



"Life Coaching For Your Individual Greatness"

FINE TUNE YOUR VIBE

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Music Television (MTV) has a reality show called *True Life* that follows the life of a teenager and puts the spot light on a particular issue that the person is experiencing. Some topics they have featured include obesity, steroid use, and homelessness. One show I watched focused on arranged marriages and followed the lives of three young women whose ancestry was from the country of India. The parents of one of the girls had chosen a man for her to marry, but after spending some time with him, she chose not to marry him and called off the wedding (three days before it was to happen). She noted that there were too many differences between them, with some of them being extreme. As she discussed her decision with her siblings, her two brothers were very supportive of her decision while her sister was somewhat disappointed. Though she did support her, she urged her younger sister not to turn down good guys based on differences, "because opposites attract." HUH?? WHAT DID I HEAR HER SAY?! Opposites attract—we have all heard that, but I am here to tell you, it just *ain't* so. If you believe that opposites attract, you have surely been, "hoodwinked, bamboozled, lead astray," because just the opposite is true—**LIKE ATTRACTS LIKE.**

Everything in the universe exists as some form of energy and is either vibrating at a frequency so low that we can see it (such as trees) or at a frequency so high that we can not (such as sound). Thus, all things have their own "vibe" and people are no exception. *Our strongest vibes generate from within in the form of our feelings* and, even if left physically unexpressed through our words or actions, they are constantly being broadcast to the world around us (like a homing beacon) bringing that "like vibe" into our lives in the form of people and circumstances. This can be good, or it can be down right ugly. As Charles Haanel writes in The Master Key System:

"...like attracts like in the mental world, and that the thought which we entertain brings to us certain friendships, companionships of a particular kind, and these in turn bring about conditions and environment, which in turn are responsible for the conditions of which we complain."

As an example, say you are the type of person who has a strong need to be in a relationship. For some reason you just don't feel "complete" unless you are needed by another person. You have been successful in attracting several suitors, but each relationship was short lived because as you took a closer look, each of your potential partners turned out to be "needy"—"I need you to love me," "I need to be the only one in your life," "I need money." Guess what? Your feelings concerning your "need" to be in a relationship and be "needed" by another person sent out your vibe and delivered exactly what you asked for—like attracts like. Or perhaps you woke up this morning, cut yourself shaving, used a few colorful metaphors and, as a result, started feeling crappy. Well, when you stepped out your front door, you took your crappy vibe with you and attracted a whole bunch more of the same along the way. Did you spill your soda, find yourself late for class, or have an argument with a friend? Sure you did. So, when you find yourself in this type of spiral to the underworld, what do you do? **FINE TUNE YOUR VIBE.** Here are two simple routines you may want to try:

BEFORE ENGAGING YOUR DAY EACH MORNING

1. Sit comfortably, with your back straight, on the edge of your bed or in a chair.
2. Place your hands in a prayer position in front of your chest or rest them in your lap.
3. Close your eyes.

4. Recall a time in your life when you were very happy or overwhelmed with joy and hang on to the feeling of the experience.
5. See in your mind a current situation in your life where you desire more joy and feel it.
6. While holding the image and feeling the joy, say out loud for one minute, "I am joy."
7. When done, open your eyes, go about your day and be receptive to the ways in which joy shows up.

Once you have the feeling (be it peace, love, etc.) and the current image, repeat steps 1-3 and 5-7 each morning. Why do I say speak what you desire? Because a famous scripture says that, "there is life and death in the power of the tongue." So, speak life into what you wish to experience.

WHEN THINGS TAKE AN UNEXPECTED TURN

1. Get yourself centered by holding your image, pulling up your positive feelings and speaking what you desire (i.e. "I am peace").
2. If you find yourself in a crowd of people (perhaps sitting in class) then pull up your feelings and repeat what you desire in your head silently.

How do I know these routines work? Because I have used them successfully in my own life, while realizing that some events have a much deeper origin and require more effort and time. But, make no mistake about it ***the vibe (quality) of our feelings will draw people and circumstances to us that are on the same frequency.*** So, if you would rather not routinely find yourself knee deep in horse excrement dealing with crazy situations, make the effort to keep your vibe fine tuned, or as rapper Ice Cube said:

"You better check yo self before you wreck yo self."

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