

# ALIGNING OUR ENERGIES FOR HARMONIOUS LIVING

BY ERIN KANN

In the Larousse French dictionary, harmony is defined as the “*happy relationship between parts of a whole.*” Bulgarian philosopher and spiritual master Omraam Mikhael Aivanhov believed that, from the infinitely small to the infinitely large, harmony is nothing but “*the consent of all particles and all cells to vibrate together.*” Likewise, each human being is a complete world; a whole made of multiple parts ranging from intracellular life, to the complex biological systems of the physical body, to

emotions, memories, and beliefs, all of which affect our inner harmony. At this level, harmony implies that every component is tuned and *vibrates* in concert with each other. The result of this is a high vibratory state and an elevated level of vital energy. This not only promotes our evolution of consciousness and amplifies the full expression of who we are, but it also gives us access to a creative, abundant, and vibrant life. Because we are vibratory beings before we are physical bodies, the higher

we vibrate the more our higher selves can be expressed through energy harmonization. This is beneficial in assisting us to live a life of abundance—a component of the fundamental nature of the higher self. Our basic Essence—or fundamental Essence—is what we really are beyond our bodies, histories, personalities, relationships, time, and space. Our fundamental Essence is, has been, and will be for all eternity.





There are tools capable of effectively resolving disharmony and restoring harmony such as the therapeutic use of sound frequencies. These speak to our fundamental vibratory nature and include gong baths, therapeutic tuning forks, Tibetan bowls, crystal bowls, shamanic drums, and the human voice. Based on vocal vibration and breath work, Sound Balms® are an example of this and can be harnessed in a [four-week program](#) designed to significantly raise your vibratory potential. The four key components of Sound Balms® are: **anchor, cleanse, open, and connect.** Whatever your current physical, mental, emotional, and spiritual states, this program is intended to purge

your subtle bodies (the interlinked seven “bodies” that constitute our entire energy being and vibrate at their own frequencies).

It’s critical to remember that the quality of your human experience depends on the way in which you vibrate. In other words, it’s directly correlated to the way in which you play your musical score of life in accordance with your fundamental Essence—what you are *in essence*. In this way of thinking, harmonious living is the most powerful and useful energy signature to support your dreams and goals the whole year through.

*“Harmony is the key. It is the biggest secret.”*

Like other wisdom keepers, Omraam Mikhael Aivanhov knew this to be true. Creating a *“happy relationship between the parts of the whole”* that we are, both individually and collectively, is certainly the first step to peace. Make it your mission this year to take the first step, seize the key, and open the door toward an energetically harmonious life. After all, harmony is the most beautiful rising sun that we can see on the horizon of this world, and it does so for us, in us, and all around us.

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[www.tnso.me/en](http://www.tnso.me/en)