



The Law of Vibration: Everything in Motion

By Alan Seale

The Law of Vibration states that everything in the universe is in a constant state of vibration. One of the highest and most potent forms of energy is thought. Thought is electrical energy, vibrating at a very fast frequency. You may have heard it said that thoughts are things. Every thought creates a vibration, which travels out into the universe and begins to take a form.

Remember that energy can neither be created nor destroyed. Therefore, that thought was borne of another energy form, and will exist in some form or another forever. This fact means that we have tremendous responsibility for monitoring and disciplining our thoughts. Our thoughts form energy fields that travel from our mind into our world. A passing thought will receive little energy, but if the thought begins to develop and you give it attention, it begins to carry power. The more attention it is given, the more it begins to affect or shape our world and our relationship to it.

The Law of Attraction -- "Birds of a Feather Flock Together" This brings us to the Law of Attraction, one of the two subsidiary laws to the law of Vibration. The Law of Attraction tells us that like attracts like--that we will draw to us energies similar to our own, as well as similar to whatever we focus on in our thoughts. Vibrations of similar frequencies attract one another, those of different frequencies repel one another. This is why we attract to us the things we focus on, think about, and give energy to. What you think about you will tend to bring about. When you think positive thoughts, you attract positive people and circumstances to you. When you think negative thoughts, you attract negative people and circumstances. Like attracts like. Whatever you seek is exactly what you will find. You set up the expectation in your mind, and your mind will respond. The energy goes out into the universe as a thought-form or command, and you will draw the object of your thought to you.

There is a field of energy vibration called the aura that surrounds all objects and human beings. Our body's vibration creates the aura and our thoughts and how we process life experiences govern it. It is universal. Everyone has this energy field; it is not bestowed upon a special few.

The energy field vibrates at a faster rate around those individuals who function on high levels of conscious awareness. For those who are less aware and who move through life on "automatic pilot," the energy field vibrates at a slower rate. Again, like attracts like -- we attract to us whatever we ourselves project.

The Law of Change--Change is the Constant The second subsidiary law, the Law of Change, tells us that since everything is energy, and energy is in a constant state of motion, everything is constantly changing. Ultimately, change is all three is. Nothing ever stays the same. This is a challenging concept for the person with limited awareness. We all know people whose security lies in everything staying the same. Change engenders fear, because it opens the door to the unknown. People will stay in bad situations just because it feels easier or safer to them than changing--they feel that at least they know what is going to happen, even if it is bad. If they make change, they enter a world outside of their realm of experience.

For those with highly-developed awareness and a broader sense of all that life can offer, riding the waves of change is much less threatening. They are more secure in themselves and have more trust that somehow the universe will take care of them. To them, change may even be exciting, because there is always something new--a new opportunity, a new challenge, a new gift from life.

Futurist Eric Hoffer said, "In times of change, the learners will inherit the earth, while the learned find themselves beautifully equipped to deal with a world that no longer exists." The learners are those who remain engaged in and excited about the ever-evolving journey of life. The learned on the other hand, studied what they needed to know in school or learned it from parents and mentors, and would be much happier if life would stop evolving! They are much more comfortable with stability than with change. There are fewer challenges that way, but also fewer opportunities.



Questions to Ponder: The Law of Vibration What kinds of people and experiences am I attracting into my life? Am I attracting what I desire?

How do I feel about change.? Am I comfortable with riding the wave of change, or do I prefer for things to stay the same, creating as few waves as possible?

Are there shifts I need to make in my life around the Law of Vibration? If so, how can I make those shifts?

Walk in balance.