

We are vibrational beings

Words don't mean that much it's the vibration that creates. The emotion.

Just as any manifestation has to be felt in order to be sent out we get our subconscious impressed with messages of vibration growing up.

So if you were told positive remarks from your caretakers in a soft and kind manner. You would accept those and build your self esteem and confidence.

But when you get yelled at! When the condescending remarks about what you've done wrong or failed at gets delivered in a higher amplitude. That vibration gets impressed into the subconscious a lot more. So if you for example were supported and praised growing up with positive remarks around 80% and yelled at with great intensity and amplitude (lots of emotion) around 20%. Those 20% make a bigger impact in building or should I say diminishing your self esteem and confidence.

A firecracker doesn't scare most people. They might jump out of their seat if they weren't ready for it. But a nuclear blast will leave fear & terror in human beings over generations to come. When you are a little child getting yelled at, is like a nuclear blast each time.

You have not yet developed a sense of distance between what you did and who you are. So the natural effect becomes all personal. If you get yelled at for what you've done wrong and in a loud and strong vibration. That's how "bad" you must be as a person, as an individual.

That's why people heal in church settings. With a lot of faith and strong positive vibrations. It's not a supernatural miracle. It's all good or bad vibes and the amplitude and intensity it carries.

Why caretakers yell and become so frustrated is because of Ego.

They feel like failures when the young child doesn't "do right".

And also from frustration because the caretaker knows how much this behavior has hindered and been a burden in the family. So they get all worked up over the child behaving "as the family curse".

We get what we focus on and this becomes counter productive in relation to something loving and supporting as this behavior only strengthens and puts emphasis on what we desire the least. To learn about this and to become proactive in the opposite direction is the solution.

And that can only come from expanding one's awareness. To actually become aware of this behavior and why it happens. This way we can learn to be more present and follow our breathing resulting in a more "here and now" presence

teaching us to handle impulses coming from frustrations. Frustration over the child picking up the family habit of behaving destructive. Like trying to control things with anger.

Words are hurtful. So they do function. But it's the vibration that goes along with it.

It's the feeling the word travels with that either builds or destroys.

We are so incredibly sensitive. Much more than most of us understand.

The vibrational information is everything. We've just become harden and material to stay tough in an environment created out of competition and fear.

But when you get away from all that you begin to realize that you are just as sensitive to vibrations now as when you where a child.

Because you are. Because you are your inner being. The same as when you where born as you are today. The eternal beings that never grows old.

That's who you are.

You might have a strong barrier of rational thinking building defense walls during the day but in the nighttime when you sleep you are that same eternal being.

Just as you are during the day behind the walls. Behind the facade.

You are like the softest most clear sound from a violin. Without anything destructive at all. Just pure love and appreciation. Like a little child.

That child doesn't really take offense. The Ego structure and personality does. That child takes things literally and accepts everything. Love or Fear. From yourself and from others. Because it has to adapt to the environment to be able to survive.

So from all this a very strong and dominant Ego is created. To be able to survive and to be able to withstand all of the offense & critic. To stay emotional in this environment would mean a certain death spiritually so naturally this will occur.

This will now be the only way of living this individual knows, from an understanding deriving from fear. That the world is hostile and we must toughen up to get by and to succeed in anything. This will also if not transformed and transmuted be the only understanding they can give to their own children, thus repeating history all over again.

Screaming, yelling and blaming. Judging and hurting. From never being taught how to love and how to support using tenderness and kindness. And simply never raising their voice other than when supporting & cheering for great efforts and personal development. But it's hard to give away something you do not have. Like being tender, kind, supporting & loving in relation to yourself.