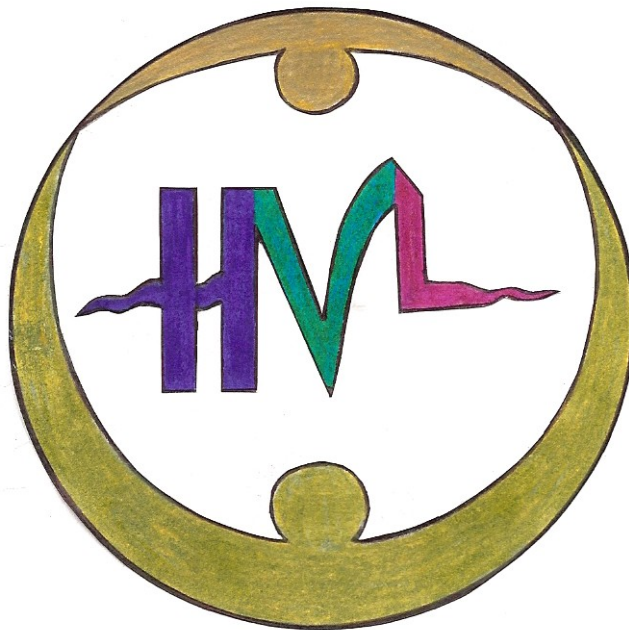


Higher Vibrational Living

e-book

By Tanya Jopson & Ami Fountain



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Higher Vibrational Living : Live the Energy Dynamics to Enjoy a Greater Parent~Child~Humanity Connection / Tanya Jopson & Ami Fountain

Parent~Child~Mind Body Soul~Self Development and Inspiration

Higher Vibrational Living

Our Gift to You

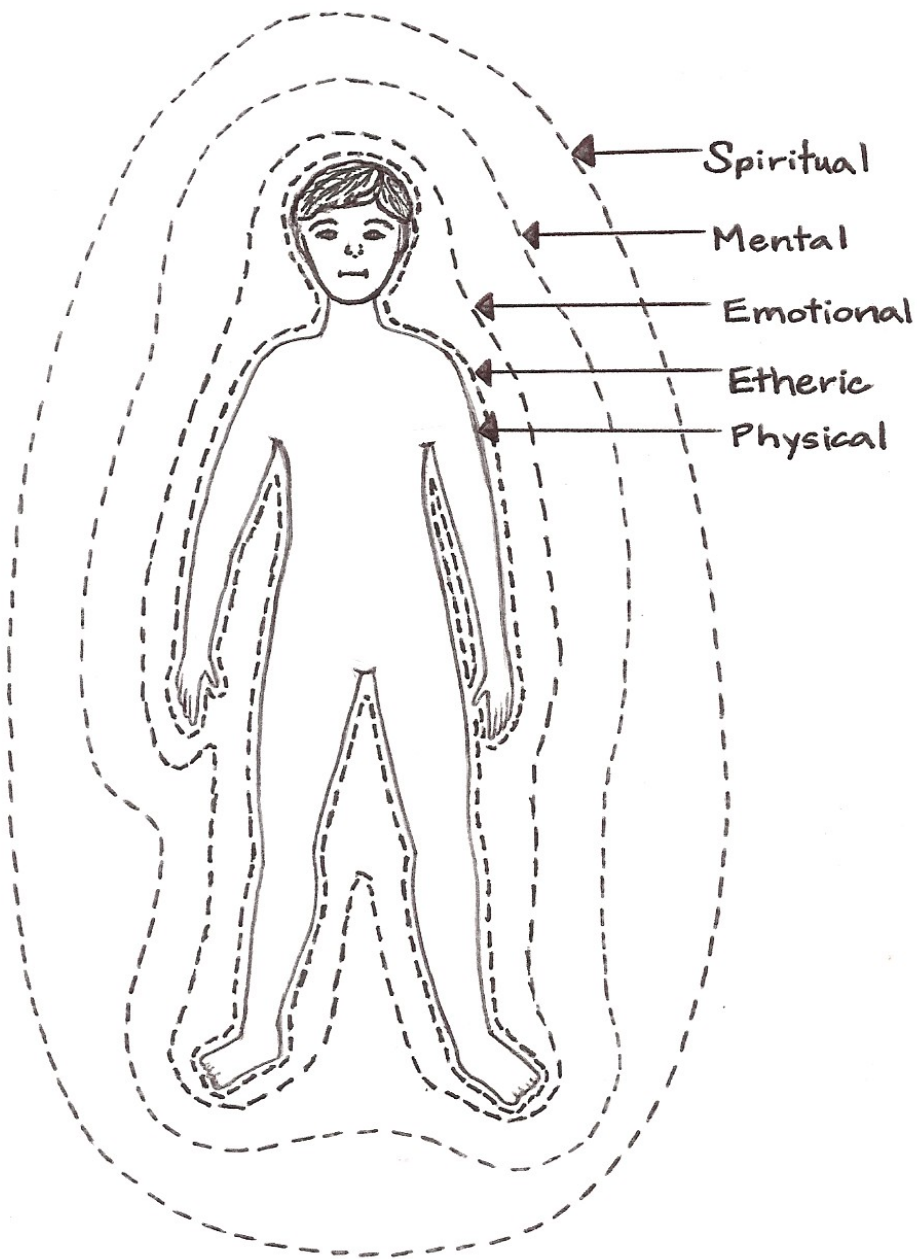
Welcome to this introduction to *Higher Vibrational Living*. You have attracted this book as a way to move into the awareness of the human energy body and its role in the create-reality process. Understanding that you are more than your physical body (see Illustration) delivers a new perspective on life. One whereby you become co-creator with awesome energy, as opposed to one where you live in a state of victim or blame. In fact your physical body, is merely a material manifestation of your energy/spirit self. This energy self maintains a frequency range based on the content of the 'conscious you' making choices within life experiences. You have a frequency range over all that is very specific to you. It was created due to the many experiences, thoughts, words, emotions and actions, you have performed throughout your life. Some of those energy vibes were yours and some were a result of situational imprints from the people who you share your reality with.

Many people today, do make conscious choices, but more often than not, people are still not experiencing life as they could. This is because they are unconsciously making choices and those choices still have the energy imprints of previous experiences. Unconsciously made choices are rarely of the higher vibrational level. They are heavily influenced by others, buried beliefs, old patterns of behavior or simply being unaware, the result is non-authentic living.

Keeping an open mind when you read this, will aid in absorbing this information which may be new to you, resulting in an expansion of your perspective on life as you now know it. If some objections arise for you, understand that we do not have a hidden agenda. Whether or not you accept this information is OK, because by simply reading

these words, you will absorb the loving energy within the writing. This whole e-book was written with the intended energy of a unified love for all that lives, and that signal, is held in the vibration of these words.

Living in a state of unconscious choice making, can often lead to experiences you do not wish to have and will disguise the realization of how you *can* actually live, which is the life of your heartfelt desires.



Knowing the role your energy body plays in your reality, will take you straight to the door where you can knock and it will open. From there, the rest of the journey is yours to achieve; it is you and only you, who came to earth to live *your* journey. Intuitively, you know the 'deeper(higher)you', wants the freedom to live in the higher vibrations. How you know this, is in the discomfort (dis-ease), dissatisfaction, emptiness or unfulfilled desires you feel in your current life situation.

Until now, this knowledge was not commonplace and even though there has been an explosion in new scientific discoveries in the last 50 years, the knowledge we have about ourselves as humans has yet to take any major role in mainstream society and the public educational system. Consequently, if we are to gain a better understanding of the science, biology and the spirit of who we actually are, we must become advocates and self scholars of the human being. We can still leave the studies and tests up to the scientist for the tangible evidence, that some require in order to believe these seeming far out conclusions. With the current technology and modern day networking available, it is easier than ever to find the evidence that the logical mind is asking for. When it comes to the unseen part of us, the spirit (just one of many descriptions used) requires some belief and faith to help tie it all together. We are now living in a time of a more advanced consciousness; many recognize this and many do not. Either way that is OK, it is the beauty of the free choice/will of the amazing human being.

We can rely on each other for help into an awareness of the conscious part of ourselves, by communicating through our hearts. Scientists have measured the electromagnetic signals from our human body, they have defined a range of vibrations measured in hertz. This means how many oscillations per second for the electromagnetic waves we send out. Love is measured at 528 Hz, and this is the unconditional signal that can come from the heart.

Each of us have a uniqueness that is unlike any other human being, (even identical twins share a very small likeness in their DNA) and we have a path that has a

diverse content. When we resonate with others along the journey of life, the coincidence and synchronicity begins to take shape before us and the conscious part begins to awaken. The higher consciousness is your higher Self, who you truly are.

We often talk about energy and the body, yet the two words combined serve to describe a unified human being. Energy body information is showing up in all sorts of areas from fitness and it's kinesiology (the science of movement), health and it's energy healing modalities and self-help and the power of positive thoughts, which actually effect the vibrations of our energy body. Practices that are less in the mainstream such as remote viewing, quantum jumping and astral travel, are more advanced versions of working with the higher self. The purpose of these types of experiences, are to show man that he can go beyond the limits of his own perception and live in the freedom of endless possibilities.

Everything is energy, everything! So wrap your mind around that and feel it. You step into a higher awareness when you take a hold of that thought and with further contemplation, it will serve to expand your perspective. That awareness experience actually expands your energy body because now you have invited 'more' into yourself. Assimilate with that 'more' and remain open.

The purpose for understanding more about the human energy body is that it plays a vital role, in your everyday life. Knowing, flowing and feeling this energy body self, clearing and freeing yourself from the energy blocks garnered as a child, will result in you becoming a clear flowing vessel of the creative energy, that is the make up of all that we see. Why is this important? You are a creator of your reality. You are not a victim to the circumstances that surround you. Once you can get past the ingrained beliefs that block you from benefiting from this truth, you will be able to guide the creations that make up your life. From there, you create reality from your authentic self. You will rise to the higher frequencies available, uplifting energies of inspiration and guidance, that embrace you in an unconditional accepting way. We at Higher

Vibrational Living have many tools and programs, that aide with your personal desires to live life only from the higher vibrations.

If you work on your self, you will attain living with an energy body resonance of higher vibrations and will also help others on the planet too. The great thing about this way of helping others, is that when you live life from higher vibrations you do not actually have to do much to help them. The shifts in frequency you have personally made, will have an automatic effect on others. This is how it works: everyday, all day, everyone automatically sends their energy vibrations to others. So with the adjustment you make in the frequency of your *own* energetic signals, the transformational help will occur, as the lower vibrational signals of others, will be transmuted. On a smaller scale, it is like when you are feeling a little low or down and you run into an old friend who is beaming. They are doing great and flying high because they just got a job they wanted or they had a grandchild (the reason is beside the point), you leave the conversation feeling uplifted; their energy frequency transmuted yours, bringing it up.

HVL is highly in-tuned with the “Man in the Mirror”(-*Michael Jackson*) - “*Be the change you want to see in the world*” (-*Gandhi*). It will not be until you make the changes within your own energy body, that you will reap the rewards in your external world. A life with greater meaning, purpose and all that goes along with “Living your Heartfelt Desires”, will be the result, from recognizing and achieving those personal changes, and conscious choices that need to be made.

The beautiful part of all of this is that you have the free will/choice to be, say and do whomever you want to be, and live a life that is designed by you. If you desire a life that is full and happy, then you can have that. *Higher Vibrational Living* is a way of life that is a result of being your authentic self and fulfilling your deepest desires. No one is living your life for you. This cannot be handed to you by anyone that is outside of yourself. There are many programs out there that are designed for self improvement and a more defining name is “self-help”, you do the work yourself.

At this point you have to ask your self, “why do I think I am not creating my own reality? and/or, Who told me that I can't do_____?”. The more you ask these thought provoking questions and contemplate upon them, you will discover that well meaning and unsolicited advice from loved ones and others around you, have contributed *their* energy into the person you think you are today. Your beliefs in fact do shape your life. So take a look at them and see if there are any fears or limitations that your beliefs have placed on your perception of life. Then remember that *you have the power of personal choice*, even changing what you believe. When you make a conscious choice to change your beliefs, then you will have some wiggle room to break into a more expanded awareness, of who you are and what you can become.

Awareness like this is the higher conscious you. It is not a transformation that will begin to occur until you choose to give energy to these higher thoughts. This comes to you from the higher conscious choices you make, *then* you are on your way to living the life that you truly desire. Once you begin this journey to more possibilities, you will in fact be ascending, which is just a fancy word for transformation. The one thing that is good to keep in mind, is that although there are plateaus, as in any excursion, the summit is something far to reach and not the end of the journey. So enjoy yourself and forget about where you will end up, otherwise you will miss all of the fun life offers. Once you reach a point of satisfaction, you will never be done; and although at times it can feel like you are in a place of ascended superiority and eternal bliss, like any moment, it is fleeting. This feeling of accomplishment is due to the metamorphosis that you just came out of. Take a clue from the butterfly, when it comes out of the chrysalis, does it stay there and gloat? Or does it spread it's wings and fly? All of life evolves(=changes) and this is not a debate between creation and evolution. It is as simple as knowing that *everything changes*. The key is become comfortable and accepting of change, then it becomes easier to welcome. Life will take on a wonderful flavor when you can embrace change.

If you feel that your life has lost it's zest or that you are missing something and do not know what it is, you have found this information by no accident. The Higher

Vibrational perspective, is a fresh place to see, that there are ways to reform a life that is not presently lived through your true passion. Many people today are feeling the pressure to find their passion. They are told that this will make their life much easier, more fulfilled. Now the question is, how can I know what my passion is? You can clear a path for the light to shine, by working to move the blocks in your energy body. Then the voice, vision, feeling, of your higher conscious self can communicate clearly. When you reach a point of living your life guided by the messages of your Higher Consciousness, you will become comfortable in the continuing changes that occur. You begin to flow with the River of Life; rather than swimming against the current or being tossed around in it, which is what unconscious living feels like.

You make personal, choices everyday that are either unconscious or conscious and due to repetition, they become an automatic way of life. The cycle of your experiences will repeat until you make a different choice. A conscious choice is simple to make, it requires intention=purposeful thought.

It is written on the Great Pyramids of Giza, "*Man Know Thou Self*". What this suggests is simple yet so profound. The more knowledge and understanding you gain about yourself, the more you are aware and equip to use and enjoy the gift of life you have been living. In order to truly embrace and enjoy life and to see it as a gift, balance is necessary. The human experience requires interaction with others to create and share in diversity. We offer the gift of interaction to each other, without it, life would be dull. It is important to know yourself and be certain and confident in that, so you are able to live and create your reality, in the manner that serves you best. This way of living allows for the wiggle room to rise above, to a higher perspective and see the lesson that is being posed to us. When you are faced with melodramatic situations, you will be less likely to be effected by the drama. The more you know who you are, the more empowered you become. The more you know who you are, life attains value.

It is crucial when you are growing your self and embracing change, to be careful of the outside influences and those with whom you share your growth with. Other people's opinions, beliefs and truths have heavily influenced who you are and have become. Once you begin to take the responsibility for your self and you transmute the old you and blossom into the newer more conscious you, you may find that those with whom you have always shared with, are on a different level within themselves. This causes a dissonance that is uncomfortable. Separating from these individual's *feedback*, will protect your vibration from becoming resonant with theirs. This is not to say that you must cut yourself off from the people whom you have come to know, love and trust. Just be aware of who they are, accept them and their position in life while simultaneously respecting and honoring where you are. It is a way of being selective in the advice/vibrations you take into your energy body.

When we hit a certain frequency, let's say one that is high flying, it can take us into a place of euphoria. We naturally want to bring others to this place. Then we begin to grab their hands and try to pull them up to where we are, trying to convince them of what has been helpful to us. While this seems like the kind thing to do, it could be the last thing that *they* want. Again, just being at and maintaining the high vibration you are, *will* affect them. Trust and know that caring for your self and your own personal growth is what is best for everyone. High vibrations transmute the lower vibrations, so keep strong in your upward movement, because they are going to the same place, just getting there on a different path, in their own time. When you feel a discomfort between those you share our life with, it is a fear of change/being different, along with the emotional attachment to them, that can get sticky. This is how we get stuck in an uncomfortable state of being. We settle in to that place where we can find comfort, then we attract more of the same, as we take root in the vibrations of our comfortable surroundings. We will remain at that frequency until that inner urge starts poking once again, saying, 'I am ready for the more'.

If you have come across this gift e-book, the website Higher-Vibrational-Living, or any of the products developed by us, you have energetically arrived via the *Law of Attraction* and a part of you attracted this way of life. The information received here may have a resonance or it could cause objections to arise, or you may be somewhere in between the two. If some of this information does not work for you, this is O.K., as not everything is for everybody. Either way, If you *do* like what you are reading, please feel free to use this information and share this e-book (in an unchanged format), with others who may also benefit from it.

Through the personal self-work of each individual, one will then come to know and experience their own *Higher Vibrational Living* way of life. Cherish the uniqueness of your *own* life, by joyfully engaging in connective moments with others. It's really fun to look at it like this: Other people are here to engage and help us to see which way we desire to grow, just as we are here for them. They are here to join in the play in the theater of life and you shared and agreement, prior to opening day, of the role they would play in your personal growth. When you remove the emotional attachment to the drama, then you are more open to receive and learn from, the interaction that was planned out before the performance. Rather than getting wrapped up in the blame and “reason for all of this”, you can laugh, thank them and move on with your life experience. You can never live the whole of another person's life and neither should you want to. *Your* life is unique and offers you, the most beautiful experience you could ever imagine.

Nurturing yourself~soul, is the most crucial aspect of living your authentic life journey. You are not being selfish in living this way, as you will be caring for the most important element of what is relevant to your life journey. This places you in a position that will help you to see, that you grow and come out on top, from the experiences that you actually learn from.

When looking towards a purposeful way of living one thing is for sure, your higher self wants to expand it's identity. This is because your connection to higher consciousness which is just outside the radar of your perception, may be guiding you to the *more* that is ready to *become*, at this moment in your life. Only you will be able to absorb the energetic content of any information you come across. I cannot absorb it for you and your spouse or children cannot absorb it for you.

You should also know that while a part of you has found Higher Vibrational Living, another part of you, the ego, may try to turn you away from this expanding material. Do not be alarmed at this, because it is the ego's job to argue the opposing position and if chosen, you will remain the same, in that 'comfort zone'. Knowing this will allow you to accept and then be able to transcend this commanding way of the ego. The ego has served you well and has always done it's job in keeping your physical body safe. It has often been involved in some of those decisions that had you play a safe choice in life; and to be quite honest maybe it was not a right time for you to step outside the confines of that identity at that time. But for any sort of human or spiritual growth to occur, stepping outside the boundaries of your current limits will have to take place. Knowing that the ego is attached to "*the you*" of previous experiences, (as that is it's goal because it does not like change) will help shift the perception of the who "*I am*" / "*you*" really are. Understanding this will help at those moments you may have to make a choice, to step beyond the boundaries of the identity you have given to yourself.

If we do not move outside the set boundaries in which we identify with, we cannot even hope to change. Moving beyond the present state of our beliefs, words, thoughts, emotions and actions, requires us to transcend ourselves. We must overcome our fear of the unknown. That very fear will keep us in precisely the same place we find ourselves now.

Transcending ourselves means transforming ourselves into that which is beyond the limits of our "now moment". When we are within the limits of our "now moment", we usually have a knowledge of the physical body and how it functions within the physical

world. However, just beyond those physical parameters, are more vibrational energies that make up an existence known as the unseen world. What connects the physical world with the unseen world is the life force energy, that moves through the totality of existence. Until more recent years, science has uncovered the vastness of the Universe, they have also made advanced discoveries of the nature of the energy that make up what we have come to know as our physical world.

With Higher Vibrational Living, we are presenting in distinct format an understanding of the energy body and it's part in the whole spiritual growth process of humanity. It starts with *you*, and only you. Only you can change your own consciousness and in order to do so, it will require a change in the contents of your mind and the emotions you experience, which ultimately changes the energy signals that you send out. As your consciousness expands, it transcends the ego's attempt to live like everyone else and you move into alignment with that which is in harmony to the life of your true purpose. This growth occurs with releasing the previous static beliefs, thoughts, words, emotions and actions, that have made up the life of sameness you have been living. It will allow the movement into a way of living from your Higher Consciousness. You may find that what you see in your current reality is just what you want, yet there still may be a sense that there could be *more* to life. That is your Higher Consciousness chiming in to embrace you with the *more* that is available to you.

This e-book is one small part of the expansive information contained in, *Higher Vibrational Living: Live the Energy Dynamics for a Greater Parent~Child~Humanity Connection*. It is a part that we feel is of great importance for the evolution of humanity. The rest of this e-book, is a guidance in teaching children about Higher Vibrational Living. Even if this information is new to you, you can still implement the tools to guide children to an awareness of their own energy body. Children are open and have a resonance with this information. The Feelings Map and HV Parenting Program assists

in a greater understanding of what is actually going, with everyday relational content to bring it into the reality you are now living.

We all began our life journey as a child and even if you are not a parent, there is still a lot that anyone can gain through these ways of knowing HVL. Understanding how the human energy body works and the ways in which it affects the physical body, will only empower the individual by having a greater understanding of themselves, as a human being.

Through this simply explained material, you will see the structure and flow of energy. When thoughts are imbued with emotions, they become feelings displayed in the physical body. The development of this material has come about from many years spent working and living with children. We are grateful for the awareness that the children have gained from it.

When children understand that they are an energy body and that they can influence their external world by becoming aware of this unseen part of themselves, they display the empowered existence it gifts to them. Although this is relatively new to the whole of humanity, it will give children a far greater life, as they already know intuitively, that they are more than just a physical vessel. Children that we have worked with, are more receptive and less judgmental of anything that is different to them. Many these days appear to be less attracted to following the Group Consciousness, we as adults became accustomed to in our childhood.

With knowledge of their energy body and the added explanation of the unseen world, they handle their emotional lives in a state of calm. Less tantrums are displayed, as their frustrations are met with a clear explanation of what it is they are feeling. Children today intuitively know they are part of a bigger purpose and they see external world as a continuation of occurrences. This is why they do not have an understanding of time. They live in the moment with an attention span that engages the present and will continue that momentum until they are guided in another direction. Many things happen throughout our days and it is our choice to handle the way we go about looking, feeling and then work with what we are given. Bringing a child to the

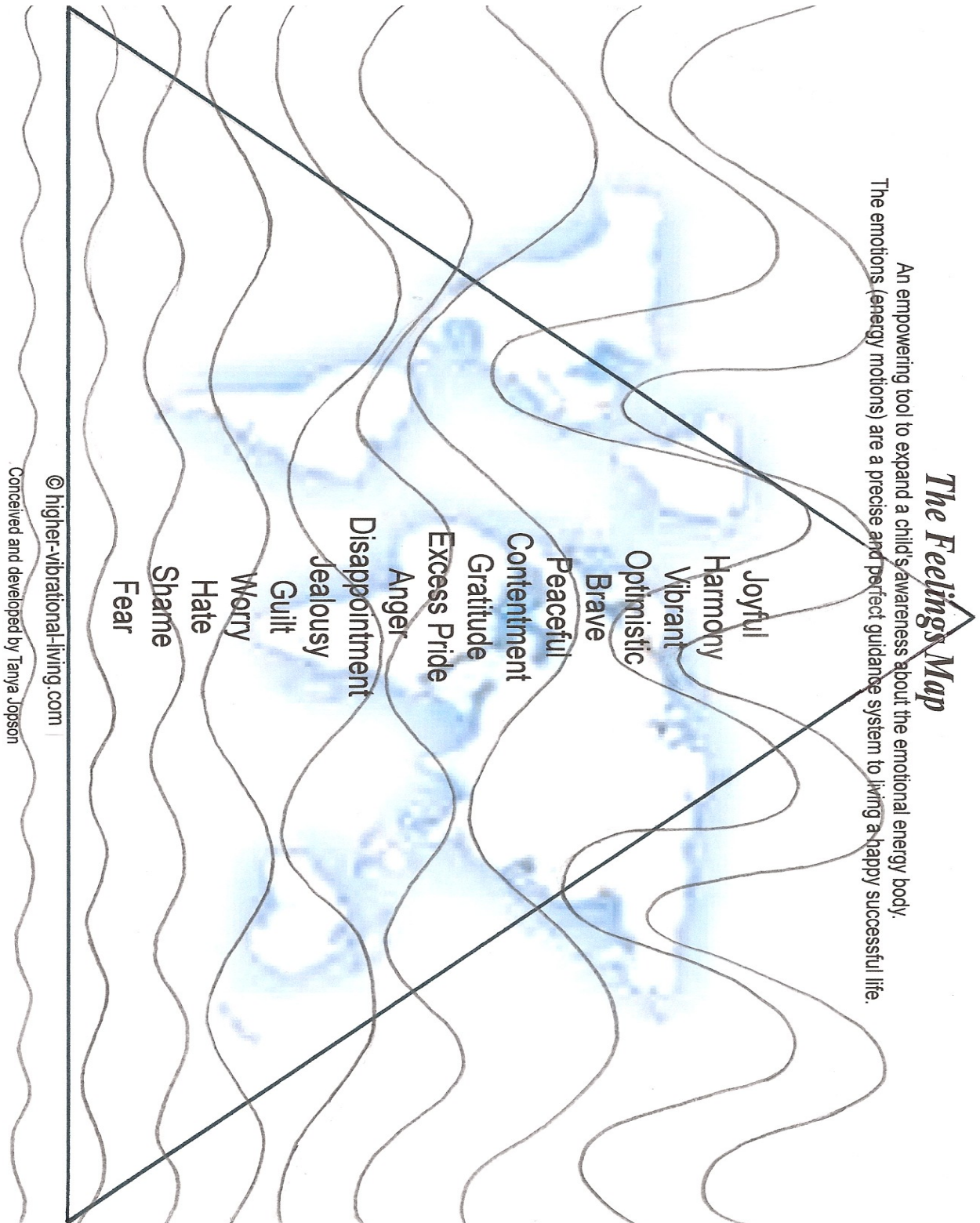
understanding that there is a difference between lower and higher vibrational ways of life, gives them a greater understanding point from which to make a situational decision, when they do have to make one. To know they can choose their emotions and that no one but them, is responsible for how they feel, the blame upon others is eliminated.

Children who are aware that the choices they make for themselves have an affect on their external reality, usually live their life authentically. Children that are left in the lower vibrations for the briefest amount of time, tend to be able to quickly transcend these lower emotions when they do experience them. It's important to understand that the lower vibrations are not to be categorized as bad, they are simply just that, lower, meaning they are further from you living in a place of higher consciousness. Even though it is natural to think good vs. bad, in order to be able to move freely in our (emotional) self expression, we have to accept that there are lower and higher energy vibrations which we move freely between. Recognizing that we have a choice of where we are vibrating, is a way if living consciously. We all experience them in the spectrum, and must allow the energy to move freely, in order to maintain a clear channel.

If we overpower our children and demand that they put their feelings in place, then we are not allowing their emotions to flow, they do just what we require, which is a suppression of those feelings. I have heard many times that a small child is seen as manipulating the situation to get their way. We must remember that between the ages of 0-5, children are absorbing their environment. Yes, they may pitch a fit over something that throws off the balanced harmony they are feeling at that time, for whatever reason, but the intent to manipulate, doesn't come into their awareness until they are more mature to think like that. This is why some may advise to be consistent. For example: *"If you say "no", then stick to your word, or the child will learn by example that you will give in"*. The error in that, is you are missing the value you can

give your child to enjoy life and their own freedom of expression. It places you in a position of competition with your child. First you really have to ask yourself, “why am I saying no?”. Although we may recognize that we have tendencies are like those who raised us (something we swore we would never be), many of us end up parenting and keeping beliefs about how children “should” be raised, without affecting that change we set out to be. Most parents want to raise their children to be the best that they can be and have a better life than we had. We all have intentions, whether they are in the best interest of the child or not and they are much of the time, well meaning. The well being of a child is determined by many things, but their environment is most influential. So if we want the best for our children, our helping them to understand who they are and the nature of how life works, will allow them to live a life on earth that is more harmonious, unified and compassionate. Humanity is now connecting and interacting in ways we have only dreamt possible “in a perfect world”. **We will not realize something to become possible in our own lives, if we do not at first dream it up.**

It is with all the above in mind, that we present to you The Feelings Map. This is geared for the parent to help the child or for anyone who is interacting with a child.



The Feelings Map

The feelings map is geared for young children and can be used to visually show the level of the child's own feelings on the map's scale, of either being of a lower vibration (placed at the bottom of the map) or of a higher vibration (placed at the top of the map). We have both used it and through experience can say that it will require some effort on the parent's part, but it is an effort so well spent, especially when you see the positive impact this will display in your child's life both now and in their future. We have the map available for purchase and it comes with a comprehensive, easy to use Parent Guide. You may use the map in this e-book, however the use of the Feelings Map Kit, will be far more of an experience for you and your child.

The following are stories from the authors about their times using the Feelings Map.

“I often think back to the moment I personally introduced the map to my daughter (age four has grown into eight)...Even though she is on to other stuff, I know that using the Feelings Map, was the best thing I could have done for her at that point in her life. And with this in mind, that I am asking you not to over-think about the added effort it will take to implement this valuable aspect to your child's life.” ~Tanya

“My son is now three and we have been using the Feelings Map for a few months now. In his second year, he had a tendency to go into extreme emotional outbursts both low and high, as he has a ton of energy. (I am sure that doesn't a surprise if you know a two year old) What I have learned and gained from using the Feelings Map has been a huge gift, from the brief time we have had it. I have been teaching him how to notice what he is feeling at the time of his emotional expressions and when I use the map as reference point, not only does he light up, he understands just what I am saying without an overwhelming amount of information. I expand as I feel fit on the details contained

within the Map, such as moving on from faces to names of feelings. I am so grateful for Tanya and her efforts in conceiving such wonderful tools, that introduce a part of us all, that has been ignore for far too long. ”~Ami

Although using this tool is simple, the extra effort required will need attention for a while until it becomes habit. By remembering to frequently talk to your child about how they are feeling, will teach them to recognize their energy body and the seed of self acceptance will be planted. (The frequent reference is more important than the amount words used.) The seed must be planted for a harvest to take place. The Feelings Map is a great seed for your child's own understanding of the emotional body the range of feeling and just how they do effect our external world; and the benefit the adult receives with it's use is just as wonderful.

“I remember with great affection, the times when my own daughter was displaying tantrum-like feelings and wham! She would hit her foot or step on a toy with bare feet and I was able to take that opportunity and explain by saying, “That is because the energy you are giving out is returning to you.” From this my daughter now knows that she has a more empowered choice in creating her external world happenings and she does a great job of doing so.

Also, when I think back to my own childhood, I can now see how I absorbed the energy contained within my environment. Since I was not shown that I had any choice in the whole emotions, feelings and thoughts~ create your external world(reality), I took on the victim mentality and suffered much of my life because of it.”~Tanya

The goal is to recognize where we are emotionally and that we can choose not to stay in an unhealthy state for long. It is also important to impress that if the child is feeling

an unhealthy feeling, they should tell someone about it so that they can release and get help. It is important for a child to know that their behavior not only effects them, but also effects any other person who happens to be nearby.

Excerpt from, *Higher Vibrational Living: Live the Energy Dynamics for a Greater Parent~Child~Humanity Connection*

“What is most important is to understand that they express how children feel in their own, unique way; and for the parent, it won't be far from some of the ways you or any main caretaker reacts. They do have a personality of their own, but the nature of it is closest to it's purest form until they are imprinted by their environment. All I am saying here, is to become detached from the emotions, first and foremost, then assess and guide based on an intent that leaves the child empowered. The feelings map is a good visual and if you feel inspired to create something that fits your family better, than I applaud you, for getting in touch with your higher power.

I worked on The Feelings Map by superimposing the triangle on top of a world map. Then I went on to explain:

- *People all over the world experience positive and negative emotions.*
- *Our signals or vibrational energy from the emotions we display, actually travel throughout the world,*
- *We decide if we will let something affect us negatively and for how long, so go ahead and express it and move on.*
- *We can be at the top of the triangle as in feeling great and on top of the world.*
- *We can be down the bottom as being low and heavy in our feelings.*

We used the map daily if my daughter displayed varying feelings and emotions.

I used it to point out that thoughts and experiences will make her feel a certain way and she will experience this as an emotional state. I used this map to visually label to her, what I saw her as feeling, sometimes I was right and sometimes she would correct me. That was OK, as my goal was:

to have her understand that she was experiencing energy motions.

- *to know that those energy motions showed up in life as feelings.*
- *for her to be able to speak openly and knowledgeably about those feelings.*
- *for her to connect the up and down movement of the star on the map, with the up and down variations in her emotions.*

We moved the star up when she was excited and down when she was sad. We moved the star up when she was loving and down if she showed meanness. I think you get the picture.

Later as we became used to the up and down motion of feelings, the information was presented that the feelings in the top of the map would be feelings that would attract some more good stuff, as like attracts like. I would point out the good things that happened to her in relation to her feeling good and also point out any upsets that happened to her because she was experiencing feelings from the bottom of the map. A lot of the time, if she was happy and kind, such as the time she did want a toy and I did not buy it for her, a stranger in the shop would buy it for her.

One Saturday we went for our usual grocery shopping, and the incident of wanting a toy came up. My answer was “No we are shopping for food.” I braced myself for a few seconds, and was surprised to be void of any tantrum. Gratitude was my response. My daughter walked a little way ahead of me in the aisle and I saw her speak to a lady who was in a wheelchair and a male companion who was standing beside her. I approached and they said, “You have such a lovely daughter” well of

course I took credit and said “thank you.” At the checkout as I was paying, the couple were in the checkout line two over from where we were. The man approached me with a little toy set he had paid for and said “Do you mind if we give your daughter a toy?” I responded, “Well of course not, go ahead she will love it.” He continued to say “your daughter was so compassionate when she spoke to my wife, she wished that my wife's leg will heal soon and said she will pray for her. So we wanted to do something nice for her.” I used that incident as a further lesson to my daughter to point out that her compassion for the women, was a great vibrational signal to send and so she received something nice in return.

It was quite the coincidence as we moved through the feelings map that the times when my daughter would display normal childhood tantrum behaviors, they would coincided with her suddenly tripping over a toy or the root of the big tree outback, or the dog would chew something of hers. I know it may sound strange, but she got to see instantly, that her giving out low vibrational energy would result with the awful things that happened to her. All I had to say was, “Can you see? You are attracting that energy”. But just as I could point out the relationship to her low feelings, I also was able to turn it around and point out her relationship to her being in a state of high vibration or at the top of the map. It is important to focus more on the higher feelings on the map. “Where you attention goes, your energy flows”. It can at times take more work to notice and then point out the positive things then the negative, especially if you are vibrating low yourself. But it will overtime benefit everyone involved, as it will bring in the higher vibrations that will assist in transforming the frequencies that are low and less powerful.

I know we all have those suddenly unexpected signs from the Universe that we are in the correct vibrational frequency to give and then receive. But how many of us actually take the time to recognize and be truly grateful for those times.

It was not too far into our use of the feelings map that my daughter began to notice and point out her life experiences in relation to her emotional placement on the map. Such as wanting ice cream and being happy, then the ice cream truck would

happen to turn down our street. She would say, "... it happened because I was in the positive vibration zone at the top of The Feelings Map." Not only was it a joy for me to see that the map was helping her

With further use of the map, and her advance in understanding, we added some technical stuff about feelings being energy signals vibrating at a certain frequency and that they travel to other people's energy bodies.

So if you are in a great, happy, joyful mood, your energy is flowing in expansive waves. It is in this type of flow, when people will want to be around you. If you are in a disappointed, angry, selfish mood, you can feel within that your energy waves are restrictive and small, and it is while in this type of flow when people are not going to want to be around you, simply because they will not enjoy the signal you send. I of course to emphasis my point would leave my daughter to herself if she was the grump and I made a point of telling her that it was my choice not to be around grumpy people. Remember that if you provide children with that type of message you must also play the part and join them for extra attention when they are in a happy place. If I see my daughter is happy and dancing to music as she likes to do I will stop what I am doing and join her for a dance. The dishes will wait for me believe me I know as I have never seen my dishes clean themselves. But the splendid moment of a happy dance with my daughter may slip by never to be repeated if I do not keep it as a habit in our lives.

As with most tools, toys and items, children will out grow the use of the item. It was about two years, when my daughter was six, that she outgrew using The Feelings Map but the framed version is still proudly displayed on her bedroom wall in a pretty girly frame.

A framed copy of The Feelings Map is available for purchase on our website, higher-vibrational-living.com To continue on to a more age appropriate lesson, that our thoughts contribute to the way we feel, I turned The Feelings Map into the Mind

Journal. For five minutes a day, I directed my daughter to just sit with her pen poised and see what flowed from her mind. When doing this practice, I do not encourage trying force any issue to come out, as I said before you will see some surprises, if you just allow the thoughts to flow. This is a way to start an avenue, whereby your thoughts have an outlet into the physical world. If you direct your thoughts in a continuous flow you will have a more organized way of thinking as you release those thoughts that are unnecessary to keep flowing around and around in your mental energy body. They will then have no continued affects on your emotional and your physical self. Bringing thoughts into the physical also puts them into a more concrete place where they can be looked at and changed if they are not serving the thoughtee` well.

Directed thought is powerful haphazard thoughts are dangerous

We also created from a simple notebook My Great Attitude Diary. The goal was to joyfully write something that happened during the day that we were grateful for. Any new task whether it be for yourself or your child needs to gather the momentum of energy flow At first to create momentum I joined my daughter in writing in the diary to give examples of things you can be grateful for. I know it is hard until one actually spends time in awareness of gratitude to actually come up with things you are grateful for. But over time and with momentum this task becomes easier. Now we have pages of all sorts of things we are grateful for. The rule was at least go for one totally new gratitude each day. You can repeat being grateful for certain things that you really feel grateful for but the excitement comes when you find that something new. Each day my daughter gets to write in the diary about the things she is grateful for. My daughter started the diary at age six a time when she was not so keen on writing so we improvised. we still at this point are simply making lists each day in the diary but she does enjoy drawing pictures placing stickers and having fun with this book. I wanted

The Great Attitude Diary to be a fun thing to do not a task full of rules and expectations. You can also make this task with any rules you want for your child. You can elect to have a family Gratitude Diary and ask everyone to write in it when they feel like doing so. I get to add my own jokes to her book and my own silly fun pictures. I am not after anything more magical then to keep my daughters thought processes in a vibration of great attitude or gratitude. I feel if I start now or any parent starts wherever their child is in development then they can help their child's thoughts, energy and emotions remain in a healthy vibration. With this healthy vibration my daughter or any child for that matter will see in their external world a mirror image of their internal world.

One other spinoff from The Feelings Map is the Vision Collage. We as parents all look for ways to give our child meaningful activities. My daughter has always liked to work with arts and crafts so I purchased a reality inexpensive poster board and I placed at the top of it the words AVALON'S BIGGER LIFE. This I let her know was the goals she would like to have. The things she would like to see manifest in her world. I provided magazines, paints and all sorts of craft items for her to use. I asked her to think about things that she would like to achieve. We set to work with ideas of her dreams and her desires. She made a beautiful collage filled with everything that made her feel good. I then placed this board on her bedroom wall so she could run her eyes over it before she went to bed. We all know going to bed with something on our mind is a great way to get the thought into the subconscious mind. There was a method behind my madness. Anyway she has already manifested a few of the items that are on the board and although it was also a way for me to see just what she wanted and work toward providing those things for her. Some of her items have come from a source that I had nothing to do with.

So for my daughter when she has achieved most of the things on her AVALON'S BIGGER LIFE board we will then sit down and I can complete the lesson that her desires and dreams are attainable she just has to bring them into the the

physical world by either writing them down or remaining in a focused energy flow of intent to have, to see that they will come into her physical reality.

As parents if we provide life's lessons with some good hard experiential examples they will be the best lessons you can provide for your child.

Do not tell your child that you cannot afford something tell her she has many toys already. Ask her to start a flow of action with what she already has that she is not using. Let her know she will receive more stuff only after she has started an energy flow and let her know it may not be an instantaneous receiving so she has to remain harmonious in her waiting. Children actually love to test concepts and you can certainly point out when you see those concepts in action. This will then add to her heightened awareness of how the energy of ourselves is also connected to the energy of the stuff we have or want to have.”

Many life enhancing teachings offer you a belief system to tie in with and resonate with for a while. Eventually that belief system will only deliver to you the vibrational frequency of the totality of that belief system. And even though it may be a comfortable place for you to participate in right now, it may be short of the fullness of the life path you have come to earth to live. HVL is different because we are not trying to convince you of anything that doesn't resonate with you, nor do we have any hidden agenda. We want you to experience Higher Vibrational Living as a way of life, as it aides in your self knowledge and your personal growth, that is geared to be diverse and flexible for the individual. Implement these ideas at your own pace and at the point in development when you choose to transcend, be inspired to do whatever you have always wanted to do but have not have the courage or support to follow through. As with any life changes, whether they be for physical or spiritual movement, they will only be successful if you are ready to personally make the changes. No one is keeping score, judging or forcing you to implement anything of a higher vibrational way of life, but from our perspective and the joy it has brought to our lives and others who are living it, it is well worth the belief you may have to drop in order to find your own truth.

When you are ready, you will make the changes necessary to be happy and have a full life. If there is anything we can do to help you, please feel free to contact us at higher-vibrational-living.com. We are in support of elevating and evolving humanity in any way that we can.

If you like the information you have read, much more can be gained through signing up at the site for the HVL E-zine, requesting the coaching program, purchasing the books or visiting the site on a regular basis.

You can order a framed, kid friendly version of The Feelings Map with The Parent Guide Booklet, from higher-vibrational-living.com. We invite you to begin to introduce your child to the different feelings that they are experiencing. It will begin and continue the journey to a well rounded connection to your child and an understanding of energy in motion.

We are here to stay in a higher vibrational way!

Our Mission:

“We empower you to know and live at the higher vibrations, which evolves life for All”