

VIBRATE POSITIVE AND STAY HEALTHY

GENERATE POSITIVE VIBRATIONS :

WE CAN STAY HEALTHY AND POSITIVE BY HEALTHY THOUGHTS

SEVEN THINGS THAT AFFECT YOUR VIBRATORY FREQUENCY FROM THE POINT OF VIEW OF QUANTUM PHYSICS

In ayurveda, we consider that every human being emit a different frequency of electric current, which is due to the functioning of heart and neurons in the body and is affected by the thoughts, mindset and physiological actions of the body of that person. This electric current or vibrations of the body further affects the flow of blood. This blood flows in a particular rhythm creating vibrations in the arteries and veins, which is felt by keeping three fingers on the prominent or superficial artery in the body, mainly at the radial artery.

These thoughts and the reflexes of the brain and body affect the three vital forces of the body, tridosha that are vata, pita, kapha in body. These vibrations can aggravate one Dosha or subside the other in the body and the treatment is done according to that, as balancing three dosha (Vitiations) is the main process of treatment in Ayurveda.

The PULSE gets affected by every little change in our behaviour or in the temperament and also due to the change in the environment. The body is also affected with the aura of the place we are living in and aura and energy of people surrounding us, as these things directly affect the thinking of the person. Depending upon the tissues and vital organs affected in any disease the rhythm of flow of blood gets disturbed, disturbing the graph of pulse.

The Vibrations in quantum physics means that everything is energy and we know energy never get destroyed, it is just transferred from one form to another. Each vibration is equivalent to a feeling and in the "vibrational world" there are only two types of vibrations, the positive and the negative. Any feeling causes you to emit a vibration that can be positive or negative.

So we should be surrounded by positive people always It works on the law of nature which say you attract what you think and desire ...we call it as "manan" and "chintan" in

Sanskrit that is continuously thinking about one thing again and again. See how every thing affects us on mental and then consequently at physical levels.

THE THOUGHTS : Every thought emits a frequency towards the Universe and that frequency returns towards the origin, then in the case, if you have negative thoughts, of discouragement, sadness, anger, fear, all of that turns towards you. That is why it is so important that you take care of the quality of your thoughts and learn to cultivate more positive thoughts.

THE COMPANY : The people around you directly influence your vibrational frequency. If you surround yourself with happy, positive, determined people, you will also enter into that vibration. If you surround yourself with complaining, cursing and pessimistic people, be careful! Well, they may be decreasing your frequency and as a consequence preventing you from making the Law of Attraction work in your favour.

FRIENDS OR SOMETIMES COLLEAGUES BECOME ENERGY VAMPIRES

THE MUSIC : The music is very powerful. If you only listen to music that speaks of death, betrayal, sadness, abandonment, all that will interfere in what you vibrate. Pay attention to the lyrics of the music you listen to, it may be decreasing your vibrational frequency. Remember, you draw into your life exactly what you vibrate.

THINGS YOU SEE When you watch programs that deal with misfortune, death, betrayal, etc. your brain accepts that as a reality and releases a whole chemistry in your body, causing your vibrational frequency to be affected. See things that do you good and help you vibrate at a higher frequency.

ENVIRONMENT : SPACE, HOUSE, WORKPLACE

Whether at home or at work, if you spend much of your time in a disorganized and dirty environment, this will also affect your vibrational frequency.

Improve what is around you, organize and clean your environment. Show the Universe that you are apt to receive much more. Take care of what you already have.

SOME TIMES RELATIONS DRAIN OUR ENERGY :

If you tend to complain or speak badly about things and people, this affects your vibrational frequency. To maintain your high frequency it is essential that you eliminate the habit of complaining and speaking badly about others. Then avoid making dramas and victimize yourself. Take responsibility for the choices of your life.

THE GRATITUDE Gratitude positively affects your vibrational frequency. That is a habit that you should incorporate right now into your life. Start to thank for everything, for the good things and those that you consider not good, thanks for all the experiences that you have lived. Gratitude opens the doors for good things to flow positively in your life.

Daily doing a miniature of Agnihotra is the form of gratitude we possess towards nature for blessing us so much good things. We cannot change others but we can surely keep our aura clean and create a positive environment around us, We are working to help you create a positive environment for you, But you should be vigilant that no one is draining your energy ...

Enlighten your Aura with PIOUS OIL and surroundings with PIOUS ELEMENTS ... SO THAT YOU CAN REPEL EVERY NEGATIVITY COMING YOUR WAY

Stay healthy and blessed

Dr.inderjit kaur

9814207733

Can mail at dr.inderjitkaur.pious@gmail.com