



# Well-being Vibrations

By Debbie Sellwood

One of the most fundamental expectations of human existence is to be healthy in order to live a fulfilling life. While eating good food, drinking quality water and taking some exercise is obviously fundamental to maintaining our well-being, there are other ways in which we consciously and unconsciously influence our health status. To appreciate why it is essential to understand that everything is energy, including ourselves. We may appear a physical body, but we also comprise aspects of subtle energy. These subtle aspects of our 'total self' are connected with our emotions and thoughts and have major influence on our health. They are unseen due to their high rate of vibration, unlike the physical body which vibrates at a low frequency and expresses as physical matter. As we are energy beings, we emit our own unique energy field, the frequency of which can be 'tuned' to affect well-being in a positive way, or not according to the development of our consciousness.

To grasp how energy operates in relation to the human form, it is essential to understand how emotions and thoughts (including unconscious conditioning) are energies which can affect our health in either a positive or adverse manner. There are books on the subject of how mind and emotions contribute to our well-being, but the concept that our consciousness creates our reality has yet to fully infiltrate into mainstream consciousness. The introduction of quantum physics in the early 1900s proved that the behaviour of energy at the quantum level is determined by the awareness of the observer. According to Einstein's principle 'energy comprises both a wave and particle form'. This means the future exists as an infinite array of possibilities and probabilities. The 'wave' is a possibility of what could be, but it is not until we focus our attention on something or translate our idea into a thought, that it becomes manifest. The wave then changes from a state of potential to a state of being, it then becomes the particle. In the context of this article, particle = good health. We are the physical embodiment of our consciousness, including all the complexities involved in who we are emotionally, mentally and spiritually. Although many people are awakening to the importance of positively 'inputting' into their own health by managing their emotions and thoughts, and thus adjusting their vibration. Unfortunately, this is not yet an accepted theory for many, including the medical circles.

If we consider ourselves as energy beings, what is the best way to keep our vibration high and contribute positively into our well-being? If you are carrying hurt, anger or resentment or harbouring negative thoughts (fear is one of the worst), these create low vibrations. This can be destructive physically when emotions are reinforced over a period of time. A peaceful, calm disposition and life of happiness and joy, as best one can despite any destabilising circumstances or events arising around one, is beneficial. When we reach maturity, it is to

our advantage to examine and question whether we are carrying unsupportive second-hand beliefs, those which have been part of our unconscious programming. If not, we may be indoctrinated into perceiving ourselves, others and what goes on in our lives, in a way that may not necessarily be valid, helpful or healthy. It is vital for our wellbeing to move beyond negative, harmful behaviours and emotions and to overcome false beliefs (especially of ourselves). It is also crucial to maintain good boundaries so other peoples' low vibrations do not adversely impact or lower one's vibration. It helps too if we spend quiet time in nature, meditation, self-reflection or contemplation and focus on gratitude.

When we increase our vibration, it is much harder for lower frequency emotions to exist. This makes it much harder to hold onto unnecessary emotional baggage or dysfunctional beliefs, which we often erroneously believe define who we are. When our vibration lightens, the tendency is for our unresolved 'stuff' to surface for resolution, whether we want it to or not! These elements from the past can have an enormous emotional hold over us. Releasing them may be a bit uncomfortable, but it is to our advantage to let them go. When we do this, our vibration reflects this and ultimately influences our health in a constructive manner. Opportunities are then drawn towards us that match our higher vibration, placing us in a more advantageous position to create and experience positive experiences.

Everything is energy and hence has consciousness, including the cells in our bodies. They are constantly alert, listening to what we are thinking, feeling, and visualizing. They interpret these energetic messages, they pass them on to other body systems. It is in our best interests to ensure what our cells hear is positive and not imbued with negative emotions. Cells live in the present and their job is to respond to your input. Make sure it is positive!

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