

# Raise Your Vibration Weekly MeetUp

Enlightened Collective NYU RDU ATL THE BAY AREA

# The E. Collective

- A community of seekers working together to bring enlightenment to the world
- Founded in ATL 2016



The E. Collective

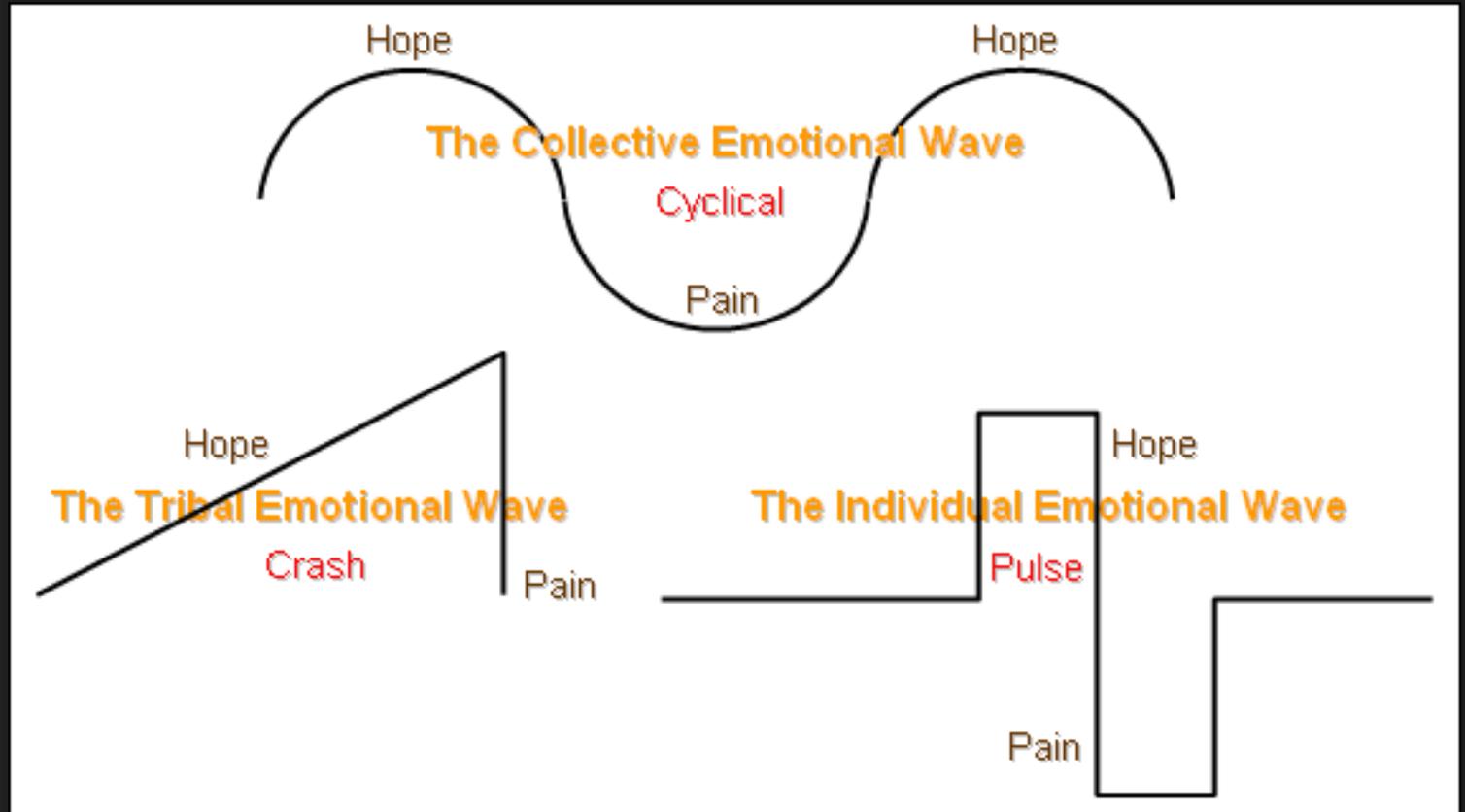
# Friday Night Zoom Meeting

- To Connect with others and share
- Raise Our vibration

## The emotional waves: From High Hope to Low Pain

Two kinds of people:

1. The emotional empath: – absorbing and amplifying the emotional waves of others
2. The emotional maker: Sending out emotional currents to others depending on where they are in their wave



# What was your lowest wave of pain this past week

- **0: No Pain only hope and optimism this week!! Go Me! I love it here on Earth!!**
- **1-3: Mild Pain; nagging, annoying, some minor disruption with my mental emotional wellbeing (MEW)**
- **4-6: Moderate Pain; a nagging annoyance, some concerning disruption with my MEW**
- **7-10: Severe Pain; an extremely disabling annoyance causing a major disruption to my MEW**

# Where did that low wave carry you??

## The Void

- **Lacking and Not Having what you want in life:**
  - **Craving some Satisfaction & Sweetness ?**
  - **Sobbing for Security/Success?**
  - **Praying for Peace?**
  - **Aching for Adventure?**

## The Blender

- **Feeling or Think of oneself as:**
  - **Ugly & A Mistake**
  - **Unlovable & Broken?**
  - **Dumb & Gullible?**
  - **Unsuccessful & a Failure**

the Low Wave POV

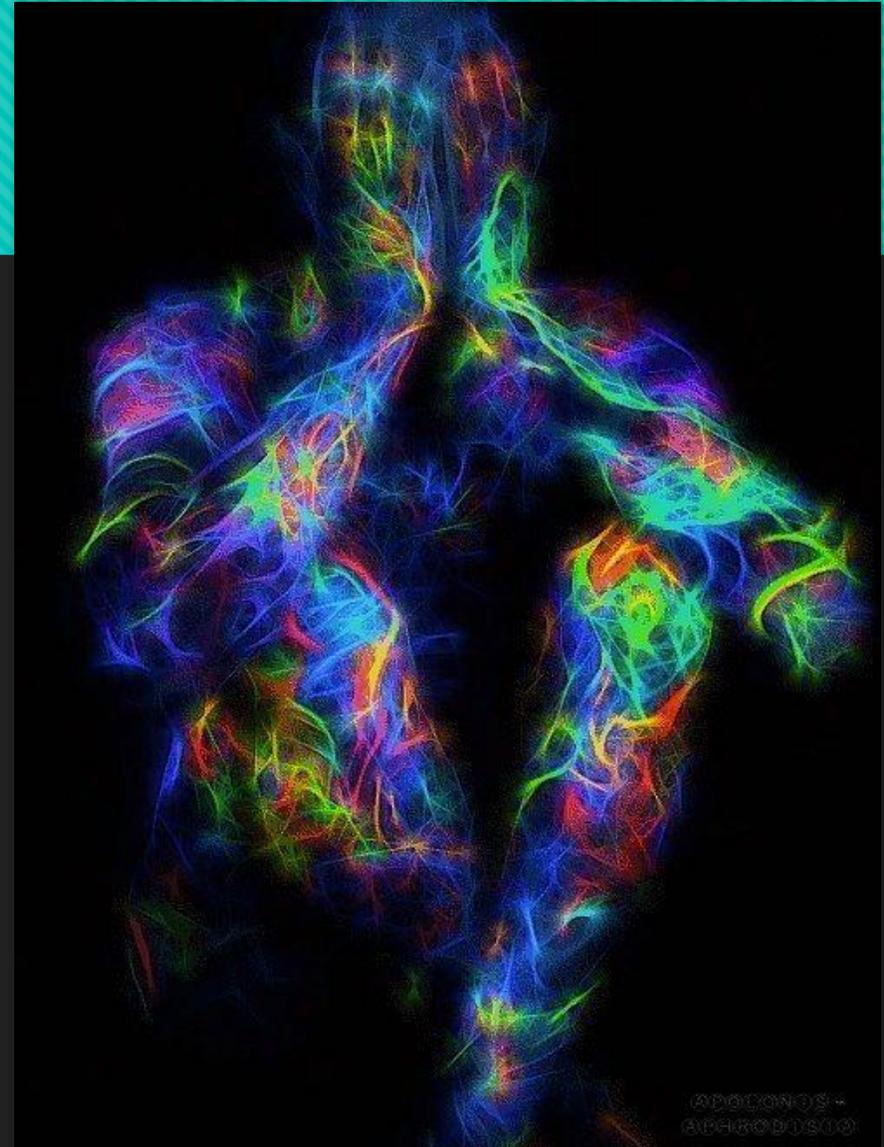
What Emotion/Life View would you identity you were in during that Low Wave?

Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

# Break Out Rooms/Share

# PAIN DEMANDS TO BE FELT.

- P.A.I.N: Pulling Attention Into Now
- Pain is the body's response to mental, emotional or physical trauma.
- The unpleasant emotions are part of human survival and serves as a catalyst for forward progression
- Suffering happens when we don't move forward through the unpleasant emotion



# The Attraction Patterns from the Emotional Wave

- Powerful patterns are associated with health, weak patterns are associated with sickness. Every thought, emotion, word & action has one pattern or the other. Every moment of our day we are either moving towards health or sickness.
- When one's consciousness falls below 200 at any given moment you start to lose power and thus grow weaker and more prone to be manipulated by one's surroundings.
- Parts of one's life will calibrate at a higher level of consciousness while other parts will calibrate at lower levels. It's the overall average that determines one's consciousness.

# Courage

Having the will to know, be, and do that which is most important over that which is most feared.

- At the 200 level, power first appears. Courage is the zone of exploration, accomplishment, fortitude, and determination. At the lower levels the world is seen as hopeless, sad, frightening, or frustrating, but at the level of Courage, life is seen to be exciting, challenging, and stimulating. At this level of empowerment, one is able to cope with and effectively handle the opportunities of life. Hence growth and education become attainable goals. Obstacles that defeat people whose consciousness is below 200 act as stimulants to those who have evolved into the first level of true power. People at this level put back into the world as much energy as they take; at the lower levels, populations as well as individuals drain energy from society without reciprocating.

## Shame Level 20

The level of shame is perilously proximate to death, which may be chosen out of Shame as conscious suicide or more subtly elected by failure to take steps to prolong life. In shame we hang our heads and slink away, wishing that we were invisible. It's destructive to emotional and psychological health, and makes us prone to physical illness.

Resist the Pull to  
this row

Lean in to the  
uncomfortableness of  
this row

Self-punitive	Self-forgiveness
Depression	Choose life
Judgmental	Surrender to God's Mercy
Negativity	Let go of position
Shrink, hide	Be visible
Self as worthless	Affirm gift of life
Rigid self-view	Correctable, flexible
Condemn	Forgive
Mortification	Choose self-worth
Denigrate	Honor self
Self-hatred	Self-forgiveness
Severe	Benign
Imbalanced	See both sides
Blame self	Blame ego's ignorance
Exaggerate faults	Transcend limitations
Partial selective view	Balanced overall view
Self as loser	Self as corrected
End of the road	Beginning of the new
Unlovable	Worth as child of God
Error unforgivable	Error as lesson
Narcissistic orientation	Concern for others
Serve self	Serve life

## Guilt (30)

Guilt manifests itself in a variety of expressions, such as remorse, self-blame, self torture, and the whole gamut of symptoms of victimhood. Unconscious Guilt results in psychosomatic disease, accident proneness and suicidal behavior. Guilt provokes rage and killing frequently is its expression.

<b>Attraction</b>	<b>Aversion</b>
Make judgment	Surrender judgment to God
Punish self or others	Forgive self or others
Refuse mercy	Accept mercy and compassion
Justify negativity	Surrender secret pleasure
Project feelings	Take responsibility
Choose perception	Choose essence
Rigid, narrow view	Flexible, see both sides
Penance, self-indulgence	Service to others
Cling to position	Ask God for miracles
Justify	Relent, choose options
Act out	Transcend
Enjoy meanness	Enjoy being gracious to self/others
Act against self and others	Act to help self and others
Choose the negative	Choose the positive
Be 'right'	Be wrong
Helpless, stuck	Flexible, grow
Reinforce	Transcend
Stuck in past	Live in the now
Malignant, cruel	Benign, merciful
Stingy	Benevolent
Project responsibility	Choose to be author
Vengeful	Merciful
Be small	Choose 'bigger than that'
Grasping	Benevolent

## Apathy (50)

This level is characterized by poverty, despair, and hopelessness. The world and the future look bleak. Apathy is a state of helplessness, its victims needy in every way, lack not only the resources, but the energy to avail themselves of what may be available. Unless external energy is supplied by a caregiver, death through passive suicide may result.

<b>Attraction</b>	<b>Aversion</b>
Blame, project 'cause'	Responsibility, own
"I can't"	"I won't"
See self as victim	See self as co-player
Indifference	Caring
Defeatist	Optimist
Justify, rationalize, excuse	Take action
See self as helpless	See self as able
Hopeless	Hope
Negate self-worth	Choose self-worth as gift from God
See self as weak	See self as potentially strong
Refuse solutions	Willing, accept
Self-sabotage	Self-endorsement
Indolence, sloth	Energy of action
Pessimism, cynical	Trust, faith, hope
See self as unworthy	Accept value of life
Future looks bleak	Future holds opportunity
See self as incapable	See self as willing to learn
Rigid, inflexible	Malleable, capable of growth
Passive	Active, put forth the effort
Reject help	Accept help
Self-pity	Compassion, then move on
Cling to position	Surrender positionality
Self-indulgence	Move on, 'get over it'
Excuse	Self-honesty
Sink lower	Evolve, move up
Succumb	Resist, refuse, reject

## Grief (75)

This is the level of sadness, loss and dependency. Those who live at this level live a life of constant regret and depression. This is the level of mourning, bereavement, and remorse about the past. In Grief one sees sadness everywhere, this level colors one's entire level of existence.

Attraction	Aversion
Cling to	Let go of
Live in past	Live in the now
Undo	Accept
Bargain with God	Accept limitation – karma
Hope to change, entreaty	Surrender
See as loss	See as opportunity to move on
Refuse, deny	Work through
Anger, resentment	Acceptance
Self-blame	Accept limitation
Feel empty	Replace with new values
Lessened	Compensate
Equate 'other' or 'that' as source of happiness	See happiness as internal
Dependent on externals	Depend on self
Resist	Transcend

## Fear (100)

From the viewpoint of this level, the world looks hazardous, full of traps and threats. Once Fear is one's focus, the endless worrisome events of the world feed it. Fear becomes obsessive and may take any form. Fear limits growth of the personality and leads to inhibition. Because it takes energy to rise above Fear, the oppressed are unable to reach a higher level unaided.

<b>Attraction</b>	<b>Aversion</b>
Excitement of danger	Stay 'cool'
Panic, overreact	Self-control
Dramatize	Handle calmly
Emphasize	Deflate
Gain attention, help	Self-sufficient
Survive	Trust God
Protect	Lose, loss
Control	Surrender
Emotionalism	Think clearly
Exaggerate	Minimize
Imagine	Stay logical
Project to future	Live in the now
Proliferate	Suppress imagination
See enemies	See safety
Resist, defend, avoid	Accept
Elaborate, escalate	Reduce perceptions
Harbor	Work through
Justify	View realistically
Project cause	Own responsibly
Death	See life as eternal
Focus on body	Focus on spirit
See life as physical	See spiritual as reality
Loss of youth, money, possessions	See source of happiness as intrinsic
Loss of love of others	See Self as Source
Depend on self	Trust in God, Self

## Desire (125)

Desire moves us to expend great effort to achieve goals or obtain rewards. Desire is also the level of addiction, wherein it becomes a craving more important than life itself. Desire has to do with accumulation and greed. Want can start us on the road to achievement. Hence Desire can become a springboard to yet higher levels of awareness.

Special	Common
Win, gain	Lose
Wealth	Poverty
Control	Passive
Get	Lose
Crave	Frustrated
Force	Weakness
Approval	Criticism
Success	Failure
Fame	Anonymity
Stubborn	Give in
Aggression	Submission
Resist	Change
Defend	Surrender
Acquisition	Poverty
Conquest	Lose
Popularity	Unnoticed
'Have to have'	Prefer
Important	Ordinary
Feel 'high'	Just normal
Exceptional	Average
Noticed	Ignored
Excitement	Boredom

## Anger (175)

As people move out of Apathy and Grief to overcome Fear as a way of life, they begin to want; Desire leads to frustration, which in turn leads to Anger. Anger expresses itself most often as resentment and revenge and is, therefore, volatile and dangerous. Since Anger stems from frustrated want, it's based on the energy field below it. Frustration results from exaggerating the importance of desires. Anger leads easily to hatred, which has an erosion effect on all areas of a person's life.

Attraction	Aversion
Act out feeling	Self-control
Intimidate	Forgive
Hold on	Let go
Punish, get even	'Go Scot free'
Self-vindication	Exoneration
Dump on others	Restraint
Excitement, 'stirred up	Stay 'cool'
Emotionalize	Think
Dramatize	Ignore
Express	Stifle
Prove self	Dismiss
Be right	Be wrong
Enlist support	Keep to oneself
Puff up	Appear weak
'Macho'	'Wimp'
Growl, show teeth	Be calm
Excitement	Peace
Snarl	Reason
Threaten	Compromise
Judgmentalism	Acceptance

## Pride

In contrast to the lower energy fields, people feel positive as they reach this level. However Pride feels good only in contrast to the lower levels. Pride is defensive and vulnerable because it's dependent upon external conditions, without which it can suddenly revert to a lower level. Pride is fueled by the inflated ego which is always vulnerable to attack. Hence the downside of Pride is arrogance and denial. These characteristics block growth.

<b>Attraction</b>	<b>Aversion</b>
Vain, proud	Humility, humble
Be more	Be less
Important	Nobody
Admired	Looked down on
Status	Common, ordinary
Noticed	Ignored
Special	Ordinary
Better than	The same
Superior	Inferior
Attractive, fashionable	Dull
Be right	Wrong
Opinionated	Silent
Thrill	Dull, pedestrian
'Insider'	Excluded
Exclusive	Common
Succeed	Fail