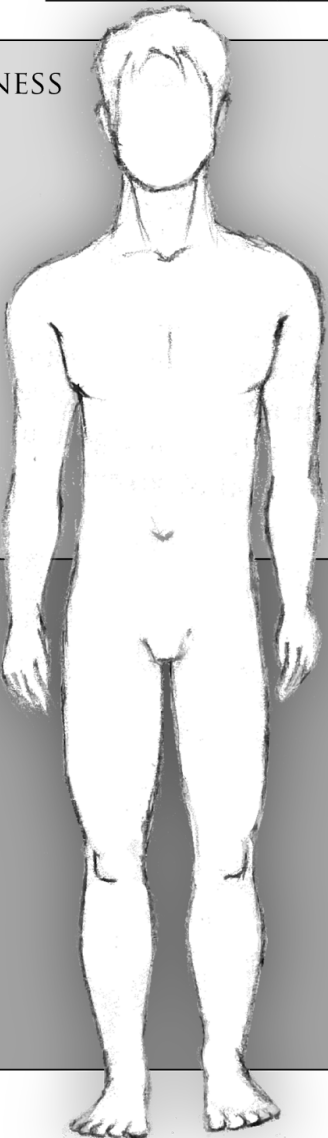


# EXERCISE 1: RESOURCING

I admit that *Resourcing* is an odd name for an energy-healing exercise, so let me give you just a bit of background. Researchers in neuroscience and neuroplasticity have discovered that our emotional state has a certain vibratory frequency to it – an energy signature. They've also found that an enormous number of people habitually live at a very low frequency, some of them well below the dividing line of 250 hertz.

<u>EMOTION</u>		<u>FREQUENCY (HERTZ)</u>
P O S I T I V E	GOD CONSCIOUSNESS	1000
	GRATITUDE	900
	APPRECIATION	780
	ENLIGHTENMENT	700
	PEACE	600
	JOY	540
	LOVE	500
	HOPE	400
	WILLINGNESS	310
	NEUTRALITY	250
N E G A T I V E	IMPATIENCE	200
	PRIDE	175
	ANGER	150
	JEALOUSY	125
	FEAR	100
	GRIEF	75
	APATHY	50
	GUILT	30
	SHAME	20
	DEATH	0



Different emotions with their respective vibrational frequencies

The driving thought behind these experiments and measurements is that any vibrational frequency has the potential to influence the frequency of everything around it. So if you're cruising along at 700 hertz, everything around you that has the capacity to start resonating at that frequency will have a tendency to do so (much like a guitar string will start to vibrate when its note is played close-by). That's great news because it means that enlightenment and joy are sort of self-perpetuating and contagious. Birds of a feather flock together.

On the flip side, however, if your emotional engine is rattling around at a fearful 100 hertz, you'll start finding fear and fear-generating things all over the place. In a nutshell, the happier you are or the more positive emotions you are experiencing, the higher your vibrational frequency and the more your life will reflect that frequency. Those higher energy vibrations, in turn, will dramatically enhance your overall health, immunity, healing, relationships, and well-being.

Right now this sounds like I'm trying to sell you on the Law of Attraction. I'm not. This exercise is about *creating* happiness in your life, not attracting it from somewhere else and waiting in suspenseful expectation until it shows up on your doorstep. We are taking action to change our vibrational frequency for no other reason than that living in joy is so much better than living in fear. Period. That is the main course. The fact that our health responds so remarkably well when we do so is the dessert.

*Resourcing* is about moving on from leftovers, scraps, and tasty-but-tiny emotional appetizers to consistently enjoying the main course. The initial part of this exercise shouldn't take too long so I encourage you to do it right now (or as soon as you can after reading the instructions).

## **STEP 1**

Grab a pen and paper (if people still use those) and find a comfortable spot where you can be undisturbed for a few minutes. Now close your eyes for a second and take a deep breath or two just so that your mind isn't still busy solving all of tomorrow's problems. Open your eyes, and as quickly as you can list everything that has ever filled you with a sense joy or wonder or peace or made you want to spontaneously yell, "YES!" or, "I LOVE being alive!" Try to get 50 items on that list. There are no rules here. Really list everything that comes to mind. You can edit later. Here's a sample list:

1. Hot chocolate on a cold winter morning
2. Watching my breath in the cold air
3. The smell of fresh-cut flowers
4. Watching my favorite TV show
5. Feeling the sun on my skin
6. Racquetball with friends
7. Reading scriptures
8. Meditation, Qigong, or Yoga
9. Sunday afternoon naps
10. Building furniture
11. Washing dishes
12. Scrapbooking
13. Plugging my ears while sitting in the shower
14. Running through sprinklers
15. Listening to great music
16. Curling up with a good book
17. Sticking my head in the freezer
18. Lying down in the grass to watch the clouds
19. Early morning walks
20. Chilled key lime pie

Hopefully, you get the picture. Anything goes. We want to get down to what makes you feel alive, free, loved, and supported. They don't have to be major things. In fact, it's even better if you have a good mix of both the easy-to-do and the needs-a-bit-of-preparation. I know it may take a bit of digging for some of you to get up to 50 items, but keep at it. You'll be surprised at what surfaces. Then, once you've got your list, come back and continue reading.

Now that you've got your list, read it to yourself. These are YOUR resources (hence, the name). This list is where you can turn when you're feeling a bit low. Most people feel that they don't have anywhere to turn that can get them back to buzzing with happiness and brimming with health, but you've just discovered 50 things that do that for you in various ways! Put it somewhere accessible. That could be on your fridge, a card in your wallet, your smart phone, your bathroom mirror, or a tattoo on your hand (though I should warn you that your list will probably change over time so this might not be the wisest solution).

## STEP 2

Step 1 was the hard part. Now just DO any of the items on your list at least once a week – or better yet, everyday. That's it! You can do the same item over and over

again or go for variety. You can just do the simple stuff or plan for some of the big ones. Whatever raises your vibration and gives you the resources to live the rest of your life on a higher level. If you're consistent with your *Resourcing* and make it a natural part of your life, your normal "vibration" will rise all on its own. And along with that will come health, healing, better relationships, and a greater sense of fulfillment.

I should mention here that this is not what some people might call running away from your problems, though it can certainly turn into that if we're not careful. Rather, this is a practice of noticing when you are low and taking decisive action to change that in healthy ways. Then you can go back to addressing your life's challenges in a much better state of mind and much more aware of the things that drag you down in the first place.