

## ***Forgiveness...With a Twist!***

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Before humanity began its conversation over the Law of Attraction and, more recently, Vibration and Frequency, I was studying to comprehend the powerful synergy within the partnership between the Law of Vibration, the Law of Transmutation, and the Law of Cause and Effect. These laws of nature are the foundation upon which the Law of Attraction functions.

### ***Law of Vibration***

***Nothing rests, everything moves, everything vibrates***

### ***Law of Transmutation***

***Low vibration can only be consumed or dissipated by high vibration***

### ***Law of Cause and Effect***

***Every cause has its effect; every effect has its cause***

Utilizing these three Laws together in conscious awareness, we are able to raise the frequency of our emotional vibration, which raises the vibration within the body, heart and mind. As an individual, or a collective group, it is through the proactive use of these natural laws that we manifest purpose, happiness and co-create our higher vibrational evolutions.

The Law of Vibration holds the base knowledge to manifesting authentic preference. It is the elementary school knowledge to your PhD of life. When you comprehend the degree to which *vibration* dictates your life to the very core of your emotional, mental and physical well-being, you will make conscious decisions in and for your life as never before.

Emotions are energy in motion, vibrating in varying degrees and states of frequency that rise from the molecular base in your DNA. These energies calibrate the cellular well- and unwell-being of your body, which supports the balance in your heart center and the peace in your mind. Attempting to overcome low emotional states by utilizing positive feelings and affirmations, the stick-to-it-iveness is fleeting due to the accumulation of debris that has resided in you for years and generations.

### ***Our Molecular Memory Includes:***

***Personal History, Family History, Cultural History,  
Communal History, Gender History, Human History,  
Base Coding Humanity Began With***

When you look at the memory held within our DNA, the layers of content can be overwhelming. They are, however, the foundational cause of our emotional, mental, physical and financial state of well- and unwell- being today. All the positive thinking on the planet will not transmute the layers we are now recycling through.

The solution to our current state of embodiment, mind, economy, politics, planetary conditions, etc. – individually and as a collective – will never be found in the energy of argument, blame, my-way-or-the-highway, kumbaya sing-alongs, succumbing to the pressures of the loudest or meanest voice, wishing for different, nor – especially – by killing the perceived problem. The quickest way to bring *your life – our collective life – our planet* – back into balance where well-being is the automatic pilot, is by the simple *transmutation* of the *vibration* that is the *cause* of all ill *effects* – your/our *frequencies*.

***What is in front of us is not what it means  
What it means is not in front of us***

Awakening the conscious mind to partner with the hidden world of what is true in you, opens the door to knowing your content emotional body, your balanced heart, and your peaceful mind – in the form of vibration – *your experience as frequency* – rather than only through the *seen and felt* scope of your relationship with others. This increases the power of manifestation and management you have in the quality of life you live.

Experiencing energy in motion as frequencies opens your aware consciousness to knowing what is hidden in you that you may close the doors to patterns of drama and worlds of lower vibrating toxins. Clearing this internal field of energetic ‘debris’ changes the attractor factors for life.

***Low vibrating frequencies attract  
low vibrating mindsets, hearts and experiences  
High vibrating frequencies attract  
high vibrating mindsets, hearts and experiences***

*The Law of Transmutation* is key to clearing your debris field. It is the action step that brings about *beingness in the effortless evolution of your life*. If you desire a higher vibration experience in your body and this life, you cannot create it with lasting result until you are no longer standing on an unstable foundation of emotional debris. High vibrations will not come to you if you continue to play with low vibrational frequencies. Calling forth or focusing on positivity without a clear emotional field will cause those higher vibrations of happiness to leave quickly or not arrive at all.

Consider the experiences of your life. When you look closely enough, you’ll see patterns of similarity with variances of faces and landscapes in a large degree of your repetitive negative relationships and situations. Why? When you look at these experiences, *you* are the common denominator of all that you attract, manifest and become.

***Relationships and Others are not the cause of your effects***

We have overwhelmed ourselves into confusion. Looking at individual people, circumstance, conditions, and moments to step ourselves up into higher vibrational experience will keep you perpetually examining what has gone wrong or right, with the forever ramblings of *what if...?* It’s time to cut to the chase.

***We all experience the same emotional frequencies  
in varying degrees and experience***

We all experience the same emotions. Emotions are frequencies of energy vibrating at various rates of motion. Emotions are energy in motion – e-motion. When you look at anything you desire to improve in your life, look no further than the emotional field in your body before you consider changing the behavior of another or your outside circumstance. Your emotional body is your palette of paints with which you are coloring your life. If you do not change the palette, you will create the same landscape elsewhere.

Transmutation is the process of utilizing high emotional frequency to dissipate and replace low emotional frequency. Every human has the power to transmute lower emotions with higher emotions. Transmuting the frequencies vibrating in your emotional body, heart and mind is the fast-track to whole health and forward momentum toward effortless co-creation of your dreams and desires.

***Forgiveness...with a Twist!***  
***Forgive the emotional frequency in you and your experience  
rather than a person or situation***

*Forgiveness* is a highly effective transmutation process that is immediate, lasting and healthy for your body, heart and mind. It dissipates and replaces low frequencies while applying a frequential healing salve of *Love* and *Kindness* to the cellular damage.

Close your eyes, focus on the internal beingness of your body, take a deep breath and let it out slowly. *Feel* the difference within you as you state: “I transmute anger in my body.” Take another deep breath, let it out, then state: “I forgive anger in my body.”

Forgiveness is a frequency blend of *Transmutation* with *Love* and *Kindness*. I refer to it as Life’s triple antibiotic. The result of applying *Forgiveness* to your emotional debris field is kind and loving to you, your body and your life. Forgiveness of frequencies is an inexpensive healthy choice resulting in priceless, life-lasting benefit.

Forgiving frequencies of specific emotions – such as frustration, misfortune, betrayal, untrue, false information, etc. – will result in immediate and noticeable change within hours, days and weeks. Rather than struggling through the roller coaster process of trying to forgive another person for a betrayal, forgive your own frequency of betrayal – *whether you think it’s in you or not*. You *will* notice the renewal in your confidence, posture, well-being, outlook, and more.

Forgiveness of a frequency is more effective and lasting than simple transmutation. It dissipates the unwellness as it increases wellness. It is the beginning step to pro-active elimination of everything that is unhelpful, unnecessary and no longer of value to your well-being.

***Continue clearing at every moment of low frequency experience  
and you will discover the path of effortless congruence***

Application of *forgiveness* to clear your undesired emotional frequencies raises vibration in the body, heart and mind. It is an ongoing process until you have cleared through the many layers of your genetic history. If diligently approached, the initial clearing of layers can be a few-to-several-month process. If not, your life will continue cycling through your inherited ancestral debris while you attract to add more for your experiences today and in the future. Be good to yourself – forgive what doesn’t really belong to you in the first place so that you can re-create the joy you really wish for.

As you move through your days, weeks and months of forgiving lower vibrational histories layering in your DNA, you will notice the ease in your emotional body. You will notice you are no longer attracting the toxic energies so willing to engage you in conflict. Then, deliberately choose and live in higher vibration thoughts, words and actions. Gradual and spontaneous changes will continue as you bring yourself closer and closer to congruent ease.

When you clear the debris in your emotional field, you will strengthen well-being in your body, heart, and mind. Your system will no longer have *need* for lower frequencies and experience to be available to you. The pain of your past will close behind you. You will be left with remembrance of your past *without* the emotional charge.

***This is the foundation for your established wisdom  
that will keep you from re-creating your toxic past***

As you embrace living in the higher vibrations now established in your body, heart, mind and life, your system will naturally transmute low frequencies as you encounter them. Your conscious awareness will increase, which naturally engages your confidence while you proactively choose *better* for your everyday life. This changes the entire trajectory of everything in your day to engage increase, expansion, uplift and *being well*.

***Law of Resonance***  
***The fundamental tone of vibrational frequencies in harmony strengthen in  
agreement, flow, momentum, intensity and breakthrough of barriers***

Change your focus of forgiveness toward *frequencies of emotion* rather than toward people or situations. You will then take care of all situations you create in your life because you are taking care of the direct frequency or frequencies that create the many faces of dramatic circumstance. You will see repeat patterns dissolve before your eyes. You will gain the deeper meaning to knowing that *what is in front of you is not what it means...and what it means is not in front of you*. You will change your attractor factors...then, the *Law of Resonance* will work the better magic in, around and through the authentic life you came here to become.