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Change your Vibration Change Your Life A Visit With Abraham

by [Reverend Susanna Goulder](#)

I went to see Abraham in Chicago on Sunday, September 25, and wish to bring the loving vibrational field back here to each one of you. Imagine the warmth and wisdom of the teachings of Abraham that had the hearts of approximately four hundred loving people from different nations, ages, backgrounds, and beliefs open wide, soft, and full.

Imagine guidance ringing so true it feels like you've been handed a roadmap to your authentic self. Picture lighthearted humor diffusing where you take yourself too seriously and wisdom penetrating and answering your longstanding, innermost questions.

Next, notice the perpetual smile on your face. Notice the life blood pumping in your hands and body. You feel in alignment with your Self, with the Source of life, and at peace with the world.

Now picture yourself driving back to Northeast Ohio, and there is a brilliantly colored rainbow in the farm field landscape directly in front of you, and it stays ahead of you and leads you home (true story).

Now imagine that this gorgeous and loving vibrational field is expanding in this moment like a warm blanket that gently wraps around you and brings this all to you. Take a breath and let the good vibration energy benefit you now too.

Abraham, as you may know, is from the non-physical dimension and is "channeled" by a woman named Esther Hicks. Abraham is not a single being but describes "themselves" as a group consciousness. Louise Hay calls Abraham "some of the best teachers on the planet." Wayne Dyer described them as "the great Masters of the Universe!" My favorite descriptions are that they are Divine Intelligence or pure love.

Abraham awakens us to the awareness that we are vibrational beings that are a physical extension of the non-physical. Finding the level of your vibration starts with your awareness of your inner being — a penetrating desire to be who you are.

You can raise your vibration by developing a finely attuned and refined awareness of your emotions in a system that is distinct from what highly sensitive practitioners are typically familiar. By discovering the full expanse of this “emotional guidance system,” you can become capable of raising your frequency consistently to a much higher level. With this awareness, you have the energy to become the creator of your life-at peace in your world.

Our calling now, Abraham says ever so sweetly, is to lift our vibration. Abraham says that to change your vibration - to be brought to the life of ease, abundance, and joy that you seek - your work is to be happy about life!

Abraham says to pay attention to what brings good feelings. Be enraptured by falling autumn leaves or enamored by a daisy- a state of pure alignment. Abraham encourages you to make a practice of going into nature, into God's world daily, with a similar curiosity. Savor living! Savor it with your eyes, your fingers, and all your senses. And take this in for yourself - not to help another – just for you.

By honing these skills you will become more natural, at ease, and authentic in all you do. This is when the wellspring of joy will bubble up, and you will radiate joy! People will come to you and say: “Wow! What happened to you?!”

We are called to create a higher vibrational frequency to transform our communities in this new era. Greater healing is happening - and more healing than we’ve ever seen before is possible. As you raise your vibration, you will align with your Self and the Source of Life consistently. Doing this helps those you are meant to serve raise themselves to a higher vibration, too.

If you’re interested in joining a Mastermind Group to raise your vibration to contact me at Susanna@Live-Good-Life.com. You can find out more about attuning with your Emotional Guidance System, aligning with your true Self, Discovering your Soulful Purpose, Cultivating Inner Peace, as well as private coaching sessions at www.Live-Good-Life.com.

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