

# Get High on the Higher Vibration

A Tune-Up for Conscious Living

Includes links to 11 instructional videos  
to access the higher vibration



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## Introduction

*Asleep. It is as if the planet is a sleeping giant and unaware of its own greatness. A giant who only knows how to consume and then goes back to sleep. It is time to stop our self-afflicted numbness and begin awakening to a conscious life. This book is a spiritual tune up for anyone who may or may not be looking for a spiritual life program, but seeks relief from pain.*

*...and though we seem to be sleeping, there is an inner wakefulness that directs the dream and that will eventually startle us back to the truth of who we are...*

*Rumi*

Welcome to the wonderful world of a higher level of consciousness. This is where you will awaken from a deep sleep and realize how much you have been missing in life. It is time to stop self-medicating and be open to a new way of living. Give yourself permission in this moment to embrace ideas that can help you feel better about your life. Sprinkled throughout this book, you will find true healing stories of people who actually had the courage to wake up and create amazing lives for themselves.

If you are like me, you probably don't have much time to start reading a book let alone finish it. But I assure you, the pages ahead can help you lighten your stress and empower you to live more joy. We all want to feel more joy, right?

Consider your daily habits, health and lifestyle. You may notice that any health concerns and bad habits can get in the way of you knowing your greatness. Your habits rob you from having a healthy balanced life as they eat up precious hours of the day. Your addictions

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and habits can keep you locked in a prison of low energy. When I look around I see a world of sleeping giants suffering from spiritual ignorance and some form of addiction or disease. Seeing this character trait in others, and especially in myself, brings up frightening thoughts about the future fate of our existence.

In extreme cases, some of you have labeled yourself an addict and have relied on going to recovery meetings night after night. This may offer some relief from one addiction as you simply stay asleep and slide into another distraction. The focus remains on the fear of relapsing, anger from a bad childhood and pain of not being perfect. The meetings remind you that you are forever diseased and will have to live the rest of your life hooked up to a recovery meeting just to survive.

For those of you who haven't declared any addictions, nor been to any recovery meetings—this book can help. Perhaps you wish for greater happiness or better health. Maybe living your dream life gets you excited. Yes, this is the same dream life that drains you daily and causes you much stress and pain. All of us have pain—mental, emotional or spiritual—and none of us want a life of struggle. This book has been written to help you discover a new way to live by simply waking up to a new vibration.

The message of this book is simple—no more searching outside of your self for answers and no more excuses. The time to heal is now. It is time to roll up your sleeves and do some hardcore healing. This might just save your life. So reader, may I have your attention, please?

*Vibration: Emotional qualities or supernatural emanations that are sensed or felt by another person or thing...*

*(Merriam-Webster Dictionary)*

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**Energy.** Have you ever thought of your body as simply a container for pure energy? Every cell in your body stores and emits electricity. To move your muscles, breathe or digest your food involves electrical activity. You have a signature frequency. Your energy is your personal soul vibration. Everybody on the planet has a personal vibration and they are very different from each other. Some have a high frequency with a positive attitude, while others seem to struggle through life with depression. Yet other people's energy falls somewhere in between. But remember—a person's frequencies are always changing.

Research has shown that a person's frequency can actually be measured. At this exact minute you have a quantitative frequency. Your vibration can tell a lot about the type of life you are leading. What you will discover is that your personal vibrations are controlled by your habits and health. Your unique vibration will contribute to your life's journey and influence other people on their journey. The entire planet will benefit from your higher vibration.

Think of yourself as a powerfully bright light bulb. Put down the drugs, cigarettes, and cocktails and plug yourself into your personal spiritual source. You will start to awaken and even shine. You are going to begin to feel again and become extremely sensitive very quickly. You are going to heal. You are going to truly heal your mind, body and soul as you draw on a new inner strength. There is nothing stopping you, except you.

*The more consciousness you direct into the inner body, the higher its vibrational frequency becomes, much like a light that grows brighter as you turn up the dimmer switch and so increase the flow of electricity. At this higher energy level, negativity cannot affect you anymore, and you tend to attract new circumstances that reflect this higher frequency.*

*Eckhart Tolle*

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Your soul understands its frequency by your life's purpose. It knows if you are creating a higher vibration if you are able to feel joy. You will become extremely astute at feeling your joy and the joy of others. This higher frequency of joy is received through a spiritual connection. Scientists speculate that the hemispheres of your brain literally change with this spiritual surge. In a higher state of consciousness you will use your right brain, leading you to great states of bliss. Some of you pride yourself on a strong, left brain intellect—the same left brain that is praised, trained, and nurtured by our world today. But it is now time to balance yourself as you begin to embrace a spiritual journey.

*Vibrational rate or state of consciousness is the frequency of brain activity in the cerebral cortex. We raise our vibrational rate, to achieve finer states of brain activity (spirituality), so we can experience unity with God.*

*Hazel Raven*

You might begin to notice people who seem content and even happy. At the same time, since your mind looks for the opposite, you will find what I call the walking dead. You may experience people who simply live lives of quiet desperation instead of joy. These are people with minds polluted with negative chatter and fear. The next time you are in a public place, perhaps standing in line at the grocery store, begin to notice what type of energy you pick up from the person standing close to you. Begin to observe the specific frequency flowing around and through a person's body. This energy may even reflect the current state of your own frequency. If I've lost you, here's a tip. You must switch out off your thinking mind and go into the feeling and sensing realms. Be patient and with time you will learn to feel again.

The walking dead are people detached from the world, yet strongly attached to negative thinking or ego, perhaps even struggling



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with disease. They live with a lower frequency. These are the types of souls who are always in a hurry to get somewhere. The people with attitudes that reflect that their somewhere is so much more important than the somewhere you are headed as they push and shove you out of their way. These are the same people whose faces are broken and who have forgotten how to respond with a smile. These people have fear at their core and have forgotten they have hearts. This could truly be any of us. The most important question is—could this be you?

*According to the American Lung Association, about 18 percent of U.S. woman and 24 percent of U.S. men smoke cigarettes, greatly upping their risk of heart disease, several forms of cancer, macular degeneration and other chronic diseases. Acupuncture, Hypnotherapy and using St. John's Wort, an herbal supplement, can all help with nicotine cravings.*

*(American Lung Association)*

Before heading to Paris, I had been a wheat grass, nuts and berry eating, yogi purist living in southern California. I was all about sustainability and a higher vibration. As I replaced my California flip-flops for a pair of Euro walking shoes and headed for the streets of the city, I was a bit disappointed. The food was very different from what I was used to consuming and the energy from being around smoking was too much for my pure body to handle. I kept asking, “How is it possible that people are still smoking? Didn't it go out of fashion in the 80s?”

In fact, it feels like the French designed smoking and made it fashionable. It is so French-like to constantly be fumbling with a cigarette. Since I have left California to move in with the Parisians, I have noticed a lot more people smoking on this planet. This has really shocked me. After twenty years in the laid back, beach cities of California and I had no idea that the youth of our world were part of the walking dead with smoke coming out of their heads.

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Please forgive me if I sound like I am picking on the French or people who smoke. I grew up with parents who smoked and to this day, I have a very low tolerance for smoking and inhaling second hand smoke immediately gives me a raging headache. In most big cities in the U.S. or overseas you will find a fair amount of smokers. But it has been hard for me to condole this behavior. Second hand smoke is dangerous not only for the people on this planet, but also for the planet.

I shared with a friend my strong opinion on second hand smoke. I thought I was being kind of funny when I proudly announced, “I am afraid to live in Paris too long because it could hurt my healthy, yoga lungs.” I was so proud of my ability to breathe deeply as I moved from one yoga pose to another. All I have to say is—watch what you put into the universe.

Months later, I went for my medical examine, the one I needed for my *Carte De Sejour*, the resident card to live in France. To my surprise I found out that I didn’t pass the health test because I had a spot on my lung. The spot turned out to be nothing, but the stress I went through was a bit disconcerting. Needless to say, I immediately stopped my compulsive second-hand smoke conversations that I was having in my head. I needed to face the fact that I was going to be forced to adjust or at least show a little compassion toward my fellow humans and their chosen addictions.

All I have left to say is, “What’s happening here? Did the anti-smoking campaign not make it past the Atlantic Ocean? Has the time come to buy face masks to protect our lungs from not only extreme world pollution, but also from the deadly second-hand cigarette smoke?” My plea is that the world wakes up now, so a higher vibration can begin to co-exist.

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*Cigarette suit first up in new Supreme Court term (By MARK SHERMAN, Associated Press Writer): WASHINGTON—The Supreme Court opens its new term Monday with arguments over limits on lawsuits against tobacco companies. October. 2008.*

*(<http://news.yahoo.com>)*

Healing core issues around your habits like smoking and other addictions will take you to the next level of your spiritual journey and certainly to a higher vibration, plus you may start to feel a whole lot better. You will begin to feel more natural inner joy. Is it too much to ask the world to feel joy? Is it too much for the sleeping giant within all of us to awaken and if so, what will it take? How much more world pollution, toxic food, greed, crime and cancer will it take to get us to wake up?

The time is now to shift your attention from war and terrorism back to joy and love. Stop labeling your life as either good or bad. Take responsibility for your health and begin healing core wounds. Learn to examine your conscious state and try to de-mystify addictions, illnesses, and the tendency to self-medicate. The time is now to achieve balance, move forward on your spiritual journey, and live a life of a higher vibration.

We struggle with our diseases, addictions, marriage problems and depression and we call them the norm. After all, this is what our TV is mirroring back to us as we night after night medicate ourselves with the best of the tube. We take handfuls of anti-depressants when we are low and eat them like candy. We drink ourselves to sleep nightly and medicate our bodies with toxic medically prescribed drugs that only further poison our precious sanctuary.

Consider for a moment an addiction as an obsessive need to go outside of your spiritual conscious self to feel good and to find a place away from your pain. This pain could be physical, emotional, spiritual

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or mental. You know that running away from your pain will never make it go away, but somehow that reasoning never quite makes it to your addictive thinking mind. Your body will do what it has been designed to do and set off natural alarms by creating pain. Pain is your body's natural way to protect you from a substance that could really cause some physical damage. Unfortunately, your mind takes control and tells the body to hush as you swallow more painkillers. The desires of your thoughts keep the body distracted and unfortunately, addicted.

Addiction is enslavement to a habit. A habit is an acquired behavior pattern that can soon become involuntary. Addictions and habits are both lower vibrations because they steal your life force energy and your attention from the present moment. Addictions force you to live your life on automatic pilot. You say to yourself, "So what?" The "so what" is that you have now missed life or missed the life your soul had intended for you to live. If all the answers to your life's questions are in the present moment, then you have just missed them. If you are creating your future by all the decisions you make in the present moment, who then is creating your future? It is the density of a lower vibration that keeps your soul from experiencing your Divine assignments, knowing spiritual truths, and feeling anything but physically drained and icky. Okay—that was a lot—breathe.

*Drug Use Around the World: Drug use is a worldwide phenomenon, and drug use occurs in every country today. The specific drug or drugs used varies from country to country and from region to region. Worldwide, the three main drugs of use are cannabis (such as marijuana), opiates (such as heroin) and cocaine. Although individual countries have their own drug laws, in general, drug possession, sales and use are illegal. Unfortunately, laws are not always equally enforced in countries around the world.*

*(Drug Use Around the World give website:  
<http://www.gale.cengage.com>)*

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You and I have all incarnated to experience and learn from this earthly life. You begin to get confused by the density of this earth plane and let the lower vibrations of habits and addictions get in your way. You start to depend on drugs, alcohol, caffeine and material consumption to get through your day. You think that you have found the higher vibration of your heavenly home because the drugs make you feel so wonderful. It may feel like the spiritual high you once knew, but it is not.

Some of you turn on the TV and camp out day after day as a way to unconsciously avoid painful lives. The mind lacks the ability to discern between something true from something false, so you begin to compare your life with what you see on the tube. You're taken in by consumerism as you allow the TV to govern your health by selling your subconscious the designer drugs of the day. Negative thoughts, toxic foods, and fear are consumed daily. You stay asleep. Unfortunately, time is running out. The planet needs you to start living consciously.

It is with great love that I become your wake up fairy. I wrote this book to help you heal yourself by offering tips from true healing stories and useful tools for a new lifestyle. Use this book to create higher vibrational habits by using a new tool I have coined—Mettaplaytion—a playful way to meditate, contemplate, pray and pre-pave your life with a dose of spiritual reality, not to mention fun. I can guarantee this will be much better for you than staying asleep. If you don't have the courage to become conscious of your ego-based life, the one you identify so strongly with, your false self will stay in control as you create more unhappiness for yourself and the planet.

I am writing to all of you who have labeled yourself sick with a physical illness or addiction. I am writing to those of you who endlessly keep examining the imperfections in your life or who always embrace the distressing victim role. And I am especially communicating to those of you who claim to not have any problems and live in denial by staying fast asleep. Trust that a Divine flow is happening and it is happening at this very moment because you picked up this book. A

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Divine flow will awaken you and save your life. You only have to create an intention for change and trust as you surrender your pain. And I will say it again, “Everyone has pain.”

*Every addiction arises from an unconscious refusal to face and move through your own pain. Every addiction starts with pain and ends with pain. Whatever the substance you are addicted to—alcohol, food, legal or illegal drugs or a person—you are using something or somebody to cover up your pain.*

*Eckhart Tolle*

Would you love to see this planet awaken to a higher state of consciousness? Start by living a spiritual life with daily rituals that make you feel connected to your higher power and at the same time allow a new high. This is the high you have been missing and it is now available. But not just by doing yoga on Tuesday and praying on Sunday as you fall back asleep and drink your cocktails, smoke your pot, and gossip about your neighbors.

This spiritual awakening begins with a strong discipline observation on how you live life moment to moment—how you think, what you see, what you say, and how you move in each moment of your awakening state. The spiritual highs eventually teach you about balance and how to allow a *feel good* high to become cellular. Most people on this planet have no idea they have permission to feel good in their bodies, live with a calm and peaceful mind, experience balanced emotions, and even feel moments of pure joy.

*The fastest growing addiction in the U.S. is gambling.*

*(Addictions: Opposing Viewpoints, Bernard Horn)*

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This book is for everyone. I believe everyone on this planet is addicted to feeling good and some of our choices are not in line with our highest truth. I would like to help acknowledge the numbness that is keeping you from your inner bliss and happiness. It is truly time to put down the drugs and medications and turn off the tube to create more space for an amazing life to appear.

### **The HIGHER VIBRATION:**

IS NOT a cult or religion.

IS NOT another medication or addiction.

IS NOT a new form of therapy.

IS NOT a 12-step program to enlightenment, weight loss, or love.

IS NOT a person or treatment program.

IS NOT selling you anything or preaching.

IS NOT going to an ashram to learn secret spiritual knowledge.

IS NOT about wearing a turban or sitting in a yogi lotus position.

IS NOT having sex with your guru or calling yourself a guru.

The HIGHER VIBRATION is pure consciousness. It is the unconditional love that you have for yourself, your intimate relationships, family, the Planet Earth, and God. It is truly living your greatness. God bless this earth with peace and a higher vibration.

**Why?** I have asked my spirit guides everyday since I started writing this book, “Why me? Why me, God? Is this a karmic payback? Did I do something bad in another lifetime?” The darkness of addictions and abuse has clouded the beginnings of my life’s tale.

“Haven’t I had enough? Aren’t there enough teachers out there with a message to awaken and heal the world from addiction and disease?”

Before starting this book, my chiropractor suggested I seek out an astrologer for a reading. At the time it didn’t seem too strange. I had benefited a great deal from my last astrological chart done many years ago. I decided to take the chiropractor’s advice and I cleared my calendar for another reading. I was going through many changes and any insight about my life would be invaluable. This astrologer was living in Hawaii, but by chance she was in town and I could make an appointment anytime.

I went to see this woman the following day with great intentions of discovering the next steps on my spiritual path. After my appointment I left with my head spinning. Not only did she provide great insights into my life, but she also shared a few things that I needed to do immediately. One of those tasks was to start this book. She laughed as she told me how there seemed to be a group of people I run from. The astrologer suggested that I stop running and turn around to embrace the folks who needed healing the most. She told me that this was an important piece of my life’s purpose or Dharma.

“Ugh!” I thought, “Why me God?” And then I began to laugh with her.

As my spirit guides listened to me continue to fuss, moan and groan, they remained strong, loving, but solid in the belief that it was time for the world to listen up, lighten up and acknowledge addictions for what they truly represent in our lives. We must stop medicating and begin focusing on healing our wounds. We are all addicted. We are all addicts.

*The United States has some of the world's most punitive drug policies and has led the cheering section for tough "war on drugs" policies worldwide, but a new international study suggests that those policies*



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*have been a crashing failure. A World Health Organization survey of 17 countries, conducted by some of the world's leading substance abuse researchers, found that the United States have the highest rates of marijuana and cocaine use. For this we arrest 830,000 Americans a year on marijuana charges?*

*(AlterNet. Posted July 2, 2008, by Bruce Mirken)*

We are all addicted to our fame, our ego selves, our bank accounts, our intellect, food and drugs, our shopping, our million dollar houses, our cars, our perfect lives and all of our Law of Attraction stories. Stop long enough to honestly examine how you medicate yourself. Perhaps you medicate with a stressful job, the one you can't walk away from, but that keeps you from your Divine assignment and your next spiritual duties. Only you will know and the answers are within. It is time for all of us to truly acknowledge our addictions.

I met John and his wife on a retreat in South America. A group of people from the United States had traveled to a small Mayan village tucked in the mountains of Mexico. Chiapas was the name of this spiritual haven. I had the opportunity to get better acquainted with the area and the different types of people on this spiritual quest.

Another healer and I worked on John's energy during the trip as he tried to find his balance. He and his wife also made it a priority to show up for early morning yoga sessions to de-stress from their busy lives back in California. The yoga was held in a very old local church built by a couple of European missionaries many centuries ago. Everyone, including John enjoyed the mystical experience offered by old church.

What I continued to psychically observe about John during this trip was a lower vibration or entity had taken over his body and mind. His soul fought for liberation from all the addictive pain, but he was just not grounded enough to make the necessary changes for himself,

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changes that would help him become sober and perhaps lead a more balanced, healthy life. It felt like this would be his life karma or life path.

Sometime later back in the United States, John and his wife visited me and did yoga once more. I saw his addiction had grown worse. I noticed his breath reeked of alcohol as he tried to sustain a yoga practice. I could feel a dark density in his aura by this time. Then he went away and I didn't see him again.

Then one day out of the blue, I had an unannounced visit by John and another yoga student. It was midday and both men had been drinking, but John was wasted. His energy bothered me and I felt sad and helpless in his company. I felt it was too late to offer any type of intervention.

After the two men had left, I placed a call to a mutual friend who happened to be another student of mine and who knew John and his wife very well. I mentioned to her the drinking drop-by incident. In my heart, I felt that John might have been reaching out for help that day.

John's life has now ended. Months later, he was on his way home and was hit by a car. When I heard the news, I realized that his visit was very important and timely to the writing of this book. I am mourning his death along with all the other people who loved him. I am writing to offer support to souls who struggle to heal their addictions and pain. The emotions I continue to feel for John are what continue to fuel me to write this book. God bless John.

## Chapter 1: Courage to Live Like a Mystic

*In modern culture, the imbalance is pandemic. If we are not addicted to smoking, eating, drinking, or drugs, then we are addicted subconsciously to acceptance, advancement, rejection, emotional love ... All these lead us to insecure and neurotic behavior patterns.*

*Dr. Dharma Singh Khalsa*

**Our Innocence.** When you are born into this world, you are a perfect little being who knows only love, peace and joy. Your skin is as soft as a teardrop. Your innocence is sweet and pure. You only reflect unconditional love. You trust your caregivers to protect and take good care of you. Now, you have grown up, but you are still that baby inside.

Somewhere along life's travels, our little gifts get harmed, karma sets in, and the freedom to trust the innate perfection goes away. As you grow into your body, you begin to realize that you don't feel so good about life, love and the journey. Fear starts to take over your mind. Anger seeps into your cells. The dependency that was lacking in a loving mother is now focused on a drug or something else that takes away the deep pain and depression you are feeling. You think getting high is the solution, because life is starting to feel better again. But baby, it's not. It will only rob your beautiful body of its life force and eventually your health.

You may begin to look for perfection again and try to learn your life's lessons. You may remain lost as you continue to look for this perfection outside of yourself. But your soul will soon begin to crave balance. As you struggle toward perfection, you now become aware of destructive life themes that keep you from your joy, peace, balance and the ability to love yourself.

**Seeking.** Off you go on your life's path to understand abuse, shame, fear, abandonment, and guilt. You examine your family and the way you were raised, your friendships, and romances. If you are lucky, you begin to understand the importance of healing core issues. I like to think of core issues or pain as small locked boxes that are safely stored deep within the mental, emotional, physical, and spiritual subtle bodies and only you have the keys to open them. Each of your core issues has a strong voice and from time to time will scream right back at you, trying to get your attention for a change. But are you willing to listen? Are you willing to look for the right key to open the box and do you have the courage to acknowledge the real cause of your pain?

Core issues are not only the wounds of the past, but all the secrets about the past that scared you into believing in illusions. Illusions create untrue stories or false beliefs. One illusion may be that you are not good enough to be in this world. Another illusion may be that you must be a bad person because your life seems to be unmanageable. You continue to stay focused on your imperfections. Perfection is now something outside yourself that you are striving to have so you can be happy. Critical voices in your head become the norm and you constantly dwell on what is lacking in your life.

**Externally.** Externally you look to be validated and healed from your dependencies. You seek rehabilitation centers, support groups, sponsors, step meetings, church groups, facilitators, supportive friends, family members and group or private therapies. These are all very helpful in the beginning, but you can end up replacing one dependency for another. Sometimes you end up missing your soul's opportunity to heal the core issues. You miss healing the exact issues that continue to keep you stuck in all your addictions.

It may feel better to hide out with other people like yourself who are also struggling with life. Week after week you continue to work on your life stuff, fearful of relapsing back into destructive dependencies. As you focus on the lack in your life, you create more. The more you announce to yourself and others that you are addicted,

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messed up, sick, fat, depressed or stuck, the more the universe allows your struggles to continue. How can you truly get free from all of your addictive behaviors, create balance and stop punishing yourself?

**Internally.** Welcome to a paradigm shift. More people realize they want a life of joy, freedom, growth and love. Many people want to change, but can't get beyond their life's struggles, daily pain and stories of the past. By honoring Divine order, surrendering to God's Will and having Faith that everything is happening as planned by your soul, you can then start identifying wounds and heal core issues. Healing the parts of yourself that are emotionally, physically, mentally and spiritually wounded, enables you to learn about your journey as you clear your energies of the past.

It now becomes very important for you to create the intention to have the courage to go deep within yourself and love what you find. Only love exists and everything else must go. You will begin to feel an energy shift and you feel a higher spiritual vibration within yourself begin to move. You will soon discover that this is the high your spirit has been leading you toward and it has been inside you all along.

One important element to keep in mind is that the universe has such a sense of humor. How could everything you have ever needed for a balanced wonderful life be secretly kept stored within you? You were fully equipped from birth with everything your soul ever needed for expansion in this life. It is your job to look within and make the most of what you find. Ultimately it is our soul's quest to allow our inner beauty and God given light to shine.

Years ago I had an opportunity to meet Tina, a very gifted writer and intuit at a Theta Healing training class that I hosted in my yoga studio. She too was originally from the Midwest and we shared a lot of the same interests and enthusiasm around healing ourselves. I had the chance to do some energy healing on her. Our time together was brief, as she met the man of her dreams and off she went to celebrate love.

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Sometime later, I discovered Tina was suffering from cancer. This was the same blocked energy I had felt in her years before. I read a couple of emails and have since read some of the blog posts she offers to other women who are also going through this same dreadful experience. She said that she was ashamed, but then finally accepted the cancer. She would have to go into the core of her wounds and find the courage to stay there until she healed.

The following is taken from one of her blog posts:

“But I am so, I hate to say it, fragile and well, delicate. Yuck. I can’t be strong no matter what I do. And boy is that a tall order to accept. Me the strong one, maybe that is why I feel so out of sorts, who am I, if I am not the strong one? No, this is physical. I am physically exhausted and still in significant pain a good month after the hemorrhoidectomy (hard to find humor at the moment). Even though it is temporary, there is a part of me that questions... what if it is not? Why can’t I just be what I am at any given moment? Why do I think I should be better, stronger, healed and more energized than I am? Maybe I am afraid it will mean I am really sick if I can’t be feeling better right now.”

Finding your Balance in a world that wants your soul.

**Healthy Tool.** Mettapplytion is a new spiritual tool in your life for changing your vibration as you heal core wounds. The word Metta comes from Metta Bhavana or loving kindness meditation. Metta is the Pali word for love and creates the magical opening for a loving spiritual connection between you and Creator. Bhavana means to cultivate and this practice helps you first to establish a connection with God, and then teaches you to direct love and kindness to yourself, then to loved ones, neutral people, difficult people and finally to all beings throughout the world. Buddha taught Metta Bhavana and it is found in Theravada Buddhism and other Tibetan Buddhist traditions.

The second part of Mettapplytion is play. All of us are starving for a life infused with childlike joy. It is time to have a tool in your life that can help create a forum for playful spiritual healing. At the end of the day, we are way too serious about life, our careers, and even our free time here on Planet Earth. Play has lost its importance and joy doesn't seem to exist in our vocabulary. The time has come to playfully move forward with a joy filled spiritual journey as a priority.

As I mentioned, I have coined Mettapplytion as the new name for the techniques presented in the book. These techniques have taken the great ancient healing methods brought to the West in the 60s by the late Yogi Bhajan. I have added these techniques to other sacred rituals. Some of the methods are the same ones that helped the great masters connect to their God within leading them to higher levels of consciousness. By combining all these methods with a touch of playfulness, you will soon begin to use the breathing techniques, meditation, prayer, contemplation and chanting after each chapter to help you change your current vibration. You will immediately feel good and actually lighter in your body after each Mettapplytion. Consider these Mettapplytions to be a new form of energy medicine to heal your body, mind and soul.

Since I have been writing this book, people have come forward to share their personal addiction stories. The other night I had dinner with my partner and a new friend. We had met about a year ago at a spiritual retreat in northern California and had a fun evening sharing our personal lives over dinner. I started to share my writings with our new friend David and discovered he had suffered from a few hard addictions in his youth. He is now 28 and he shared that his latest addiction was to raw foods.

When he felt out of control he would modify his diet. He said he binged on cleansing his body because it felt good and it gave him a false sense of control. He commended me on adding Mettapplytions to the book. He said that what really helped him escape the claws of his

cocaine addiction was a morning ritual of breathing techniques that his friend had taught him.

I could not believe my ears. It was as if the Divine powers dropped yet another person into my lap confirming the power of ancient breathing methods. I was thrilled as I listened to him talk more about his successes over his addictions. It seems like once you have a spiritual program, you are on your way out of the darkness and away from destructive addictions. You must remember to have patience. The threads of addictions may run deep into your psyche. You might get over one addiction only to discover a few more. But if you have the courage, you will heal just like David.

The Mettapplytion creates a sacred space of perfection. The same place that you knew when you were just a baby. This is where real freedom from all your dependencies exists. This tool helps you create your higher spiritual vibration and is the entrance to a higher consciousness. Your mind can now begin replacing negative chattering with a peaceful inner calmness. Your life will change and your consciousness will shift.

Try each Mettapplytion at least once. If one is more suited for you, make that your special connection into your healing portal. Continue to use them long after you have finished reading the book. Try to weave the Mettapplytions into a new morning ritual. Allow yourself time to implement this new life change and make it enjoyable so you keep coming back day after day. Soon you will discover that great balance has replaced the agitation left over from years of abuse.

Maybe join a friend or organize a small group to help you create this new morning healing ritual. Light candles and burn incense to create a sacred sanctuary. Each Mettapplytion is easy enough to do and you can do this ritual anywhere. Your bedroom might be the perfect place to simply roll out of bed and begin your new healing habit first thing in the morning. You can call it your own pajama yoga series.



## A Tune-Up for Conscious Living

Please don't let the description of the Mettapplytion cause any unease. Remember to try all of them individually for forty days, even if you think they do not apply to you. It is very important to do the Mettapplytions on an empty stomach. You will need to be rested and ready to go. Be aware that sugar and caffeine can change your experience. Take these exercises at your own pace and be very gentle not to push yourself past your comfort zone. Mettapplytions are not competitive workouts and should not be treated as such.

**Play.** For most of us, play in our day is completely out of the question. We are adults after all and there is no time for childish notions. We must focus and work. Nonsense. Pencil in a play date with yourself and start a healthy habit.

The area or vortex in your body that is linked to your personal creative play is the second chakra. The second chakra refers to the sacral area. This is the region by your hips and includes your sexual reproductive organs. The third chakra represent personal power and is located in your naval right above the second chakra. When the second and third chakras in the body are blocked, the creative energies and your personal empowerment cannot flow. This may lead to many earthly addictions. It is very important to keep these chakras strong and healthy. Learning to take time for creative play is very important and very empowering. More information on chakras and addictions will be provided later in the book.

The Mettapplytions help you set aside a moment in your day for devotion. This devotional time might be just sitting still for 5-10 minutes with a cup of Blue Bottle organic coffee or an acai berry smoothie, (my favorite addictions) as you contemplate what makes you feel spiritually complete. Also try some of the following suggestions as add-ons to your new morning ritual:

- Writing or journaling as emotions are identified
- Daydreaming

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- Painting
- Dancing or any kind of movement that makes you feel good
- Designing a vision board or a wish list
- Readings—angels, fairies or other oracle cards
- Meditating to CDs or a walking meditation in nature
- Sitting in a park
- Reading self-help books
- Walking your dog while listening to inspirational music
- Playing a Yoga DVD
- Playing music or singing
- Planting tulips bulbs in your garden
- Performing a sacred tea ceremony
- Strolling around the block looking at the flowers
- Cleansing, candle-lighting ceremony
- Ringing Tibetan bells or chimes
- Yoga, Tai Chi, Qigong
- Visualizing your perfect life
- Horseback riding in the woods
- Decorating your new spiritual space in your house

- Clearing out the old and creating space for the new
- Listening to classical music
- Breathing long deep cleansing breaths

### **Cinderella's Miracle story**

I have been Cinderella waiting a whole lifetime for my Prince Charming. Maybe some of you can relate. You might even be addicted to looking for love. Like me, you may have spent your life developing your career and putting love and relationships on the back burner. At the ripe age of 51, I was just about to give up. All my psychic buddies assured me love was on its way and I too had moment when I could sense a powerful completion of my old life. I could feel change coming the same way I can feel earthquakes right before they happen. As the winds of change began to blow, my emotions began to erupt, creating my own personal earthquake. This was a sign my prince was near.

I had just got back from my travels to India and Brazil. Both experiences had profoundly affected me. I was not the same person and my old life didn't match me any longer. It was time to pack up and go—but where? How could I leave all my yoga students and healing clients? What kind of teacher just ups and leaves? I guess I had become a person that was committed to my spiritual path and was willing to risk everything to flow with my intuition. I had to follow my vibes and have faith that everything would work out.

Off I went to the Bay Area to set up camp for a while. I found a cozy cabin on a hill in Fairfax, just down from the most majestic lakes and tree sanctuary, the Marin County Water District. This would soon be my most favorite place in the whole world. I would spend hours hiking and grounding for what was soon to come.

I had started writing this book as if possessed by some greater force. The month of January was extremely cold and wet and as I

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turned the calendar to February, the rain continued. These conditions forced me to stay inside and warm in front of the fireplace. The only real contact with the outside world was my morning hikes through the woods. Southern California weather was nowhere to be found and I was starting to regret my bold move.

I was delighted when one day a call came in from an old friend and fellow yogi. He asked me to attend a spiritual retreat with him. He thought it would be good for me to get out of the house and meet some new folks from the area. I thought it would be a great idea, too. I rarely participated in any workshops other than the ones I was presenting. “Surely this would do me some good,” I said aloud to myself after I hung up the phone.

As I set off to meet this spiritual group, the first thing I did was crash my brand new car. I collided into the side of this poor woman’s old, beat up truck as I was searching for the entrance ramp to the highway. All I wanted to do was forget the whole outing and run back to my sweet safe house on the hill, so I could spend hours crying over my broken new car. But the policeman handling the accident that day encouraged me to keep going. He said, “Turn on some good music and just drive, you’ll feel much better.” The hairs on my arms stood straight up in pure amazement, for that is exactly something I would have told someone else to do. Off I went.

After getting lost three times, I finally pulled up to the event. I am still a bit stunned about what happened next, yet very grateful that I had turned some good music on and just drove. Of all things, Prince Charming decided to come to the retreat, too. He had traveled all the way from Paris, France to meet me. It’s true. We both saw each other and that was it—done. I can’t even remember the retreat, because I was too busy falling head over heels.

After a short period, Prince Charming and Cinderella decide that dating from across the globe was much too difficult, so Cinderella

said goodbye to the woods and all her animal friends. She was on her way to city of lights—Paris!

Cinderella was very excited to be able to move closer to her beloved, but she soon began to fret about losing her spiritual sanctuary. Leaving the woods behind would be hard enough, but where would she pray, meditate and do yoga? How could she ask her Prince Charming to rearrange his life and his house to accommodate her spiritual needs?

Before she could even say anything, she arrived in Paris and Prince Charming was waiting at the airport with his horse and carriage. He informed her that he had a surprise. All on his own, he had spent time and cleared a room in his palace just for her. He had created a spiritual sanctuary just for his girl so she would have a place to pray, meditate and do yoga. What can Cinderella say? Nothing. I just melted into this higher vibration.

## **Create a Sanctuary**

Create a sacred sanctuary at home. Most of us have homes that are spiritually dysfunctional and do not support the growth of the spirit. Our homes end up simply being a container for our possessions. Most of us simply have too much stuff. We have too much furniture, clothing, and boxes of all sorts of things we haven't looked at for years. All of these favorite collectables offer an old worn out vibration and need to be cleared.

Your home is like your body, and it is very important to cleanse both from the many toxins that build throughout the years. Take time and empty out your home and throw out some old items. Get rid of old emotions, life stories, and old personal belongings that you have outgrown. You do not need to hold onto a teddy bear from an old boyfriend in college. You are married with a family, and I am sure your mate would appreciate a break from the stuffed bear. Clear your home and create a space to do your morning Mettaplaytions.

Believe it or not, you don't do spiritual work in your home because you are lazy or lack an interest. You haven't created a spiriting room. The energy and main focus in your living room is centered on the TV. Your habit is to position yourself night after night on the couch in front of the tube instead of focusing on a healthy way to change your life. You must consciously set an intention to create a space to express your spirit. You must have a space to pray, contemplate, dance, sing, play music, and meditate. You need to create a sanctuary. This sacred space becomes very important for everyone seeking a contemplative lifestyle.

I have a great friend, Grace, who is Egyptian. Her Mettaplaytion sanctuary is a room decorated with all Egyptian artifacts. It's like stepping into an Egyptian mosque. There are beautiful, brightly colored rugs, Egyptian wall hangings and candles. The room offers enough space to do her spiritual work and healing. I was quite impressed by what she had done to create such an inviting sanctuary and how she had made it a priority in her life. This room in her house is certainly a great inspiration and a perfect example for her friends and family. The refreshing part about this is that she actually uses it and loves sharing it with others.

## **The Power of Mettaplaytions**

Now that you have created your sacred room, it is time to start playing. I am emphasizing the playfulness of all of the Mettaplaytions, but it is very important that you understand how powerful each of the exercises are and how they need to be performed with care. Have fun, but be very mindful of how you feel and stay connected to your physical realm. Your body will let you know how you are progressing; please don't over do it. Set a powerful intention to always be aware of how you are feeling and know that you are in control of your body at all times. It is your responsibility to keep yourself safe.

Mettaplaytion is a way to transform your life. It is not an intellectual state, but rather a time away from your current pending

thoughts and the constant background chatter of your mind. Each Mettapplytion will heal the body by lowering your heart rate, respiratory rate, blood pressure, and oxygen consumption and also shift your vibration. Veterans of Mettapplytions not only experience an increase in alpha waves (indicating a relaxed, yet extremely alert state), but also are able to maintain these high levels of alpha waves into their awakened states. As you transform your pain, you step out of your chaotic life into a fresh flow as you learn to feel good with an altered sense of yourself.

### **Physical Benefits of Mettapplytions:**

- Regulates cortisol levels in the blood
- Balances the hypothalamus, pituitary and pineal glands
- Increases dopamine and serotonin

### **WARNING:**

Medication. If you are on medication, be mindful that these drugs can handicap your Mettapplytion sessions. I have found it acceptable to work with people on medications. As clients do these exercises on a regular basis, I have seen them release their need for all medications. Work with your medical doctor or psychologist on this issue and stay connected to how you are feeling during and after each session.

**It is however, very dangerous to practice if you are using marijuana, cocaine or any other illegal substances at the same time. People who smoke cigarettes may have greater difficulty because of reduced lung capacity. Also excessive toxins from the cigarettes may affect brain function. Be conscious and mindful—the**

**Mettaplaytions are very powerful and work over time to completely change you from the inside out.**

## **Reflection & Contemplation**

Have a clean journal available for writing thoughts, feelings and ideas, as you take baby steps toward recovery. Use the journal every time emotions begin to surface. Babies cry when they are not being attended to or when they don't feel safe. Allow yourself to shed some tears. Growing up requires that you cry to release. Allow tears to come as you express your emotions through your writing. You will soon discover vast amounts of information as you step onto your life's path. If you can't cry, find a safe way to express whatever emotions you are experiencing—be it anger, sadness or even indifference. It may take some time to move into a place that is safe enough to allow tears, so be gentle and try to celebrate some patience.

Thank you for shifting your vibration and dependencies. As you heal and become a lighter and brighter soul, you are helping the world to shift. As you live your life, you are able to participate with others in a loving way. You are able to observe the earth and its beauty. As more people become kinder, happier and more peaceful, the planet will become a much better place to live. The time has come to embrace a paradigm shift. Use the tools in this book to heal your core issues. You no longer have to seek outside yourself for the truth. True perfection has always existed. Now you get to experience this perfection from within yourself. Have fun with your new high and welcome to The Higher Vibration Club.



## **Self Love Break**

Finding compassion and love for yourself requires that you take time to find a baby picture. Find a photo that says it all about your childhood and post it to below. Keep referring back and stay open with a loving heart toward this baby. Try to have paper available to jot down a few notes. Maybe your first journal entry can be the feelings, or lack of feelings, you have about this baby.

GLUE YOUR PICTURE HERE:

## **Mettaplaytion: Grounding Into Your Mystic**

<http://blip.tv/file/4051213>

**Addictions to be healed: food, gambling, shopping, alcohol, sex, heroin and work.**

**Themes around these addictions: survival, acceptance, grounding, fear, safety, confidence and creativity.**

*Ground your energy by connecting to the earth and begin to tune-in by chanting three times, “Ong Namō Guru Dev Namō”*

*Pray and Set Intention*

### ***Warm-up Exercises***

1. Sit with a straight spine either on the floor cross-legged or a chair. Place hands on knees and rotate in a circle for 2 minutes. Allow your knees to soften and the lower back to release tension. Change directions and continue to rotate in a circle warming the body. Remember to take deep cleansing breaths as you move. Inhale deeply, hold and exhale. Come back to the center.
2. Spinal flex warm-up. Place hands around ankles if you are cross-legged or grab knees if sitting in a chair. Begin to pull the chest up and slightly forward, inhaling deeply through the nose at the same time. Exhale as you relax the spine down into a slouching position pulling your navel into your spine. Keep head straight and avoid

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bobbing your head with the movement. Eyes are closed. Do this warm-up for 2 minutes. Inhale deeply, hold and exhale.

*Meditate*

1. Sit cross-legged with a straight spine or sit on your knees. Allow your pelvis to slightly tilt forward. Place the left arm out straight from your heart with palm facing down and your right hand extend straight right next to your left, but this palm is facing up.
2. Chanting: “Whahay (Wha like water) Guru, Whahay Guru, Whahey Jeeo (g o)”

This chant means, “Ecstasy is the consciousness of your soul.”  
Chant continuously for 5-10 minutes.

3. End. Place left hand on heart and right hand on top of left. Continue for 1-2 minutes silently chanting. Take a deep inhale, hold and exhale.

Time: 5-10 minutes.

*Practice Loving Kindness Meditation.*

*Lie down and rest.*

*Contemplate a life without your addictions and journal your discoveries.*