

Resonance and Dissonance

As we increase our vibration and move “up” in the levels, some things that once were resonant (fun, rewarding, seductive, entertaining, interesting, compelling) may become more dissonant. What once was inspiring can seem flat or dull. Also, what may have given you a little “buzz” at a lower level (like gossip or blame) can feel like it’s leaving a bad taste in your mouth.

LEVEL	Things That Used to Be Resonant	What’s Shifted? (How You Feel Now)	What Hasn’t Shifted Yet/Is Still There
1 Hopelessness			
2 Fear			
3 Frustration			
4 Courage			

5 Engagement			
6 Innovation			
7 Synchronicity			