

Vibrational Dance

"Emotions are energy. Energy has a vibrational frequency. Anger has a higher vibrational frequency than pain or fear - thus the human defense mechanism which allows us to turn pain or fear into anger because it has more energy mass and therefore feels empowering instead of vulnerable and weak. Much of world history becomes clearer just by understanding how humans - as part of trying to survive - have reacted to fear and pain by getting angry and acting out that anger."

"The dance of life for humans has been grounded in shame and fear, empowered by belief in separation, lack, and scarcity. These are lower vibrational emotions and beliefs based on the three dimensional illusion that humans experience as reality. As long as the dance of humans harmonizes to music - vibrational emanations - that are rooted in shame, fear, and separation the only way to do the dance is destructively."

"I was able to start having a personal, intimate relationship with my own concept of a Higher Power / God / Goddess / Great Spirit. I learned to trust the vibrational communications, the feeling of something resonating within. I was studying Quantum Physics, Molecular Biology, religion, theology, philosophy, mythology, esoteric metaphysics, science fiction - whatever was brought into my path to study. In those studies I was sorting out the wheat from the chaff - I was picking out the nuggets of Truth from the twisted, distorted beliefs they were embedded within. From this quest the Truth that I resonate with emerged - from this search I found a Higher Power of my own understanding."

On this page is an article by inner child healing pioneer / Spiritual Teacher / codependency therapist on his Spiritual beliefs

Welcome
to a page of

Joy2MeU

This is an article that is part of a series of articles in which Robert shares his Spiritual beliefs and how those beliefs have developed and evolved over his time in recovery. This article **Vibrational Dance** was originally published online July 31, 2005 on Robert's Inner Child / Codependency Recovery page on the [Suite101.com Directory](#). There is a list of - and links to - the other articles in this series on Suite 101 on the [Suite101 Articles page](#). The original article was used to create this page on Joy2MeU in July of 2006.

The Web Site of
Spiritual Teacher,
codependence
counselor, grief
therapist, author,
Robert Burney
and Joy to You &
Me Enterprises



[Go to Home Page](#)

Vibrational Dance

By Robert Burney

"The key to healing our wounded souls is to get clear and honest in our emotional process. Until we can get clear and honest with our human emotional responses - until we change the twisted, distorted, negative perspectives and reactions to our human emotions that are a result of having been born into, and grown up in, a dysfunctional, emotionally repressive, Spiritually hostile environment - we cannot get clearly in touch with the level of emotional energy that is Truth. We cannot get clearly in touch with and reconnected to our Spiritual Self.

We, each and every one of us, has an inner channel to Truth, an inner channel to the Great Spirit. But that inner channel is blocked up with repressed emotional energy, and with twisted, distorted attitudes and false beliefs."

"Each and every one of us has an inner channel. We now have the capability to atone

[Site index page](#) ©

- which means tune into - to atone, to tune into the Higher Consciousness. To tune into the Higher vibrational emotional energies that are Joy, Light, Truth, Beauty, and Love.

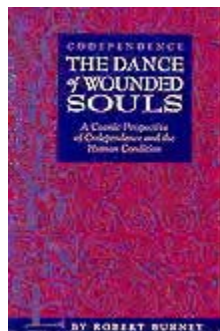
Robert is the author of the Joyously inspirational book

We can tune into the Truth of "at ONE ness." Atone = at ONE. Atonement = at ONE ment, in a condition of ONENESS.

Codependence: The Dance of Wounded Souls

We now have access to the highest vibrational frequencies - we can tune into the Truth of ONENESS. By aligning with Truth we are tuning into the higher energy vibrations that reconnect us with the Truth of ONENESS.

This is the age of atonement, but it does not have anything to do with judgment and punishment. It has to do with tuning our inner channel into the right frequencies.



[book ordering info](#)

But our inner channel is blocked and cluttered with repressed emotional energy and dysfunctional attitudes. The more we clear our inner channel through aligning with Truth attitudinally, and releasing the repressed emotional energy through the grief process, the clearer we can tune into the music of Love and Joy, Light and Truth.

It is not easy because we have been taught to look at being human backwards. We were forced to accept a reversed perspective. We were emotionally and subconsciously programmed to react to life dysfunctionally based on reversed belief systems.

We are Spiritual Beings having a human experience.

NOT human creatures who have to earn Spiritual existence. We are not flawed, shameful humans who have to do human perfectly, who have to do the "right" things in order to transcend."

Joy2MeU

Quotes in this color are from Codependence: The Dance of Wounded Souls

In last months column ([Quantum Physics - expanding my Spiritual paradigm](#)) I discussed the importance of Quantum Physics in my quest to find a Higher Power of my own understanding - and mentioned that I didn't know what led me to start reading books on the subject. I realized as I was working on this month's column, that my interest in the subject was sparked - at least in part - in the summer of 1988. That Spring I had gone through a 30 Day treatment program for codependency - and had then moved from Los Angeles to Arizona where I had gone through treatment. In the summer of that year, I was led to do some study with a group in Sedona Arizona. In the course of that study, I remembered seeing a chart that showed the vibrational frequencies of different emotions.

That was a new combination for me - emotions and vibrational frequency. The most important thing I had learned in the treatment program I had gone through earlier that year was about the grief process. Doing my emotional healing had led me into doing deep grief work which I discovered involved releasing energy. The more I became clear that emotions were actual energy that needed to flow instead of being blocked, the easier it became for me to get in touch with my emotions and open up to healing them through energy release.

The combination of what I learned about grieving - and this new concept of emotions having a vibrational frequency caused a shift in perspective for me. Emotions are energy. Energy has a vibrational frequency. Anger has a higher vibrational frequency than pain or fear - thus the human defense mechanism which allows us to turn pain or fear into anger because it has more energy mass and therefore feels empowering instead of vulnerable and weak. Much of world history becomes clearer just by understanding how humans - as part of trying to survive - have reacted to fear and pain by getting angry and acting out that anger.

The Universe is one giant dance of energy. This realization led in part to the title of my book: *The Dance of Wounded Souls*. We are all dancing energy made up of dancing energy. I realized that the reason the dance was painful and dysfunctional is that humans have been dancing to the wrong music (wrong as in not aligned with the Truth of a Loving Force.) The dance of life for humans has been grounded in shame and fear, empowered by belief in separation, lack, and scarcity. These are lower vibrational emotions and beliefs based on the three dimensional illusion that humans experience as reality. As long as the dance of humans harmonizes to music - vibrational emanations - that are rooted in shame, fear, and separation the only way to do the dance is destructively.

As I did my deep grief work and started to clear up my internal process so that I could more clearly differentiate between Truth that was a vibrational communication from my Soul and the emotional truth that was coming from my wounded soul, I was able to start trusting myself to be able to discern Truth.

"Truth, in my understanding, is not an intellectual concept. I believe that Truth is an emotional-energy, vibrational communication to my consciousness, to my soul/spirit - my being, from my Soul. Truth is an emotion, something that I feel within.

It is that feeling within when someone says, or writes, or sings, something in just the right words so that I suddenly feel a deeper understanding. It is that "AHA" feeling. The feeling of a light bulb going on in my head. That "Oh, I get it!" feeling. The intuitive feeling when something just feels right . . . or wrong. It's that gut feeling, the feeling in my heart. It is the feeling of something resonating within me. The feeling of remembering something that I had forgotten - but do not remember ever knowing."

"Feelings are real - they are emotional energy that is manifested in our body -but they are not necessarily fact. What we feel is our "emotional truth" and it does not necessarily have anything to do with either facts or the emotional energy that is Truth with a capital "T" - especially when we are reacting out of an age of our inner child."

I was able to have a more trusting and Loving relationship with myself through getting more in touch with my Spiritual Self, my Higher Self, and through that Higher Self with God as I was coming to understand God. I was able to start having a personal, intimate relationship with my own concept of a Higher Power / God / Goddess / Great Spirit. I learned to trust the vibrational communications, the feeling of something resonating within. I was studying Quantum Physics, Molecular Biology, religion, theology, philosophy, mythology, esoteric metaphysics, science fiction - whatever was brought into my path to study. In those studies I was sorting

out the wheat from the chaff - I was picking out the nuggets of Truth from the twisted, distorted beliefs they were embedded within. From this quest the Truth that I resonate with emerged - from this search I found a Higher Power of my own understanding.

"Who we are, are transcendent Spiritual Beings who are part of the ONENESS that is the God-Force. We always have been and always will be. We are perfect in our Spiritual Essence. We are perfectly where we are supposed to be on our Spiritual Path. And from a human perspective we will never be able to do "human" perfectly - which is perfect.

We have been trying to do "human" perfectly according to a false belief system in order to "get Spiritual." It does not work. It's dysfunctional and backwards. It is not bad or wrong or shameful - it is the best we have known how to do life until now.

All any human being in the history of the planet has ever done is the best that she/he knew how to do to survive in the moment.

Humans have always been looking for a way home. For a way to connect with our Higher Consciousness. For a way to reconnect with our creator. Throughout human history, human beings have used temporary artificial means to raise their vibrational level, to try to reconnect with Higher Consciousness.

Drugs and alcohol, meditation and exercise, sex and religion, starvation and overeating, the self-torture of the flagellant or the deprivation of the hermit - all are attempts to connect with higher consciousness. Attempts to reconnect with Spiritual Self. *Attempts to go home.*"



Next in series: [Love as a vibrational frequency](#)

Abundant Spirituality + codependence recovery + inner child healing + Love = Joy2MeU 

[Joy2MeU Home Page](#)

[New page](#) © [Site Index](#) © [Codependence Pages](#) © [Inner Child Healing Pages](#)

[Spiritual Belief System Pages](#) © [Metaphysical Pages](#) © [Alcoholism Pages](#)

[Miscellaneous Topics Pages](#) © [Romantic Relationships Pages](#) © [Information Pages](#)

[Contact Robert](#) 
[Privacy Statement](#)

Codependence: The Dance of Wounded Souls by Robert Burney is copyright 1995. Material on Joy2MeU web site (except where otherwise noted) is copyright 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, & 2006 by Robert Burney
PO Box 977 Cambria CA 93428.

Vibrational Dance was originally published online on August 31, 2005 on my Inner Child / Codependency Recovery topic page on the [Suite101.com Directory](#).

