



## Resonance and Dissonance

As we increase our vibration and move “up” in the levels, some things that once were resonant\* may become more dissonant. What once was inspiring can seem flat or dull. What used to work to help you shift may feel like “duh” or “so what.” 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	How I Feel Now
<b>1</b> Hopelessness	Poor me, getting others to join the pity party, running away, shutting down	Everything will be ok, annoyed when people say “oh poor thing,” want to take responsibility for my life, stay present even when it is hard
<b>2</b> Fear	Worry about the future, what if? many conversations about being safe (insurance, retirement), relish stories of bad things happening to others	All is well, I have the resources I need, when I get worried remind self to be present, tackle things head on
<b>3</b> Frustration	Gossip, blame, blowing up, being righteous and judgmental, acting out in anger, getting people riled up and colluding with me, put others down from jealousy	Bad taste in my mouth with gossip, will generally move to understanding rather than blame, see my role in the problem, aware of jealousy but make a conscious effort to be gracious and generous
<b>4</b> Courage	Challenging myself to “do it anyway” focusing on my values, “eyes on the prize,” following a vision, one step at a time	Things unfold in their own time, less fear = less <i>experience</i> of courage, speaking up and doing what is needed flow naturally
<b>5</b> Engagement	Focusing on possibilities, understand individual strengths and values, hearing all voices, collaboration and consensus	Aware of everyone’s differences, yet focus on oneness and interconnectedness, aware that people’s values are the same at the core, alignment instead of consensus
<b>6</b> Innovation	Amazed by human innovation and resourcefulness, inspired by creative solutions to human problems, deep respect for great thinkers (now and past)	Aware of human limitation, knowing that things that move us forward in our evolution come from something greater than human effort, aware that much “innovation” does nothing to truly contribute to humanity
<b>7</b> Synchronicity	Awestruck by “magical coincidences,” deeply moved by moments of pure presence	Aware there are no coincidences, able to be present at any moment

\*Resonant = fun, rewarding, seductive, entertaining, interesting, compelling