

## **Something Tangible Follows a Thought**

'like attracts like'

Everything in nature has an energetic force or pulse. No matter how large or small the particles are, everything in or around us is made up of energy. Energy vibrates and moves at different speeds. The thoughts we think and the words we say all convey 'energy'. A 'thought' would be an example of a quick vibration, which could be easily changed. On the other hand something that has more density or a slower vibration would take longer to change, a stone for example.

Our bodies are the energetic vehicles to these vibrations or energetic frequencies. Energy can be positive or negative energy and it has the potential to affect how our day proceeds; smoothly or with challenges and struggles, with health or disease. Oftentimes we are not even aware of how powerful we are as energy attractors and distributors.

All of nature is interconnected. Our cells perceive our thoughts and emotions, and our thoughts and emotions have an electromagnetic frequency vibration so as the flow of energy moves through our physical, mental, emotional, and spiritual bodies our cells and the electromagnetic field around our cells change. Einstein's relativity theory is a realization that matter & energy are interchangeable. Mass (for example a stone) is nothing but a form of energy. Matter is simply slowed down or crystallized energy so that means our bodies are energy.

An example of energy exchange is a tuning fork. If you have two tuning forks in a room each tuned to the same pitch you can separate the tuning forks, strike one of them and it begins to vibrate sending out a specific pitch through the air. The other tuning fork will 'pick-up' the vibration and begins to vibrate or hum in harmony with the first tuning fork. It's an example of energy exchange or transference. The vibration level of one tuning fork is equal to that of the other tuning fork and like attracts like.

Another example of energy exchange would be; have you ever been in the following situations? You walk into a room of people and get an immediate sense of comfort, walk into a room and get an immediate sense of discomfort, or be involved in a conversation with someone and feel drained during or after the conversation. Maybe you've even made the comment, "that person sucked the energy right out of me"! The opposite is also true; you could be in a conversation with someone and feel more energized during or after the conversation. How about walking into a room and the tension felt so thick that you could cut through it with a knife? All are examples of energy exchange. The people engaged in the conversations that are taking place, and the conversations that are taking place, all are emitting energy.

Some examples, which can be either positive or negative energy exchanges, are: words, thoughts, people, situations, money, relationships, giving away power/taking power

Some examples of higher vibrational energetic emotions are: happiness, joy, love, a sense of peace.

Some examples of lower vibrational energetic emotions are: fear, anger, frustration, indeceiveness, and rage.

When you are happy you gravitate to those that are happy, when you are sad you gravitate to those that are sad. Ever been around someone that is exuding happiness when you are grumpy, I would image you couldn't wait to get away from them. The energy isn't mixing. You might find yourself more comfortable with other people that are grumpy because your energies are more compatible at that moment in time.

So an idea is like a 'blueprint'. A thought or idea creates an image of the form and manifests into something tangible. Whatever you think consciously or subconsciously you will create.

Since 'like attracts like' be careful what you wish for!!!

Please know that, 'We are never given inspiration unless it's part of a blueprint'.

**Mary Kraemer, RN is the author of "Healing is an Inside Job"**. She combines Western medicine and Eastern philosophies by empowering others to discover how to accelerate your body's rate of healing and recovery. A series of personal and professional experiences guided Mary to discover and explore mind-body dynamics and its relationship to health-illness-wellness and inner wisdom. Mary travels the nation speaking on such topics as mind-body-energy integration for healing, stress management, and self empowerment strategies. Contact Mary for a personal session today. [www.healthwellnessandyou.com](http://www.healthwellnessandyou.com) [www.healingisaninsidejob.com](http://www.healingisaninsidejob.com)