

The Real World & Its Vibrations

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Chapter 1 Vibrations



“We are the creators.”

Every word we speak and every thought we think is a creation in that moment. Each word and thought is a vibration we have created. A vibration is a pulsing energy. The lights in our house have a pulsing energy that go off and on 60 times a second.

Everything in our world is vibrating.

If we are angry we create the energy of anger. The energy of anger can change our behavior and our health.

If we are feeling love, that energy is created. The energy of love will bring things to us because the energy of love attracts things to us.

If we create things like art work, music, furniture, toys, each item will be the exact energy vibration of what we have created.

The quality of what we have created will determine the exact vibration of that which was created.

If the item is poorly created the energy vibration will be exactly as it was created.

We do create different vibrations all day long, usually unconsciously.



What is the point of learning about vibrations?

It will allow you to make healthier choices about everything in your life.

As you increase your ability to feel vibrations, you can more easily make conscious choices for yourself or for others.

Examples of some choices we have to make.

- ❖ Where to live.
- ❖ What kind of work to do.
- ❖ Who to marry.
- ❖ Picking out clothing.

- ❖ Buying food.
- ❖ Buying furniture.
- ❖ Choosing friends.
- ❖ Which movies to see.
- ❖ Where to vacation.

This could be an endless list.

As we improve our ability to feel the difference in vibrations, it becomes easier to make better choices. Higher vibrations are healthier.

Why is it necessary to make choices this way?

The choices we are making have an effect on us. If we buy clothing that has a low vibration, wearing them could effect the way we feel. The way we feel will effect our behavior and our health.

When you buy food, scan it with your palm for the energy it has.

We can improve our ability to feel vibrations by meditating. Also by becoming clearer and doing exercises to improve our ability to feel energy.

What is the main reason for poor health?

There are endless reasons for poor health. Endless because **we are all different.**

The basic reason for poor health are the unresolved issues, mostly from our past lives.

Keep in mind there are many reasons so many of us have no knowledge in these areas.

- ❖ Reincarnation
- ❖ The spirit world
- ❖ Unresolved issues from past lives
- ❖ We are all great spirits

One of the main reasons we don't know about these things is because they were not a part of our culture in the U.S.

Unresolved issues

Unresolved issues are mostly from our past lives. Hundreds of past lives.

How can we have issues from past lives when those lives are over?

Yes, they are over but not completely. We are all great spirits. We have a spirit body through all of our physical lifetimes. Our unresolved issues are in our spirit bodies and influence each new lifetime.

We also have a lot of consciousnesses.

A consciousness of ours can have many experiences. Sometimes an experience can be so terrible our consciousness goes into shock. After this happens, that consciousness has no life experience except the terrible experience that put it into shock.

It is stuck in that experience. Nothing else exists for it.

These unresolved issues are in our energy fields (which are a part of our spirit body). We keep the same energy bodies through all physical lifetimes. That is why these unresolved issues affect us no matter which incarnation we are in.

So all of these unresolved issues are with us until they are cleared out. This is also called healing. In this book the terms clearing and healing are used interchangeably.

Our main health issue is the large amount of unresolved issues we have.

These are the burdens we carry from past lives.

This book is being written in 2023. Five years ago a new very fast way of clearing these unresolved issues came in.

This way of clearing removes the cause of our problems.

There are many different kinds of unresolved issues, from the hundreds of past lives we have lived.

The unresolved issues block our energy in different ways. And in different locations of our physical body. We get blocked by them. They are all different experiences, so they affect us differently.

We have great difficulty doing something that is similar to an unresolved issue that is blocking us.

After the unresolved issue is cleared, or healed, the blockage will dissolve.

These unresolved issues are the main cause of poor health. They can affect our systems and different areas of the physical body. We have thousands of them.

Vibrations can go from being very healthy to killing you. The vibration of love is very high and healthy. Some of the lowest vibrations follow.

- ❖ radiation
- ❖ mercury
- ❖ aluminum
- ❖ mold
- ❖ nothing to live for

We do not want to be near these vibrations.

Chapter 2 So Many Lifetimes



“We are the creators.”

Why do we have hundreds of lifetimes, REINCARNATIONS?

It's the way God or Source created the world.

Each lifetime is an experience we can grow from.

We can experience many things, like being a man or woman.

We can be in any culture on the planet.

We can be a leader of a country, a warrior, a holy person, in a great tribe, a tyrant, a killer, a wise person who teaches great thing.

As we grow spiritually the words 'good' and 'bad' can lose their meaning.

Spiritual means evolution.

To have greater awareness and discernment.

God, source does not punish us for the experience we have in a life time. It is our evolution process. It is the way we learn. It is very necessary.

We never have to make up for anything we have done in a past life.

If we could have done better at the time we would have.

Those who are saying you have sinned are enjoying controlling you, and are also doing the best they can.

They are having the experiences of controlling others.

In the next lifetime they may be like Attila the Hun.

Some things that happened in a previous lifetime may influence this lifetime.

We are all influenced, by the unresolved issues we carry from other lifetimes. We can go past the unresolved issues by doing a lot of meditation sometimes.

But the unresolved issues created will still be with us.

We can become an old soul by doing around 600 lifetimes. We will become wise from all the experiences we have had.

We can be any race and in any country.

These experiences can be very different from one country to another, because some things done in one country might never be done in another one.

There are many differences among the countries. The vibration of the food, the language and the land and the culture itself.

Just going to live in a different country for at least a month will be very different for you. You won't do your old patterns. This is a positive thing.

Our behavior may be very different in our next incarnation.

A lot of different lifetimes equal many different experiences.

Think of all the different countries you can live in, the different races also. The different languages you have spoken.

In the country of New Zealand, its culture does not allow you to make someone else wrong.

In Germany, the culture wants you to do things right.

Living only in one country could be quite boring for someone, especially compared to living in 50 different countries.

Many lifetimes equals many different experiences to grow from.

Living to 50 years of age, for 1000 years, is 20 lifetimes.

The average person lives about 130 lifetimes, some may live over 600.

There are a lot of benefits to living many lifetimes.

About 95% of the root causes for the healing we need happened in our past lives.

If we do not work on these unresolved issues we will be extremely limited in the work we can do.

Our evolution is continuing to speed up now. This will continue for 15 more years. Helping each other will be of great importance during these years. Many changes will take place.

The people of Earth coming to be as one family will be our greatest challenge.

We will experience this challenge.

Do not keep aluminum pots, foil, dishes, etc. Throw them all away. Remove all aluminum from your house if possible. Its vibration creates sickness.

A dirty home will create negative vibration.

As you raise the vibration level in your home or work area it will improve your health. If you are sick now, do a sea salt bath. One pound per bath. The salt dissolves heavy vibrations. Also, put in the bath 1 pound of baking soda to remove toxins, which are negative vibrations.

If you have not done a sea salt bath before only stay in for only 10 minutes the first time.

Negative vibrations are heavy energy that will block your ability to do some things. Heavy energy restricts us in many ways.

Clearing

Clearing can be easily done with long distance sessions, all a good healer needs is your picture.

We can work on somebody who is on the other side of the planet and it will be as powerful as if they were in the same room with us **because everything is connected and always has been.**

We only need your picture to do a healing. Your picture has every vibration in it that you have in you. Instant diagnostic work can be done with your picture.

Real healing is only accomplished by removing the cause of the problem.

The most common vibrations we carry are listed below.

loss	sorrow
grief	anger
tension	hate
stress	rage
worry	allergies
fear	spells
guilt	tired
betrayal	sexual abuse
anxiety	shame
depression	not good enough
loneliness	low self love
pain	lack of trust in self
nothing to live for	

Real healing is removing the cause of the problem. If the cause is not removed we still have the problem.

Every problem has a cause.

These vibrations we carry can change our behavior, causing us to make poor choices. We call the items in this list unresolved issues.

Chapter 3 States of Being

States of being are how we feel from moment to moment.

Each state of being has its own vibration. When you are in such a state you have created its vibration. Actors do this when playing different roles.

The average person can create about 10,000 states of being, or 10,000 different vibrations. This can be done consciously or unconsciously.

Healthy vibrations make us feel good. For example, vibrations of love, joyfulness, and feeling carefree. Every thought and word spoken creates vibration, whether you believe this or not.

Examples of negative vibrations are: hate, anger, vengeance, rage, getting even. We can and do create sickness when we use negative words and thoughts a lot, because we are creating heavy vibrations.

The need to control others is a **negative pattern**. Those who “have to be in control” are creating darkness.

Negative energy is heavy energy that restricts our energy flow.

The greater amount of heavy energy we have, the less energy we will have to do things.

Some call this sickness.

It can also be viewed as the **poor choices we have made**. Like doing a job you don't like for a long time can make you sick. The most important one to love is always yourself.

This book is all about consciously making better choices, to create a better life.

Choose the vibration you want to fill your life with. It's a different way to make your life better.

There are high states of being. They are done through spiritual growth. A state of discernment allows us to see what is not evident to the average person. This is being in a deeper state of knowing.

“A State of Oneness.”

Great spiritual masters can be a state of oneness at all times. This is oneness with all that is.

It allows them to know many things very quickly.

A state of God consciousness allows us to know that which God knows.

Coming from our intension helps us to connect with our spiritual self.

Which can lead to being able to do things we could not do before.

It's a good practice.

Self love is a part of the stillness state.

The most profound growth is spiritual growth.

When we have enough growth we will no longer go to war with our neighbors.

We are the real creators of our life when we become conscious of that which we are creating.

What is it that you would love to create? Journal about this. Explore yourself. Get help as you can.

There are sessions for self love but we usually need to clear things that are in our way first.

Self love is the greatest healing. It brings that which we need to us.

Chapter 4 Our Relationships

The most important relationship is always with ourself.

What is in the way of loving yourself?

Get help for this most important part of your existence.

When you truly love yourself the things you need will come to you.

An affirmation to get you started is,

I am good enough for the very best.

Say this every day.

Keep saying this no matter what happens.

The greater love you have for yourself, the more things will come to you. The most important person to love is always yourself.

Clear out that which is in the way of loving yourself. Work with a healer.

This may take a while, but keep at it. We carry a lot of unresolved issues from our past lives. They can be cleared.

It's very good to be with others on the same journey. If this is not the case for you, get help.

There are new ways of clearing now that are very fast.

To the degree we love ourselves, we will be able to love others.

If you dislike yourself, relationships will be difficult. Get help.

The first person to take care of is yourself. Take care of your own needs first. If you feel a good connection with someone, keep that relationship alive. Or join a group you want to be with. If a certain group does not feel good to you, join a different group.

Relationships are important. You can have long distance relationships.

You can pick something you like doing. Like sports, dancing or a book club.

Make a list of the things you like doing and pick from it.

We become a better mate by loving ourself. We cannot love someone else more than we love ourself. But we can easily fake it.

Chapter 5 Your Energy Bodies

We are spirits having different physical lifetimes.

The main world is the spirit world.

The physical world is a minor in comparison.

We have 7 energy bodies that we need to create our physical body. If you want to go deeper into the energy bodies, see Barbara Brennan's book "Hands of Light".

We cannot exist without our energy bodies.

We have in our energy bodies 7 major chakras.

They spin to bring in energy to our physical body.

Unresolved issues can block this energy flow.

Everything in the physical body is created from the forms in the energy bodies, which are our main bodies. The physical body is a temporary body, not as important. All sickness or damage happens first in our energy bodies.

The structured energy bodies, 1, 3, 5 and 7 contain all the forms that the physical body has, including internal organs, blood vessels, etc., as well as additional forms the physical body does not have.

Each layer (body) appears different and has its own particular function.

Each layer of the aura is associated with a chakra. That is, the first layer is associated with the first chakra, and so on.

Everything in our physical body is created from our energy bodies first.

Everything happens in our energy bodies first.

If you have a car accident and you are injured it damages the forms in the energy body first.

There are ways to repair (reconstruct) forms in an energy body.

While playing tennis I twisted my ankle. It was very painful. I went into the locker room and reconstructed the forms in my energy body and within 2 minutes the pain went from a 9 to a 2.

This repaired the damage in my energy body, no other work was necessary. This kind of work can be done long-distance anywhere on the planet, as long as there is a way of connecting to the person.

Everything is connected.

The healer just needs to connect with you. A picture of you makes this easy.

The work is then done in the energy bodies when the connection is made.

The energy bodies become available to the healer.

The person needing help does not need to go anywhere or do anything.

This kind of work can easily be done remotely no matter where the person is on this planet, as long as there is a way of connecting to them. Like a picture of them.

Everything is already connected throughout our planet and beyond.

The work is done in the energy bodies only. This is much easier and better for the client.

This kind of healing work is ancient.

Chapter 6 Our Environment

Our environment affects our health you may not think about this as important thing to be aware of.

It can be very important if you are in an unhealthy environment.

Negative vibrations are unhealthy and can make you sick especially if we are in them for years.

Some areas to be aware of are: high voltage lines, heavy traffic areas, factories that produce toxic fumes. Also negative vibrations on your property.

Negative energy from wars or killing that have happened in your area.

A house may have negative vibrations from others who have lived there, like someone with a lot of anger. Negative energies can exist until they are cleared.

If someone with anger was there a long time, a year or more, there will be anger energy there.

Anger energy is very unhealthy. It can change our behavior.

Most negative vibration can be cleared easily.

We do buildings and property clearings with the angels. They bring in as many of them as needed.

If you are sensitive and can feel a lot of things, you can feel these things. If not, have a healer check your home workplace and property.

We have the angels do this work. A clean and neatly kept home will create a better vibration.

Items poorly made and made with inferior materials have negative vibration. **This includes everything.**

Being in environments with negative vibration will take you down. Everything has a vibration including us.

Make your home and work beautiful and clean.

Create an environment you love being in. Using an affirmation like,

I am good enough for the very best.

To raise your vibration say it as often as you like.

If it's hard for you to say, it means you do need to raise your vibration with this affirmation.

Make your home and work place enjoyable to be in.

If some of these things are difficult for you to do, just do a little at a time.

Use this affirmation,

I always do the best I can. If I could have done better at this time, I would have.

Chapter 7 How Healing Happens

Healing happens as we start removing the things that are causing us to be sick.

We will cover things in these 3 areas: physical, emotional and mental. All 3 areas can become sick from our unresolved issues, from our present lifetime and past lifetimes. We must go into our past lifetimes, because most of our issues are from our past lifetimes.

The average person has about 150 past lives. Some have as many as 600. This creates millions of unresolved issues.

What is an unresolved issue? It's when a consciousness of ours has such a terrifying experience it goes into shock. It may stay in shock, frozen for lifetimes. It can be cleared by healing the experience that put it into shock. This healing is done by working with the energy body. Our energy body is with us throughout our lifetimes.

It is the main body we have.

Our physical body is temporary.

We must have an energy body to create our energy body.

Everything happens first in our energy body and after it is in this body it may manifest into the physical body.

Spiritual work brings about the greatest wisdom. This is why it is not popular in some areas.

Energy healer work is ancient and it is still being done today.

The author of this book does this kind of work, see his website on the back of this book.

An unresolved issue is a blockage within us. This block can be removed.

Each experience is different and they may be from different lifetimes, so each unresolved issue is different.

An unresolved issue keeps us from doing a thing similar to the unresolved issue. We may not be able to do a similar thing at all or only with difficulty.

Some of us can get past an unresolved issue with lots of meditation or perhaps a healing seminar, but the unresolved issue is still there. Meaning, the cause is still present. Real healing is removing the cause.

Energy healing is ancient. Now, many techniques are being used. See Appendix Vibrations we Carry.

All of these vibrations can now be cleared very quickly. Items that are not ready to be cleared immediately will take longer.

There are great differences between working on the physical body and working on the energy body. For example, a one hour energy session can clear 50 allergies, or all meridians, or sexual abuse from all lifetimes. Depending upon the person, some of these sessions may take longer.

Healing happens simply by removing the cause of the problem. Just removing symptoms is not healing.

Get involved in your own healing. Use these affirmations to create the changes you need. The greater involvement.

- **I set my intention to notice when I have left myself.**
- **I am good enough for the very best.**
- **I always do the best I can. If I could have done better at the time, I would have.**
- **I take care of my own needs first.**
- **I trust myself.**
- **Reincarnation is for our evolution. No punishment is appropriate ever.**

You can make some of your own. Everything we have learned did not come from the wisest people around. Make your own decisions and trust yourself. Take part in your own healing.

Most of us will have to read these over many time to feel our soul become free.

The most important things we can do

eat & drink healthier.

There is a lot of toxic food and drink. A list of things to avoid follows.

- Margarine
- Dairy
- Canola Oil
- Eggs & Chicken (free range only)
- Alcohol
- Fried foods including chips

Do not use a microwave oven and unplug it.

Each food and drink with no additives (best) or few additives.

Never consume these additives.

- Monosodium Glutamate (MSG)
- High fructose corn syrup
- Aspartame
- Carrageenan

When you are able to feel the vibration of things, you can buy the food and drink with the highest vibration. They are more energizing.

Things to improve our health.

#1 Love yourself. We do (5) for this. Love is the healthiest vibration of all. It brings things we need to us. You can do this.

It does not matter how many objections you have opposing this, they all can be healed. It may take a while. What could be more important in your life?

Real healing involves personal growth. Real healing is removing the cause of a problem. If the cause is not removed, healing has not happened.

When we remove an unresolved issue, we do it for all that person's life times, this started in 2017 and because we work with angels, it works. We have done many of these sessions.

Healing happens by clearing that which is causing the problem. Healing can happen by trying new things, you may do your healing journey with a partner.

If you notice a lack of energy or you feel uncomfortable in your own body, these are called symptoms. It is your body saying, "I need a change".

We can improve our health even if we are older. We can have a good life, no matter how old we are.

A list of way to improve follow.

- Take care of your own needs first
- Eat healthier
- Do sessions with a healer
- Exercise
- Do more things you enjoy
- Throw away things you don't actually use, they create negative energy
- Live in the present, not in the past

Healing happens when we make it happen.

If you don't like your life the way it is, change it. Get a journal and plan your recovery.

Get help when you need it. Use an affirmation and say it strongly. You can get better if you really want to.

If this information has been available to us forever why don't we know more about it? Because we are still learning. Each lifetime we live increases our personal growth.

God/Source always gives us free will. We can lose our free will in some lifetimes like when others control us. Some conquerors have very heavy controls over their people. They are doing the best that they can at the time and are having experiences to learn for themselves.

We started having experiences about 30 billion years ago in the spirit world. With spirits of light and dark.

Physical incarnations started about 20 million years ago in very small numbers.

Our personal evolution is taking millions of years. Those who like controlling us slow it down considerably, and they are doing the best they can.

Evolution is speeding up now. This will continue for 12 more years to 2035. Many changes will take place.

Helping each other will be of great importance during these years.

The people of earth coming together as one family will be the greatest challenge. We will experience this change.

Appendix: Creating a Vibration

Why not create the vibrations we like most.

How can we do this?

You might make a list of the vibrations you like the most. Here's my list.

1. Love
2. Beauty
3. Gorgeous Timber-frame Buildings
4. Beautiful Castle

Now, how do we create these vibrations?

With our intention, see Chapter 3 States of Being.

You might be able to do it now, or you can practice like an actor does. They become the role they are playing, like falling in love, or a role as a devil, you get the idea.

Set your intention to be the vibration you choose to be.

Experiencing different vibrations will take you into a different reality.

Witness each reality you create.

When you go to a great movie it takes us into different vibrations.

When you go to the next movie, say to yourself I set my intention to witness each great vibration in this movie.

Appendix: Colors

The following table is from Barbara Brennan's book, "*Hands of Light*", figure 23-1.

Color	Used for:
Red	Passion, strong feelings. Love, when mixed with rose. Clear red: moving anger. Dark red: stagnated anger. Red-Orange: sexual passion.
Orange	Ambition
Yellow	Intellect
Green	Healing, healer, nurturer
Blue	Teacher, sensitivity
Purple	Deeper connection to spirit
Indigo	Moving toward a deeper connection to spirit
Lavender	Spirit
White	Truth
Gold	Connection to God. In the service of humankind, Godlike love.
Silver	Communication
Black	Absence of light, or profound forgetting, thwarted ambition (cancer)
Black Velvet	Like black holes in space, doorways to other realities.
Maroon	Moving into one's task.

Appendix: Exercises to Feel Vibrations

This will enable you to feel the different amounts of energy in each thing vibrating.
As you increase your skill, you will start to feel the energy of the item.

You will be able to food shop and select the items with the most energy.

If the item has a very low energy it will be unhealthy to eat.

Use your palm chakras, in the center of your hand.

Your hand is facing down.

Move your hand back and forth over the item, you can practice this at home with any item.

You can also practice this outside with trees and everything else.

Practice for two minutes each time, as many times a day that you like.

We are all different so there is no right amount of time it takes.

Practicing does increase your skill.

See Michael's website,

<https://michaelglicker.com>