# 2. Elevate Vibe. Why does it matter

After the last lesson, you’ve taken a few moments to identify your current emotional frequency. And you’ve placed that frequency on the chart provided. So you know where you tend to live most of your life.

The next question is, so what? So what if your primary emotion is guilt or grief? So what?

There are two really big reasons why your base or default emotional frequency matters: your relationships with others, and your relationship with God or the universe.

In terms of your relationships with other people, we attract people who resonate at more or less the same base frequency as we do. Imagine, for a moment, someone resonating in the peace frequency, at 600 Hertz, hanging out with someone resonating in the shame frequency, at 20 Hz. First, do you think this relationship is mutually beneficial to both people? That is, is the relationship equally healthy for both of these people? Probably not, right? How long do you think this relationship is going to last? We all have emotional contagion, where our emotions are literally contagious and we share our emotions with the people we’re with. So, the person resonating at the 20 hertz shame frequency is going to feel a lot better hanging out with the person resonating at 600 hertz, sure! But is the person resonating at 600 hertz going to feel better in the company of someone resonating at 20 hertz? No! It’s very very difficult to retain higher emotional frequencies around the company of people in lower frequencies simply because of emotional contagion. Then there are the targeted efforts of people at lower emotional vibes intentionally trying to lower the emotional frequency of people in higher spaces. That situation is a win for the person resonating at 20 hertz, sure. And a huge lose for the person resonating at 600. Right?

So if you want to hang out with people with higher vibes, your own vibe matters. Like attracts like in this scenario. If all of the people in your life seem to have anger problems, take a look at your own emotional frequency. Is there a match? Can this explain having these people in your life?

The second reason why your emotional frequency matters is because this is how you talk to the universe, or to God. Wherever you’re living, in whichever emotional frequency, you’re telling the universe “more please!” This is also the law of attraction. It’s simply attracting to you the energy you’re putting out, just as what happens when you attract the people into your life. At this level, you’re communicating with greater energetic forces. But your communication is the same. Whatever you’re feeling, you’re sending out that vibrational frequency. And in sending out that vibrational frequency, you’re attracting that vibrational frequency toward you. Both in terms of the people you attract as well as the experiences you attract. They’re not actually that different, if you think about it.

So if you want to have more positive and more pleasant life experiences, take a look at your vibe. Elevate it!

## Task:

Pay increasing attention to your emotional frequency throughout the day. Learn to observe it. Notice when it dips. Notice when it elevates. It’s fine to notice your changes in response to certain events, but more important is to notice the changes within you.