

Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is Vibration. Vibration is the movement of the universe; the resonance that resounds throughout our world. Vibration is what moves life forward through its' cycles. For instance, the changing of the seasons is a perfect example of the different wavelengths of energy. We all recognize the change of pace set by the different seasonal weather patterns. In spring, we have growth and energies of new beginnings. In summer, we have a rise in temperatures which in turn creates an increase of activity. A fine example is the increased activity of the wasps and stinging insects right now. Fall brings us a final rush of activity followed by a slowing down, a glance into the lesser energies of the winter months.

We, ourselves are vibration, reflecting as someone who is fun to be around...or not; reflecting as someone who is healthy, who is *vibrant*. How we live, what we think, how we feel, etc. is collectively reflected as who we are. We've all had the experience of liking someone immediately...or feeling really uncomfortable around someone for no apparent reason. This is being aware of their vibration, their energy field. Actually, think of a smile. There's great vibration happening.

All of this matters because we can easily become a sum of energies, vibrations, that we do not want to be. Remember, real "nutrition" is about *every* thing you take in. The obvious factors are food, water, sunlight and clean air, the basics. We know we must give careful consideration that our food be organic, our water, pure, etc; yet how many of us consider the impacts of other aspects of our daily choices in television and other media, the company we keep, our means of making a living; you know, our every day. Every activity comes with its' own energy or vibration. If that vibration is higher than our own, then it is felt as uplifting. If it is a lower vibration than our own, then we will feel depleted. Of course, we will be affected physically, mentally and emotionally by these vibrations because the physical, mental and emotional are just different layers of increasing density covering you the "person" who lives within. This is why it matters where our food comes from and how it is grown; local and organic considered the better choices. This is why it matters what we choose as our medicines. Is it "alive", meaning it still exerts a strong electrical field? Properly made natural remedies retain their life force, the vibration determined by the chemistry of the substance. This vibration impacts ones' body creating a response in our own vibration. This is why we heal. This is why we smile back at someone who has smiled at us. This is why a kiss heals. It is all vibration. The smell of a brownie will make you salivate as fast as putting one in your mouth. How many of us have actually frowned at a color we didn't care for? Vibration.

Anyway, the balance point... the "point" of all of this. How do we live a "vibrant" life? We must begin to find more balance in our choices if we are to find more balance in ourselves. Just the facts, thanks. What we ingest, partake in, accompany, etc, 100% affects us. Noise, pollution and other stresses in our lives must be outweighed by the higher vibration activities. It is a must. Pick your vices (and I use the term loosely) wisely. Remember to smile, laugh and live joyously. You did wake up this day, after all.

The rainbow ends at a pot of gold because the entirety of its color spectrums creates light which is reflected as gold, just as sunlight is. Actually, I just made that up. However, the gold, your health, is a collection of vibrations of light, vibrating at different magnitudes and the pot at the end of the rainbow is our self. How bright do we shine? How bright would we like to? Consider raising your vibration through good company, FUN, a natural lifestyle, simple living, exercise and a thorough understanding of ourselves. Here we will find our answers, our blessings, and we soar.

Question of the week: Can you recommend a brand of eye drops to aid in the relief of irritations from all of the smoke in the air right now?

Answer: I prefer Similisan homeopathic eye drops. They make a variety of products for different type of eye irritations. They also make a nasal spray.

Book of the Week: *The Quantum Self*; Zohar, Danah; Quill / William Morrow; 1990

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to sheryleaglewoman@livingresponsibly.com for "The Question of the Week".

Sheryl Eaglewoman is a Natural Health Consultant, Author and Publisher. Working in the Natural Health field for over 20 years, Sheryl has an extensive knowledge base, specializing in all areas of natural health, including herbal and homeopathic therapies, midwifery and organic lifestyle. Contact her at www.livingresponsibly.com or 406-892-1116.