

Lesson 29: Changing Your Vibrational Signature

In last week's lesson we wrote about the importance of seeing the bigger picture of life so as to help you begin to shift your conscious awareness away from your customary little picture thinking. We did this as a part of the on-going process in our effort to teach you how to elevate your vibrational frequency which you can do by changing your thought-energy patterns in terms of how you act and react to certain conditions in your personal and collective environment. Before we begin we first want to explain to you that every human being has a vibrational signature that not only defines who they are but also defines the experiences they can expect to encounter in their lives as the result of their own thought-energy patterns. We want you to know that the type of thought-energy patterns you have been accustomed to experiencing are not set in stone; that you are not destined to a life of failures and disappointments but that you are destined for the greatest ride of your life if you will but open yourselves to infinite possibilities that can and will come into your physical life experiences by the action of changing your vibrational signature.

In 1975 the well known psychiatrist and physician, David R. Hawkins began researching kinesiological truth and falsehood responses. Dr. Hawkins based his own research on that of his predecessor, Dr. John Diamond who back in the late 70's made a startling discovery which was that indicator muscles in the body would strengthen or weaken in the presence of positive or negative emotional and intellectual stimuli as well as physical stimuli. Dr. Hawkins found that a form of communal consciousness was at work, a 'spiritus mundi' (the spirit of the world); Carl Jung referred to this as a 'database of consciousness.' Following a 20yr period of research and testing Dr. Hawkins and his research teams were able to calibrate levels of consciousness that correlated with specific processes of consciousness such as the emotions, perceptions, attitude, worldviews and spiritual beliefs. The results of the study generated what became known as the Map of Consciousness which represented the energy fields of consciousness (the map is included at the end of the lesson). Dr. Hawkins established that the balance point on the scale of consciousness was at the critical level of 200 which basically means that everything above and below this point indicates a positive or negative influence affecting the level of conscious awareness. The map indicates that self-confidence begins to emerge at the level of 250. Attaining this level of consciousness is crucial to a meaningful life or as Dr. Hawkins stated it becomes a basis for positive life experiences in the evolution of consciousness.

Dr. Hawkins found that 85 percent of the human race calibrated below the critical level of 200 and that the overall average level of human consciousness was approximately 207 only because the individuals near the top counterbalanced the weakness of the masses toward the bottom, creating the provision for an overall average. Credit for the increase in consciousness has also been given to the effects of a worldwide event called

the Harmonic Convergence. This convergence was said to be the first sign of a worldwide stirring of human consciousness. The landmark event was celebrated at sunrise on August 16, 17 and 18, 1987. The event was celebrated by hundreds of thousands of people in several countries, and was the first ever globally co-ordinated link-up of human consciousness, focused on peace and love. It is also said that the powerful 'thought-energy' generated created the matrix for many of the sudden, dramatic and otherwise inexplicable changes witnessed since then. What this means is that individuals were beginning to change their thought-energy vibrational signatures which in turn began to have a global affect. The shifting of conscious awareness was slow at first but over the years it has been steadily increasing as more and more people continue to grasp the fundamentals of being responsible and accountable for creating their own realities as opposed to blaming others for their misfortunes.

It is worth noting that the mission to raise conscious awareness in our times is not new in spite of the popularity of many self-help and New Age books as well as the movies *What the Bleep Do We Know!?* - *Down the Rabbit Hole* (c.2004) and the internet movie *The Secret* produced by Rhonda Byrne which spread around the globe in 2006. There are volumes of classics that were written back in the late 1800's through to the mid twentieth century. The authors and poets of the great classics such as James Allen, Wallace D. Wattles, Thomas Troward, Charles Haanel, William Atkinson, William James, Ralph Waldo Emerson, Henry David Thoreau, Edgar Allen Poe, Ella Wheeler Wilcox and the founder of Theosophy, Helena Blavatsky were well aware of the fundamentals and principles of becoming consciously aware mainly because the ancient eastern religions and philosophies of Hinduism, Buddhism, Taoism and Zen had reached western shores. They and many others in their time were awakened from their spiritual slumbers and were passing along their own mystical experiences just as the masters, teachers, sages and shamans had been doing all down through the ages.

In addition to the teachings of Jesus Christ, they understood the spiritual and personal benefits from the daily application of the fundamentals and principles that were taught as a way of life in the ancient eastern religious texts. This way of life included the Buddha's Eightfold Path which is described in the *Dhammapada*; the ancient wisdom of the Vedas which was a great system of thought from India; the ancient spirituality of the Chinese as taught in the *Tao Teh Ching* which provided practical guidance for living a full, natural and balanced life as well as one of the world's literary and spiritual masterpieces, the *Bhagavad Gita* which is the epic poem of the famous dialogue between Arjuna and Lord Krishna. It is known that both Emerson and Thoreau, the first two American sages, discovered in the *Gita* what they called a 'stupendous and cosmogonical' poem from the other side of the globe (India). Ultimately these authors and poets understood the benefit of changing their vibrational signatures, their thought-energy patterns, which in turn changed the quality of their life experiences.

Changing our vibrational signatures means putting an end to our old thought-energy patterns of thinking, believing and perceiving. Old paradigms are fast becoming more and more obsolete as we embrace a new shift in conscious awareness not just as individuals but collectively as well. We are moving further and further away from being led like flocks of sheep to becoming spiritually self-empowered in the sense that we are learning how to rely on our higher selves – our spiritual intuitiveness and our gut instincts. We are learning how to hear the voice of our higher selves as well as the voice of our spirit guides. We are learning how to communicate with entities in realms beyond the veil of our earthly existence and we are learning how to travel into those realms via OBE's (out of body experiences) or through meditations. More importantly we are learning how to take responsibility for our own actions as we shed the deceiving illusions of having been a victim of our circumstances or being "victimized."

Changing our vibrational signature requires changing our ideas and our ideals which generally speaking meant conforming to unrealistic standards and dogma about who we really are and why we are having this earthly experience. We are also learning that we are not isolated individuals having a physical experience in which we have nothing in common with our fellow man but that we are, in fact, a part of something much greater than ourselves – a collective consciousness in which we all affect one another. Eleanor Roosevelt was quoted as saying that *"Sooner or later we are going to realize that what touches one part of the human race touches all parts."* In addition we are learning that our current earthly experience is perhaps one of many other physical incarnations in which we are joined and/or supported by our spiritual groups. The memory of these incarnations remains with us from one life experience to another and as we are learning how to tap into the memory of those past incarnations the bigger picture gets clearer and clearer.

The goal of the Dragon of Drama website is to help you to understand the purpose for your human existence by helping you to understand the nature of your personal reality primarily because evolution begins on an individual level and then extends outward in a web-like design to include the whole of the human race. Every lesson thus far has been designed to help you become more and more aware of yourself and the role you play in creating the realities that you experience in your day to day life which ultimately becomes integrated into the experience of the collective consciousness. This is being accomplished by showing you the contrast between what you unknowingly are creating as illusions of your realities vs the realities you have the power to create for yourselves. But to do this you must change your vibrational signature which means changing yourself internally so that your own biology of beliefs is affecting you in a positive manner. Now this is not to say that every negative experience was in vain because the opposite is actually quite true. Very often we arrange certain circumstances or events to occur in our lives before we descend into this earthy existence. We do this in order to learn a karmic lesson or to resolve a karmic debt and we accomplish these goals with the

help of those who we arranged beforehand to assist us – karmic relationships. But there comes a time when the lesson or debt is expected to be learned and/or resolved and the real purpose for this physical existence can then manifest.

Changing our vibrational signatures is a necessity if we are to move forward in the fulfillment of our ultimate life purpose and continue along the path of our evolution. This means that we must shed our old ways of responding to certain circumstances and events because these behaviors are based on the emotions stored in the memory of past experiences which were all illusionary to begin with and no longer hold true as our current or future realities except in the context of our thoughts, beliefs and perceptions. This means that we must learn how to shake off our old ways of habitual thinking, believing and perceiving so that the physiology of our bodies can adapt to a new wiring, one that is objective rather than emotionally subjective. Once we learn that we never have to remain in a state of feeling emotionally victimized we can create all new realities that will take us places we never dreamed were possible that perhaps only existed in the confines of our minds where we secretly wished they would become a reality someday but we didn't know how to make them become our realities.

We no longer have to fall prey to the false perceptions others may have of us when they try to tell us we are not good enough, not smart enough, not educated enough, etc., etc. These are merely superficial expressions of their own false perceptions of who or what they believe we are – false illusions that in no way represent our true realities. They can create undesirable realities for us only if we allow them to when we willingly hand over our point of power which in turn causes us to feel victimized. But as long as we are in possession of our point of power no one can create a reality that we did not choose for ourselves. Now this is not to say that life does not have its challenges because it does but it's not the challenges themselves that makes or breaks us as much as it is how we react to those challenges especially when it comes to the involvement of our emotions.

We have talked about 'quelling' the emotions in many of the past lessons which was for the purpose of teaching you how to protect yourselves and others from the undesirable affects of emotional push. When you unleash your negative emotions you open yourselves up to a host of other undesirable experiences in terms of cause and effect. This is not to say that you should not or cannot experience your emotions but rather it is to say that you can benefit greatly from learning how to keep your emotions in balance. When you give thought to the memory of unpleasant past experiences you generally do so with just as strong an emotion as the day the event or circumstance occurred not to mention that same strong emotion has been hard wired into the molecules of your brain, organs and bloodstream which is often manifested in certain diseases. I have described in past lessons how this affects the physiology of our bodies and how the cells retain the biological memory of our emotions, thus we have a tendency to act and react exactly the same way to any situation that simulates the original experience.

When we change our vibrational signature we are scribing a new thought-energy pattern which the universe will respond to in like kind because it is a spiritual universal law. The law responds favorably to the shift in our conscious awareness as does the physiology of our human bodies. In this sense everything is connected and interconnected in body, soul and mind so what affects one affects the other just as we affect each other collectively speaking. As we learn to shift our conscious awareness we become more and more aware of the truths that exist beneath the surface of our ego-consciousness in that we can see things for what they really are and not what we perceive them to be. Perceptions are a danger when they limit us to seeing illusions of reality rather than what truly exists especially when we are viewing our past experiences which in turn affects how we will view our current and future realities. Now it is said that the future is a well of infinite possibilities which to some degree is true but this is not the entire story. The future contains an infinite number of probabilities that may or may not occur in your reality. This is because they are based on the thought-energy pattern you manifest today. So if you view yourself as being a failure today because you were a failure in the past then you will surely be a failure in the future because your self-created vibrational signature becomes the thought-energy pattern that will fuel the outcome of your related endeavors which will inevitably become your most likely to occur probabilities. Thus, the impending probability of your self-proclaimed failure is extended outward to include how and when you will fail and who else will be affected as well.

As you come to understand and integrate the spiritual fundamentals and principles of the universe in your day to day activities it becomes easier to discern how the vibrational signatures you create regardless of whether they are emotionally or intellectually generated become either positive or negative thought-energy patterns that will ultimately determine the outcome of your every endeavor. It is important to understand how your vibrational signature becomes the attractor factor in which like will attract like and thoughts really will become either desirable or undesirable things. In closing we hope that the topic of this lesson speaks to you on a spiritual level which surpasses your earthly understanding and that you will allow what has been taught in this lesson to penetrate into the fibers of your being where it will take hold and root in your conscious awareness. Should you have any questions or have something you wish to share please do not hesitate to contact us. Remember that your feedback is very important as it helps us to assist you and everyone else who might be in need of the same guidance. Your feedback also helps us to form the basis for future lessons.

Thank you,

Linda, Z and the Collective We

Resources and Recommended Reading:

Hawkins, David R., M.D., Ph.D. Power vs Force. 1995. Hay House, Inc: New York.

Fuller, Simon Peter. Rising Out of Chaos. 1994. Kima Global Publishers: South Africa.

Easwaran, Eknath. The Dhammapada. 1985, 2007. Nilgiri Press: Canada.

Chatterji, J. C. The Wisdom of the Vedas. 1992. Theosophical Heritage Classics: Wheaton, Ill.

Ni, Hua-Ching. The Complete Works of Lao Tzu. 1979, 1995. Tao of Wellness: Los Angeles.

Mitchell, Stephen. Bhagavad Gita. 1988. Three Rivers Press: New York.

MAP OF CONSCIOUSNESS

God-view	Life-View	Level	Log	Emotion	Process
Self	Is	↑ Enlightenment	700-1,000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	600	Bliss	Illumination
One	Complete	Joy	540	Serenity	Transfiguration
Loving	Benign	Love	500	Reverence	Revelation
Wise	Meaningful	Reason	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	250	Trust	Release
Permitting	Feasible	Courage	200	Affirmation	Empowerment
Indifferent	Demanding	Pride	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	150	Hate	Aggression
Denying	Disappointing	Desire	125	Craving	Enslavement
Punitive	Frightening	Fear	100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	75	Regret	Despondency
Condemning	Hopeless	Apathy	50	Despair	Abdication
Vindictive	Evil	Guilt	30	Blame	Destruction
Despising	Miserable	↓ Shame	20	Humiliation	Elimination

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