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