

Other People's Fear may be impacting your ability to happy and healthy.

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Fear is all around us. You feel it when you watch the news, of course. How can you not? Everything seems to be chaos. That's when you're aware of the fear, it's in your face and incontrovertible. What about all the fear that's impacting you without your awareness or knowledge?

I'm sure you already know about the effects that electro-pollution can be having on you. That's something that is becoming popular knowledge. People are talking about it and we're beginning to be cognizant of the fact that this is an issue.

Depression, anxiety, mood elevating drugs, suicide, road rage, escalating senseless violence and crime, these are symptoms of an ever-increasing breakdown in our energy fields due to the vibration of fear. We don't even notice it because it is the norm.

For those who are highly sensitive or empaths, this is even more of an issue, and it's not just fear, it's people's worries, thoughts, anger, depression, sadness. You can be taking it on from people, television, the air, etc, but not know that it's not all you.

Quantum Physics 101- an easy guide to energy and emotions

Every mood has a rate of vibration. Fear has a very low vibration In the well documented book, "Power vs Force", by David Hawkins, emotions were quantified on a scale of 1 to 1000. I won't go into the mechanisms used for this testing here, but will elaborate more on a separate page if you are interested in reading more.

Any emotions rated below 200 have the primary impetus of personal survival.



At the bottom of this scale is hopelessness and depression. Fear calibrates at an energy level of 100. From this place the energy can either go up or down. When it goes down it sinks to a level of apathy which in social history has imprisoned entire sub-cultures as well as individuals. If the hopeless can come to want something better, to desire, then the energy can begin to move upward. The energy of anger (150), if used to move forward, can be a positive energizing force to develop pride (175), finally proceeding to courage (200) to begin to change the existing conditions.

How does our world today stack up in this consciousness map?

If we showed this graphically, the shape would resemble a pagoda roof, in that 85 percent of the human race calibrates below the critical level of 200. Maybe this is why there are so many people on anti-depressants. What does this mean to you? Well, imagine, if you will, the effect that kind of inertia and force can have? Most people are stuck in survival mode. I can tell you that I noticed a huge change once I started wearing a Shield. I just didn't absorb other people's bad moods - yes, it was unpleasant to be around them, but somehow their energy was at an "arm's length" from mine.

If you are a highly sensitive person, then what is hard for a "regular" person to handle can become even more overwhelming for you. You can feel it on a very deep level, often thinking that it's your own fear, which turns into a vicious circle that's harder and harder to get out of.

Since I began wearing a Shield in 1994 and working for the company, I've talked to thousands of HSPs and empaths and help them find the Shield that would make a difference for them.

The Raincoat Story

I'd like to explain it to you this way. If you go out in the rain, you need a raincoat. When you get up in the morning, you need the equivalent of a rain coat to protect you from ever present "rain" of energy in the environment. It's really wet out there. And it's been "raining" war, greed, panic and violence for centuries. Indeed the sun is out at times, and this is when you feel loved and connected to others. But there's a build-up of these other

lower vibrations that is more prevalent than the love vibrations.

Our planetary history is a nearly continuous a series of war, famine, loss and terror What if those feelings of fear, loss, terror, and grief are still attached to the land and structures in those places. This means that every time you walk on that ground, those low vibrations permeate your energy field. So – you need a "raincoat"!

The BioElectric Shield IS an energy "raincoat" - completely "waterproof" - that can help you be MUCH less affected by the prevailing energies. This makes it easier for you to remain positive and in a higher level than just survival. You remember that what is important is your heart connection with others.

Have you ever been someplace in which there was a historical event of fearful or painful consequences? Didn't you feel dragged down, sad, uneasy? That's because that intense emotional energy residual remains embedded in the buildings, the land, the very air surrounding you. On the other side of the coin, have you been to places that had happy memories associated with them and you left feeling uplifted and hopeful?

When we are fearful, or open to the fear around us, our defenses begin to crumble. We are more and more at the mercy of those around us who would seek to control. By stepping out of that frequency, you come back to your normal, centered self and can withstand the thoughts, fears, desires of the people and world around you. You are in control again, no longer a victim of our times or your life and the people in it. Free to create and enjoy.

If you can't even imagine this peaceful, in control feeling, it's possible that you are at a point of total resignation. It's a conversation in which you say to yourself - "well, it will work for others, but not for me." This means you are drenched with negative energy – and as we said above, part of it is NOT EVEN YOUR ENERGY. If you stop picking up all this negative energy from the environment, and experience the wonderful balancing effect of the shield, then you will have the chance to remember Who You Are.

When people are in fear they tend to have a variety of reactions. Some just shut down, feeling hopeless and depressed. They lose the ability to feel that there is anything positive in their lives or their futures. Life becomes dull and uninteresting. They are just marking time, getting through the days, weeks, months and years, not really adding or creating

anything. The creative, hopeful quality in them has been lost in the gray fog of fear.

Another common reaction to fear is rage. When we feel powerless we have two choices, give in, or fight back. Anger and rage is the impulse to fight back and not just give up. Unfortunately, that reaction seldom serves in a positive way and is actually creating a fear reaction in the people and society around us.

Sometimes our own anger and rage scares us and makes us feel even more powerless, at the mercy of our own reactions and everything around us. How often do you hear violent people describing their actions in a way that they appear to have had little control over their actions? This is often an extreme reaction to inner and outer fear.

How does the intensity of fear affect you? Mild fear can cause confusion, mind fog and indecisiveness. It's difficult to be clear enough to make decisions when you are engulfed in fear. As fear grows it destroys creativity. The creative expression is consistently dampened down, even killed entirely by the vibration of fear.

When fear is extreme, hatred, repression, repulsion and distrust increase. We not only distrust those around us, but ourselves, our thoughts and actions. The enjoyment available in any moment is brought down by fear. Absence of fear generates useful activities and forward motion.

Fear has effects we have only begun to understand. It can hide behind addictions, violence, poor relationships, depression, lack of enthusiasm or commitment.

One fearful person in an organization can prevent prosperity and progress because fear is a vibration that dissolves creation and ambition. Have you ever been in a meeting and watched as one negative person managed to completely destroy the enthusiasm and hope of the entire group? That is fear. Fear says "it can't be done". Did you feel all the energy leave the room and become replaced with gloom and hopelessness? That is fear.

Negative thoughts come from fear. The polluting effect of this is a huge burden carried in a person's energy field, but it doesn't stay there, it goes out in waves and affects everything and everyone it comes in contact with. This density is not normally perceived on a conscious level, and, in fact, sadly it often feels quite natural.

Is it any wonder that ill health, new diseases and syndromes, depression, anxiety and cancer abound? New diseases are reaching alarming proportions. The vibration of fear, weakens the body, mind emotions and dulls the spirit. Do you feel lately that you have lost the spirit and passion you had when you were younger? Is it harder to enjoy life? Are you anxious and on edge? What if you were able to go back to that feeling of hope, passion and peace that you once had? Maybe you've never experienced those things.

There are various methods out there for learning how to Shield your energy – some involve putting up an invisible Shield (I have found those only mildly helpful), other involve various gemstones, learning to become a skilled empath, grounding, energy clearing techniques to release energy you've picked up. Google the subject and you'll get a lot of articles, books and suggestions. If you have something that works for you, then great. If not, check out the link below for another possible solution.

Can you even imagine how your life would change if you were able to be focused and balanced in a positive vibration instead of spending all your time simply trying to lift the heavy cloud of fear that surrounds you?

The BioElectric Shield increases your own natural, positive energies and it deflects the negative frequencies of fear, worry, guilt, depression, hatred and negativity that abound in our world today. No, the Shield is not a cure all. It's not going to make you instantly enlightened and completely free of fear or negativity. What it will do, is allow you to move more and more in a space of freedom and positivity. "The Secret" and so many others tell us that like attracts like. If you're in a state of distress and negativity you'll draw even more of that to you. But as you move into a state of freedom and joy, your life will become increasingly easy and flowing.

For more info go to BioElectric Shield Company <http://www.bioelectricshield.com/in-the-media/highly-sensitive-people.html>