Welcome!
This workshop is an exciting opportunity to experience some self care tools for raising vibration...

We will...
- Explain the concept of Vibrational Medicine
- Demonstrate Dr David Hawkins' Map of Consciousness
- Introduce aromatherapy, sound, sacred geometry, color, crystals and meditation.
- Demonstrate tools to help navigate and maintain balance in stressful health care systems.
- Encourage you to develop your own self care toolbox

Objectives
- Identify three emotions on the Map of Consciousness. (Dr David Hawkins)
- Identify three ways your vibration could decrease.
- Name three tools that could raise your vibration.

Energy Matters
- Everything is Energy...
- Everything is Vibration

Consciousness Matters
“Problems cannot be solved at the same level of consciousness that created them.” (Albert Einstein)
Human beings are networks of complex energy fields that interface with physical cellular systems.

Vibrational Medicine uses specialized forms of energy to affect those energetic systems.

Rebalancing energy fields restores order from a high level of human functioning.

Vibrational Medicine

Einstein’s Paradigm...

(VMT)

(Dr. Emil Faithe)

Aromatherapy*

Color

Crystals*

Flower Essences*

Gemstone Elixirs

Homeopathic Remedies

Sacred Geometry*

Sound*

Relationship between Vibration, Consciousness and Vibrant Health

- Connection with True Essence
- Inspired State of Vibrant Health
- Variable Status of Emotions, Mind and Body
- “Knowing there is more”
- Fear, Anxiety and Depression
- Heightened Risk of Sickness and Disease

How Does Vibration Relate to Self Care…?
Setting the Vibrations for Healing

Going Beyond the “Norm”...

• How can we raise our frequency and consciousness?
• How can we stay strong when challenged on a daily basis?
• How can we activate more of our Potential?

Setting the Vibrations for Healing

Creating a Sacred Healing Environment...

Multi Sensory Approach...
- Color of the Walls, Floors and Furnishings
- Art
- Sound
- Crystals
- Special items to uplift both HEART and MIND
- Essential Oils to delight your senses

Raising Vibration and Consciousness In Action

Our Environment Matters
When we enter an environment it can either ...

INCREASE or DECREASE our Vibrational Frequency
Setting Vibrations for Peace and Harmony

Environment Matters

Setting Vibrations For Self-Care

A working example...

Geometry and Sound...

How do they relate to Self Care?

The Flower of Life, Metatron’s Cube and the Platonic Solids

… These patterns can be seen everywhere in Nature including the structure of molecules … and our own DNA
The ratio of each successive pair in the Fibonacci sequence approximates to \( \Phi \) ... Known as the Golden Ratio.

Geometry speaks to us at the cellular level

Geometry... is the Language of the Universe

Phi is also known as the “Number of Life” that generates all living things within the world

Geometry speaks to us at the cellular level

The Power of Sound and Intention
Hidden Messages in Water... Masaru Emoto

What are we doing when we work with these tools?
Rethreading the fabric of Society... Rethreading the fabric of our Genes

Creating the New Dream

Channeled Chakra Keys
Hold Frequencies that support the awakening of Higher Consciousness

Different Size... Different Function

©CWHA 2017

Compassion         Thank You              Wisdom
I will kill you      You fool
“Sound can redress imbalances on every level of physiologic functioning and can play a positive role in the treatment of virtually any disease.”

Dr. Mitchell Gaynor,

Richard Gerber on Crystal and Sound
Author of Vibrational Medicine

“The use of various frequencies of sound with crystals for healing is just the beginning of an entirely new approach to healing.”

Richard Gerber, Vibrational Medicine page 366, 3rd edition

Aromatherapy, and Flower Essences

Aromatherapy
1920’s French cosmetic chemist Rene’ Maurice Gattefosse discovered. He also coined the term, Aromatherapy. Essential oils contain powerful energy according to Gerber. An essential oil is a potent extract of the plant that has the ability to heal body and mind. (Gerber)

Oils can be diffused, inhaled, diluted and applied to the skin or made into a spray. Sometimes oils are even ingested with professional guidance. Oils can also be combined with carrier oils to create lotions, balms, and body butters.

Essential Oils for Vibrational Healing

Essential Oils for Vibrational Healing

Aromatherapy is a form of vibrational healing. (Cointreau, M)

- Scientific studies indicate that smell is one of our strongest senses. (Cointreau, M)
- Smells often trigger our memories and trigger an emotional response.
- Essential Oils affect the central nervous system which then affects the entire body and mind. This allows the body to open to healing the root cause of the illness.
- Triggers the body’s natural defense mechanism to respond and heal itself. (Cointreau, M)
Essential Oils for Relaxation, Reducing Stress

• Basil, Frankincense, Lavender, Marjoram, Melissa, Myrrh,
• Neroli, Sweet Orange, Cardamon, Palmarosa, Ravintsara,
• Rosewood, Vetiver, German Chamomile, Roman
• Chamomile, Clary Sage, Ylang Ylang

Essential Oils for Emotional Health

Emotional Health
• Bergamot, Cypress, Fennel, Spikenard

Antidepressant
• Clove Bud, Geranium, Grapefruit, Helichrysum, Jasmine Absolute, Lemon, Melissa, Neroli, Nutmeg, Sweet Orange, Patchouli, Rose, Ylang, Ylang

Grief
• Cypress, Rose Absolute

Uplifting Essential Oils

• Grapefruit, Laurel Leaf, Lemon,
• Lemongrass, Peppermint, Rose Absolute,
• Rosemary, Rosewood,
• Tea Tree

Flower Essences

• Energetic infusions of flowers made with water and a preservative, e.g. alcohol, vinegar, glycerin. (Cointreau, M)
• Work similarly to the principles of homeopathic medicine (Cointreau, M)
• Do not interfere with medications and do not have harmful side effects. (Cointreau, M) You can put a few drops under your tongue or in a bottle of water.
• Dr Edward Bach, British surgeon, (1886-1936) is credited with first bringing flower essences into use for healing.
• Floral Acupuncture takes this to another level. (Craydon, D & Bellows, W)
Flower Essences
- OCD- Chestnut Bud
- Anxiety- White Chestnut
- Depression- Mustard
- Long term exhaustion- Olive
- Anger- Cherry Plum

Meditation
- Research shows that meditation can reduce stress and improve brain function.
- Dr. Daniel Amen research studies with the Amen Clinic demonstrate how even 12 minutes of meditation can show changes, such as improved blood flow in the brain and calming in the anterior cingulate and basal ganglia. (Amen, D)
- Improves attention, planning, decreases depression, anxiety, fatigue, and protects the brain from normal aging (Amen, D)

Heart Rhythm Meditation
- What is HRM?
- A meditation that focuses on the heart beat and the breath.
- Elemental Breaths: Air, Fire, Water, Earth

Elemental Breaths...
- Inhale through the mouth
- Exhale through the mouth
- Directs energy into the mind
- Useful for inspiration
- Effective against guilt, confusion, despair and grief
Elemental Breaths...

**Fire Breath**
- Inhale through the mouth (quickly)
- Exhale through the nose
- Use when you need a boost of energy
- Effective against depression and pessimism
- Increases motivation

**Water Breath**
- Inhale through the nose
- Exhale through the mouth
- Useful for insomnia
- Helps emotions flow
- Effective against stubbornness and resentment

**Earth Breath**
- Inhale through the nose
- Exhale through the nose
- Grounding, calming
- Effective against fear and Feeling spaced out

---

**Temple of the Heart Meditation**

"The Heart is the Cosmic Tuner"...
Dr Menas Kafatos

"Heart connection is critical in getting well"........Dr Janet Hranicky
Raising Vibration offers a powerful approach to Self Care

What will you put into YOUR TOOLBOX?

Bibliography