

YOU'RE IN CHARGE – CHANGE THE CHANNEL

The greatest power that each of us has is the power to choose. And the most important choice we make is choosing our frequency – the frequency at which we vibrate.

Frequency is everything. The frequency that we choose to vibrate at determines the programming that we call reality that we have access to – that we experience – that we call life.

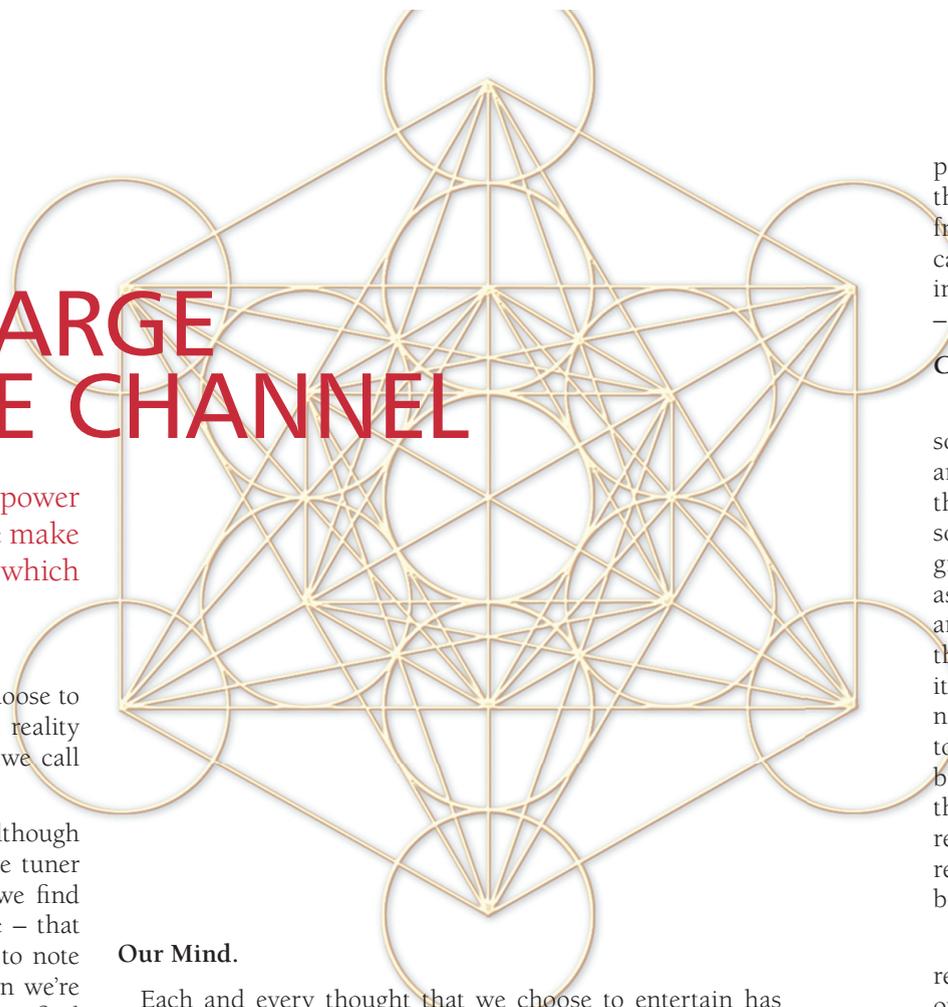
We are all familiar with the tuning dial on the TV, although most of us now use the remote control and push the tuner button to change the station we are viewing until we find a programme that we find interesting and enjoyable – that resonates with us. There are two important points to note here: if we don't like the programming on the station we're watching, we change the station, and programmes we find enjoyable resonate with us. Firstly, let's note that we change the channel on the TV by pushing a button on the remote, but what we are actually doing is changing the frequency that the TV is attuned to, so we can experience the programming available on that frequency – programming that resonates with us. Secondly, let's note that some programming resonates with us and some does not. This is all about frequency. We resonate with programs that are resonant with our frequency – the frequency that we have chosen to vibrate at.

Now, none of us would intentionally sit through a TV program that we didn't enjoy, unless of course we're just trying to keep the peace with the person or persons that we're keeping company with – and even then, the experience is not preferable. We will most likely do whatever we can to avoid similar situations in the future, even if it means not keeping such company when we are watching TV.

The same rationale applies to the music we put in our CD players and the radio stations we listen to. It applies to everything we choose to have and experience in our lives – our clothes, the pictures on the walls, the books we read, the food we eat, and the people we keep company with (whenever possible). We always choose the things that we enjoy, that we resonate with, that are at the right frequency.

So, what about life itself? What about the life we experience from day to day? – you know, the one we wake up to. Does this idea of frequency apply to life itself? Of course! Everything we are experiencing in our lives is determined by the frequency that we have chosen to resonate at – the channel we're tuned in to.

“Oh my gosh! Where's the remote control?”



Our Mind.

Each and every thought that we choose to entertain has a specific frequency. If that frequency resonates with who we are, then we feel good. If it does not, then we don't feel good – it's as simple as that. The thoughts that we choose to entertain, that we choose to think, determine the frequency that we are being – not the frequency of who we are, but the frequency that we are being.

The frequency of who we are being is not to be confused with the frequency of who we are – that is preset at the factory. We come into this life at a specific frequency – this is the frequency of who we are, or our signature vibration. It is by this signature vibration that we are recognised by and are attracted to the other members of our soul family. This frequency is who we are at an essence or heart level. And, this is the frequency that determines what appeals to us and what does not.

Now, everyone reading this knows that like attracts like. It naturally follows then, that if we are choosing thoughts that are not at the same frequency that we are at an essence or heart level, we are going to cause ourselves to be uncomfortable. Also, since the thoughts we entertain determine the frequency of who we are being, we are going to attract more elements of the same frequency into our life. This will affect every area of our life, and we will not be living a life that we enjoy and find fulfilling. Instead, we will be living the life that shows up on the frequency or channel that we have chosen to vibrate at, not the life that is available at the frequency of who we really are.

It is hard to imagine a more sorry state of affairs, and, yet, this is the experience that most people on the planet are experiencing right now – and all of us are experiencing the effect of this to some degree.

We are quite advanced in our life lessons and, for the most part, are happy with the lives we're experiencing. Where this is not the case, we are choosing thoughts that are of a frequency that is not resonant with who we really are, and causing us to be who we really are not, and attracting things into our lives that we do not resonate with, and do not enjoy – in fact, we don't like them at all.

Change the channel!

Whenever we find ourselves feeling less than excited about something in our lives, we need only stop and ask, “What am I thinking right now?” And, “What must I believe to be thinking this?” Now, we create our realities out of our beliefs, so the belief that we discover is going to look true and valid, given the evidence that is all around us. Nonetheless, as long as we believe this belief, we are going to think this thought and thoughts of a similar frequency, and we are going to feel this way that we don't want to feel. So, we change the belief to its opposite, and no matter how over the top, unrealistic and non-supportable it appears, believe it anyway, and commit to thinking only thoughts that are consistent with the new belief, and we feel good immediately. We feel good because the new belief and the thoughts it generates, or attracts, are resonant with our own frequency – the frequency of who we really are – and the programming available on this frequency begins to show up in our lives.

Only when who we are being is congruent with who we really are, at a vibratory level or frequency, will we attract into our lives those things that we resonate with and enjoy.

Once we choose to no longer accept feeling less than excited – the frequency and feeling of being alive and in touch with all life everywhere – once we decide to choose only those thoughts that are of the same frequency that we are at an essence or heart level, we are living masterfully, we are in the dance of life, moving to our kind of music.

Your excitement is your best indicator of what is, and what's not you. If something unenjoyable, unexciting or unacceptable comes up – well, you're in charge – change the channel.

Dr Tony Minervino lives in Auckland and does healing work in person and remotely by phone. He is a chiropractor, light body healer, teacher, coach and counsellor. He teaches a complete healing and fitness system at Monday Night Workshops called Metatron Ascension Technology which includes: Light Body Healing, Transformational Workout, Belief System Restructuring and Mer-Ka-Ba Activation Meditation, and co-facilitates the Friday Night 'Forum' with Lisa Er and Tony Knight. He is also co-founder of 'the Healing Business' with Lisa Er.

Tony Minervino can be contacted by –
Phone: (09) 846 1789, (09) 846 9333 or (021) 936 033
E-mail: DrTony@orcon.net.nz
Website: <http://MetatronAscensionTechnology.com> and www.theHealingBusiness.com

