

## Living Responsibly...It's Only Natural!

Sheryl Eaglewoman

Welcome! This week our topic of choice is to continue with Vibration. It is Vibration, after all. So, we all get the basic idea...high vibration, we feel better; low vibration, we feel depleted. Let's look at this a little closer. Again, let's confirm. Vibration is. It is the movement of the universe. Let us consider further what this means to us on a personal level. Well, for beginners, let us understand, the impact of vibration has no physical limits, *per se*. If an earthquake happens in Peru, as it just did, that "vibration", that "impact" has an enormous imprint on all things of organic origin. And it has a repercussion point as well. My theory is that the Oklahoma flooding is the repercussion point to the Peru earthquake. The point being, every impact we accept in our energy field and every impact we create, does in fact create a repercussion, a wake, just like a boat. By now we should realize, what happens in any part of the globe has an effect upon each and every one of us. Can't breathe; asthma a concern? Perhaps it is because we as a society sit by as power seats allow the "removal of a mountain top" in the name of progress and the growth of the energy industry, i.e. coal production. Can we recognize that the rubble and waste created will pollute and most likely kill the streams where the waste will be dumped, and the fish, amphibian and plant life will die, as well as the culture that survives on these natural resources? And we have problems with breathing?! Go figure...we are allowing the suffocation of life. The Earth breaths in and breathes out, just like us. Helping Her helps ourselves. Hindering Her hinders us. It is the same vibration as you. It is vibration...and ultimately we collaborate as one tone, one vibration, one energy. What are we, as individuals, contributing?

Anyway, vibration...how do we make the best of it? How do we attain a beautiful resonance with that which is within and without ourselves? How do we find a constant flow, consistent with the Earth's energies, so that we support the Earth and ourselves complacently? The thing about it is, you imprint with feelings...so it really does matter how things, places, foods, smells, PEOPLE, etc. allow you to feel. Each aspect that enters into or upon our life leaves us with a feeling that affords us a clear imprint of same such circumstance, so strongly, that all following similar experiences will be subject to our previous feelings. We've all heard someone say I don't like...because it / they remind me of... Right? We need to be careful what we allow into our energy field as it will imprint upon us. Be sure we are comfortable with any particular impression dictating our future. It is that simple. We feel...we decide.

How do we achieve and maintain a high vibration, realistically? Well for most of us, we will need to use some self-discipline. Actually stop and take a moment or two or three and consider how you would like to see your life, health, relationships, etc. Then consider what positive choices we can make in our day that will lend to our goals and desires. Then, we must remember what it is we want. This is where we will find our staying power.

What else can we do? Pay attention to how things, people, etc. allow us to feel. Here, with practice, we will find a path to follow that suits us. The path we choose will be *seen* by our understanding of ourselves in relation to that which is around us. Here we will find our "seat", our "self", our "center", and our ability to increase our vibration becomes easier because we know where we are right now, because we dared to look. I did mention discipline. I should mention honesty with your self is a must, as well. Okay, so let's talk tangible actions. What can we "do" to help get us there?

Beautiful music, what ever that might be to each of us. If it makes us happy and feeling good, how wonderful is that? Music is a fabulous way to lift our vibration. Add to that, singing. When we sing, we actually vibrate our cells. So sing loud and strong, just not in the grocery store checkout lane. Color carries a strong impact. Choose colors according to our need for increasing or lessening activity. Wear colors that make you feel good. It is that simple. Use color as a therapeutic aid in achieving health. Something as simple as sleeping on a particular color sheet or pillow case can increase our body's ability to respond in a healthy manner. Our bodies, being made of light waves, respond to all forms of light therapy. Light is vibration. And it is healing to us, go figure. Good food, pure water, *laughter*, good company; you know, the stuff that makes us feel good!

Here is my take on our "vibrational journey". We are spirit, living in a physical body. Our spirit determines our chemistry, our makeup. Our chemistry determines our thinking. Our thinking defines our morality. And our morality defines our spirit, which is, again, who we really are. Every place along this path we have the opportunity to move higher or lower on the energetic spiral of life. Effect, affect; it is the same. They are "Different degrees of the same thing". Keeping this one thought in mind will bring upliftment to your energy field always. Shine on!!

Question of the week: What is ozone therapy?

Answer: Ozone used therapeutically is produced from medical oxygen. Sometimes given as an ozone / oxygen blend, it is used to provide the body with oxygen at the cellular level and to aid in ridding the body of viruses, bacteria parasites, etc. without causing harm to the body.

Book of the Week: *Food Politics*; Nestle, Marion; University of California Press; 2002

Have a question you'd like to see addressed by Sheryl Eaglewoman? E-mail your question to [sheryleaglewoman@livingresponsibly.com](mailto: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](http://www.livingresponsibly.com) or 406-892-1116.