

Good Vibrations

*accentuate the positive,
eliminate the negative*

By Crystel Lyons

If you have ever given a pep talk to your houseplants, you have been tapping into the vibrational energy of that plant with the intent of positively affecting the outcome.

Studies reveal that words - written or spoken, music, gestures, pictures, even thoughts & intentions have a vibrational energy that deeply affects us at a cellular level.

In his book, *The Hidden Messages in Water*, Dr. Masaru Emoto concludes, "The vibration of good words has a positive effect on our world, whereas the vibration from negative words has the power to destroy." Let's explore some examples of this...

Spoken - An experiment done in Japan with hundreds of families showed that even an inanimate object such as rice in a jar that was spoken to kindly, sprouted and grew while the rice jar that was spoken to harshly rotted and turned black! What is even more astounding is that there was a third jar of rice, that jar was totally ignored. The ignored jar of rice rotted before the rice that was berated! This confirms that your spoken words give a vibrational energy to the recipient. Withholding your words & attention, either positive or negative, has a greater negative affect than abusive words.

Musical - Water exposed to music also told quite a story. When water was exposed to classical music, Dr. Emoto says, 'beautiful well formed crystals with distinct & delicate characteristics resulted; while water exposed to violent heavy metal music resulted in fragmented and malformed crystals.' Could that be why we don't get massages or meditate to heavy metal or rap music?

Written - Studies show that even water in plastic bottles is affected by the written word. Water from bottles with labels placed upon them that had uplifting words, such as peace, happiness & joy formed perfect beautiful ice crystals, while water from bottles that had harsh or negative words written on them resulted in deformed imperfect ice crystals. Again, what we would consider to be an inanimate object is affected by the vibration of a written word. Perhaps those big slashes of red ink on your first grade paper really did affect you in a negative way!



Prayer - The above studies focused on water, because our bodies, regardless of our stage of life, are mostly water. If negative words and thoughts can vibrationally affect water in a plastic bottle, why wouldn't they affect the water in living things? In *The Power of Prayer on Plants*, Franklin Loehr proved conclusively that prayer exerts a measurable force that dramatically affects their growth. Dr. David Stewart also tells us that praying over your food prior to consumption will raise the vibrational frequency of that food, thus making it more nutritious!

In addition, it's not just water that responds this way... In *The Chemistry of Essential Oils*, David Stewart documents that "We respond to the thought and prayers of others, whether we

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are aware of it or not and so do essential oils... Oils amplify intent & intent will move molecules of oil to where they can best serve to heal. That is why prayer and anointing with essential oils work so well when combined together."

In Arnold Hutschnecker's book, *The Will to Live*, he tells us that 'the mind does not act only through our conscious choices. Many of its effects are realized directly in the body's tissues, without any awareness on our part.' Therefore, when we are hurt, verbally abused, or even the butt of casual teasing, it causes emotional pain that resonates within the water molecules of our bodies and changes us at the cellular/core level.

Karol Truman asserts in her book, *Feelings Buried Alive Never Die*, that most ailments &

diseases today are from emotional pain that has internalized itself. When we are unable or don't want to deal with the pain of a negative experience, we tend to stuff it. Out of sight, out of mind, **but not out of body**...that negative vibration will continue to resonate within your body until it manifests itself as a physical ailment.

No one can beat you up more than you do with your own self-talk... M.J. Durkin refers to this self-talk as "your inner game." The stories we tell ourselves, the way we yell at ourselves on the inside where nobody hears it but you is what's holding you back from achieving your full potential. Proverbs 16:24 reminds us that "Pleasant words are a honeycomb, sweet to the soul and healing to the bones."

Today, we have more options for staying in touch and positively influencing other's lives than at anytime in history.... Let's challenge ourselves to make a positive difference in the lives of not only those we love, but everyone we come in contact with. We can all be lights shining brightly if we so choose. So as we pay it forward, may we find the strength & courage to be grounded, to draw upon the well of hope that burns from within our souls & make that effort to reach beyond ourselves by touching the lives of others in a positive, loving way. Like the song says... Let there be peace on earth & let it begin with me... ✨

As a Coach for Team Beachbody, Crystel Lyons works with hundreds of people nationwide, encouraging them to reach their goals of health & wellness. You can contact her at www.beachbodycoach.com/almosteden.

