

full tilt living newsletter

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You—The Radio

You know this word—vibes? You switch on the radio and set the frequency to 91.1FM or whatever. That little electronic device catches the frequencies, sends them into our airspace, and we get vibes..

And man, the choices! It is a curiosity and some kind of miracle that the very same collection of notes Mozart played around with can morph into the stuff that sends the hip-hop crowd straight into orbit.

It has to be more than the notes.

That's why I say vibes. The, technically speaking, resonance. We say it that way--“This music really resonates with me.” Or words to that effect. “This is HOT!” Same idea. Our whole reason for tuning in--to enjoy the vibe ride.

And here's a news flash for you—we are the radio. We are out there sending ALL THE TIME. We do not come with an “off” button..

We do have a tuner. I'm not saying we're so great at using it. Most of us just send out whatever we're feeling at the time. So if we're feeling fabulous we're putting that out. If we're feeling rotten, we go right ahead and stink up the airwaves around us.

And, oh yes, the resonance factor is fully in play: We send out whatever vibe we're experiencing and everybody's getting it.

This could be a very good thing, don't you think? We set our tuner to some great vibe and send that out and pretty soon the whole room is wanting to smile. And sending it back. Everybody on the same vibe ride.

I know you want to be trying this. Here's how to set it up:

You—The Radio Exercise

- Fashion your vibe. Let yourself get quiet, breathing into your body and re-visiting your inner store of great moments. Those remembered times and places that hold an energy signature that you treasure.
- Choose the one you'd like to put out there and let it become as vivid as you can. Colors, sounds, feelings, fragrances.
- Anchor it. When the re-living is at it's peak for you, touch your index finger to your thumb to complete a circle.
- Now you can bring your focus back into the room and do a test run. Touch your index finger to your thumb and notice how that vibe comes back.
- You're ready to roll! Just whenever you think of it throughout the day, use the anchor you made with your index finger and thumb to bring up that vibe and hold it for a few seconds.
- You—The Radio!