

What Are You Tuned Into?

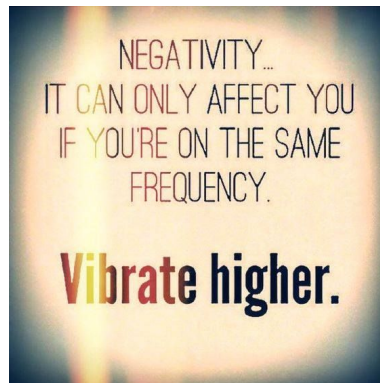
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To be honest, there's not a lot about technology that I understand. I'm just grateful for techie friends who give me simple directions to use it.

One thing I do understand, however, is a radio wave. As a musician, I know that higher notes on the piano or the human voice are higher "vibrations" that resonate at a higher "frequency." (Is it any wonder "angelic" music is always heard as high feminine voices?)

The radio station that is 94.1 is a higher frequency than 88.6. So what does this have to do with you?

Ask yourself: ***What station am I tuned into?***



A recent guest in my home wanted to rest and relax for a week. But every time his body gave him a concern - from an upset stomach to a severe sunburn, he Googled it. He eventually came to me for advice, sharing that his anxiety and pain seemed to be increasing rather than decreasing. I reminded him:

WE GET WHAT WE'RE LOOKING FOR.
(We hear whatever station we're tuned into.)

His “heartwork” for the rest of the week was to avoid Googling possible problems and instead to spread his light to the world through caring gestures, words, and thoughts of gratitude to the strangers he would meet - a minimum of 8 each day.

His week turned around.

What have your conversations been about this week, your aches and pains or your power and possibilities?

What have your Facebook posts been about this week, Trials or Triumphs?

What TV shows have you watched or books are you reading, murder mysteries or love stories and comedies?

My body doesn't hurt today and it didn't hurt yesterday. I just received \$1,200 surprise money. I went boating yesterday and then was fed a gourmet meal by a couple who invited me to co-author a book after knowing me for just a few days.

I'm not lucky, I'm high. :) Won't you join me? Choose 95ing thoughts that feel good today and let's all meet on station 95.1 FM - **Free and Magnificent!**

Gratefully,
MK

P.S. I was doing some research on this and came across one more fascinating fact: Many believe that when you hear “a high-pitched ringing in your ears” that it's a spiritual signal that change is occurring - that either you are shifting into a higher vibration/dimension or someone from the other side is sending you love.

Cool huh? Talk about the ultimate “high.”