

Here is the only state of mind which vibrates at negative frequency

Darshan Jayaram^{1*}

ABSTRACT

The law of vibration states that everything in the universe vibrates with one speed or another. Everything we see around us is vibrating at different frequencies, Even our mind vibrates at different frequency and everything is matter and energy. We are all living in the ocean of energy. Our thoughts have energy and it vibrates. We cannot see sound and radio waves but we see the result of it, same as above we cannot see thought waves either. As radio waves shoot through the universe same as our brain shoots thoughts to the cosmos. The question is what vibration we are sending to the cosmos whether it's a positive vibration or negative vibrations. This paper deals how mind vibrates at negative frequency which produces all negative energies, also how to overcome this negative vibration to be healthy. This paper also shows how a positive energy accumulates when you stop vibrating at negative frequency.

Keywords: Energy, vibration, Mind, Triggering, Blasting, Frequency

Everything is energy when we break down in to base elements even at sub atomic level only energy and vibration. As everything is energy the whole universe is energy including our self-vibrating at different level of frequencies. This energy is not only beneficial, but also essential to all living cells whether human, plant or animal. Each individual must learn how to utilize this energy for spiritual growth and constructive purposes. Each and every object including our mind is matter but human mind vibrates at different frequencies. Man utilizes this energy with his mind. Every thought is transmitted by this energy. Constructive use (positive use) of this energy raises the level of consciousness of man and in turn raises his vibration rate or frequency. Every aspect of life in the physical depends on this basic energy or power of the Universe.

What we project from our mind in the form of thoughts, we create and receive. Every individual, knowingly or otherwise, makes use of this energy. Our bodies use this energy to heal injuries, to reduce stress and fatigue, and to grow both physically and spiritually. Without exception everyone has the ability to attract as much of this Universal energy as the individual's body and mind require. Unfortunately the seemingly hectic pace of modern life has most of us looking after day to day cares with precious little time to concentrate on attracting sufficient quantities of the vital Universal energy to meet our needs.

¹Research Scholar, Tumkur, Karnataka, India

*Responding Author

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As we are vibrating at different frequency we tend to feel we are separate from one another. A tree and table vibrates at different frequencies.

As we cannot see radio and sound waves but yet we can observe the result of it, but as the same way the thoughts waves also we cannot see, yet we can observe the result of it, as you start vibrating at negative frequencies you will see the negative result i.e. anger frustration etc.

Nikola Tesla said those who vibrate at same frequency will attract each other, either negative frequency or positive frequency. Positive people hang out together and leave the negative peoples out. And the complainers, drama queens and haters attract people with the same energy.

Tesla Also said more energy means higher level of operating power for our consciousness. The law of vibration is simply how those thoughts are being sent out in to the cosmos – those thoughts have so much power. The thoughts have power they drive us and give us power the law of energy states that energy neither be created nor be destroyed. So as thoughts once released we cannot take them back and they become part of the thoughts of others too. If enough people send out thoughts of hate and anger, then we have conflict and war. Many people in this current world are so much frustrated and pressurized life. They are too much busy but forgot to think about themselves. Nikola tesla also said that if your hate could turn in to electricity it would light up the whole world. You can think of “what you want” as the tuning fork – and you are the instrument that has to be brought into tune with the tuning fork. We are all emanating a vibration, all the time. What that vibration is, depends on our predominant thoughts and feelings in any given moment. Happy thoughts and good feelings create high, positive vibrations and sad/angry thoughts and bad feelings create negative vibrations.

METHODOLOGY

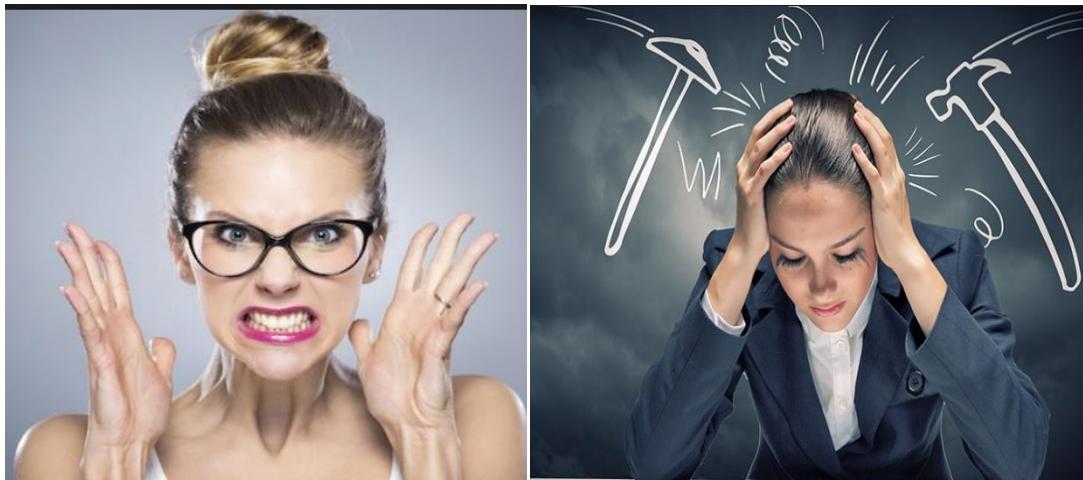
Here is secret for all negative vibrations , I started experimenting on myself , I made a subtle observation on my mind, when it starts vibrates at negative vibration and when it start vibrating at positive vibration I also guided my some of my students to stop vibrating at this particular frequency and the result is astonishing. This method made a huge impact on their mind and now they are enjoying their change with great health benefit joyfully. The question arises that what is this negative vibration how to overcome it. What happens when we start vibrating at this particular frequency?

Well here is the secret, the state of mind at which it is vibrating at negative frequency is what commonly we call is **TRIGGERING OR BLASTING INSIDE** in common people's language. (Triggering OR Blasting inside may not be the appropriate word but it's a close Synonym for what I'm trying to convincing you.)

This statement may look hilarious at first but if we keep on making research on this statement, we will come to the conclusion that this is root cause for all negative vibrations. Suddenly one cannot come out of triggering or blasting inside because such a long year they practiced and believed what they are. But suddenly if asked them not to trigger or blast inside their mind resist. Slowly they come and say this is impossible task to accomplish. But fortunately, this is the only solution to remove all negative vibrations. The problem is we have identified and believed our self which is in reality we are not. For example, you may identify and believed yourself as a doctor, then if someone utters any opposing words about

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any doctor then you'll trigger instantly and produces negative energy within your system instantly. In many games players triggers opponents purposefully to destroy the mind-set. In many other cases the triggered player has chances of converting it to either positive results or negative results. If we see a fatty, ugly or poor human beings, some will trigger or blast inside which also produces negative energy, here in these cases we trigger or blast inside a small amount which produces a same amount of negative energy inside as much we triggered inside.



I said already that triggering or blasting inside is the root cause for all negative vibration. As soon as you start triggering or blasting, you start sending negative vibration to the cosmos. These negative vibrations produces negative energy which disturbs our mind and body and produces imbalance, anger, jealous, frustration and revenge etc. If you overcome these negative vibrations you will easily get lot of confidence, helps in overcoming insult, teasing, and gives lot of positive energy, patience and peace of mind as well as health.

RESULTS

1. No anger

Triggering or blasting begets anger; if we make subtle observation, angriness arises only after when we start triggered or blasted inside first. Most of the angriness arises where we triggered or blasted inside first so if we do not triggered or blasted angriness does not arises at all. The question arises how can we not get triggered or blasted, for every action there is equal and opposite reaction, if they shout at us, we must shout back at same frequency. But if we not triggered we will be cool and tempered rather ask for the self-respect but don't ever shout back at same frequency.

2. No jealous

Triggering or blasting inside begets to jealous; As if you start comparing you yourself with others, or say if someone earns much more than you, you initially trigger or blast inside first then jealous arises. Those jealous gives way too much more negative activities. Hence triggering or blasting inside gives rise to jealous.

3. No Frustration

Triggering or blasting begets to frustration; if we make a subtle observation we initially triggered or blasted before we frustrated. These frustrations disturb our mind and induce negative energy.

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4. No revenge/ Quarrelling:

Triggering or blasting begets to revenge; Again, these revenge about any other human beings are generated as earlier they triggered or blasted inside first.

If you avoid these negative vibrations, they help a lot in the situations when you are placed in the quarrelling. You can easily overcome these types of situations by not triggering.

5. Helps in tackling insult and teasing

If you avoid triggering or blasting inside you will get full confidence when are put in situation when people are insulting you or teasing you.

Yes, people only can destroy your inner peace once you triggered or blasted inside, but if you stop triggering or blasting inside people those who are trying to insult you or tease you will automatically start triggering or blasting inside. Which helps you in overcoming these situations easily.

6. Helps a lot in Embarrassing moment

Once you face an Embarrassing moment just stop triggering or blasting inside which helps a lot in gaining confidence and shows how to deal with the situations.

7. Gains Positive energy

Once you stop triggering or blasting inside you will automatically gain positive vibration and positive energy, since mind works on replacement principle whenever you eliminated negative energy, positive energy is automatically replaced, also helps in gaining lot of health and mental calmness. As the mind receives more negative energy we tend to loose our consciousness and starts vibrating in lower level frequency these negative energies affect the body and impacts on immunity.

8. Gains Patience

Once you avoid triggering or blasting inside you will automatically gain lot of patience which is a great gesture.

9. Saves Lot of Time

Since you are tackling the problem in occurrence state (such that negative energies are not at all generated i.e. not at all occurred) so you need not give time to overcome those negative energies, which saves lot of precious time.

DISCUSSION

This paper mainly deals about what is negative vibration and how to over come, Since this is the concept is new and never before discussed else were so careful research is necessary as it helps both in psychological and medical field.

Practising not triggering or blasting inside is very difficult initially many peoples discard this principle and give up. But once you succeeded you'll get a great change both in mental composure and physical health.

Self-respect is another threat for these negative vibrations as human mind have a tendency to throw back the same negative vibrations as received and produces the negative energy which affects human mind and body. Another biggest confusion arises is that whether we must

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trigger back to defend our self or to stop triggering or blasting inside to get peace of mind?? But the solution is we can reply to others without triggering or blasting, we can also defend our self without triggering or blasting by giving pleasant reply. But still in rare cases we must trigger or blast but still we must not loose our self by triggering. A controlled triggering or blasting is rarely acceptable.

I would recommend to study on how mind behaves when it triggers or blast more, what are all the chemical reaction are undergoing and what impacts are happening inside our brain when we triggered so much.

Since the concept is new I expect you to do keen observation on what I told earlier in this paper and not to condemn before experimenting on it.

I say this is the father all negative energy and vibrations if you stop triggering or blasting you receive a great change what you were searching but it matters in what way we are reacting to the situation we can easily react to the situation without triggering or blasting inside by asking for self-respect or warning to the concerned or not reacting at all.

Even a small amount of blasting or triggering matters most ex by looking at others and hatred thoughts are generated like he is fatty, she is idiotic, he is ugly etc.

CONCLUSION

Nicolas tesla quoted that “if you want to find the secret of this universe search in terms of energy frequency and vibrations”

But further on this quote I would say that triggering or blasting is the root cause for all negative vibrations. You may convert these triggering to positive results but one consciously trigger such that these triggering are converted to productive. Human mind stimulates these negative vibrations to another human mind which produces these negative energy which affects human mind and body. So I conclude who ever avoids triggering or blasting inside to minimum extent will gain so much positive energy and negative energy subside gradually.

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Conflict of Interest

The author declared no conflict of interests.

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