

# A Unifying Vibration

*Christina Pivarnik:* It's always a great joy to be together, to gather as friends, as family. We are here together in this holy place to do the work we came to do on earth, to blend our creative fields of service and offer a far-reaching blessing of love into the world.

Many of us work in attunement, sometimes several times a day, offering our love and encompassment to this precious home, our earth. The IPAT, International Planetary Attunement Team, spends at least half an hour every day in attunement with our planet. Many others also share attunement with various aspects of our own individual worlds, with those who need specific encompassment, with the natural world, and so much more. For many, this is part of our regular spiritual practice. So let the blessings be abundant!

I'm delighted to welcome Lloyd to share this hour with us today. He is another one who has worked in this vibration of attunement throughout his life. I calculated that he and I have been friends for 53 years. So much love over these many years! There are a number of us, as we look around this Zoom room, who have been close friends for decades. We see one another and we know the true heart of each one. We've had remarkable training. Our deep love and respect for one another is immense. We hold sacred space together, offering angelic expression, not only into our own worlds, but in collective spiritual expression for all that's happening on this planet and beyond.

Through much of our lives over the years, we've been compelled to be part of this spiritual body on earth, because this is our mission, our *raison d'etre*. My dictionary defines *raison d'etre* as “the most important reason or purpose for someone's or something's existence.” That pretty much sums it up, doesn't it? Our collective work is absolutely essential, especially at this time. Our gatherings, such as this one, allow the substance of spirit to amplify in the purity of our hearts. We know how to generate the fine substance of spirit in expression, and we treasure this gift that is offered upward to our Beloved.

We gather here for Tone of Life Zooms every two weeks. The International Association of Attunement Practitioners gathers every two months. The Solstice, Equinox, and Cross-Quarter Summit that Lloyd and others coordinate gathers approximately every month and a half or so. And the Temple of Light, coordinated by David Barnes and Anne Blaney, has met regularly for years as well, although they're on a temporary break.

Jeffrey Goldstein has been hosting two Zoom gatherings per week: a peace vigil for the Middle East and Love Casting. Jeffrey is traveling around the North American continent currently on his Attunement Enlivening Journey. Some of you have already gathered with him, some will be gathering later this week and in coming weeks. It's good to encompass

Jeffrey's travels and the work that he's doing. We share in holding this sacred space with him in his work to hold a field of spiritual peace, especially in the Middle East.

I bring this forward today because these gatherings are significant. There's a deep trust that each one of us is 100% reliable in our daily spiritual practice, that this precious, fine substance of spirit is actively generated with steadfast consistency in each of our lives. This reliability has been building moment by moment throughout our years together, through our friendships over the decades, through our love for one another. We show up. We are present. We are not pulled this way and that. We stand steady, completely reliable in the truth of love.

But oh, how human nature wants to pull us away from our constancy of spiritual expression! All kinds of issues tug at us—health issues, financial concerns, work stresses, technology challenges, relationships, world politics, news media about war, concerns for the environment and the health of our earth. The list could go on and on. Notwithstanding all this, we stand here in sacred space, in this holy place, unshakable, as Creator-Beings living in heaven on earth.

This may sound like a very serious task, but we know that there is unspeakable joy constantly bubbling forth. Spirit is joyful! This joy is heard in the words we speak throughout our days, in the interactions we have, the quickness to laugh at a witty comment, the beautiful love we share. When we find others expressing this same joy, there's often instant friendship—a resonant kinship in lightness.

I'd like to share a story with you. We have a neighbor down the street who epitomizes joy. He has an infectious laugh that makes you want to laugh with him. It's a big booming belly laugh that comes up from his toes and reverberates all around him. It's the kind of laugh that rivals Santa's! Often when I'm driving home in the afternoon, I'll see him and his wife in their front yard welcoming our two little neighbor girls home from school. All four of them are bent over in a heap of giggles with that booming laugh the overarching sound echoing in the neighborhood. It's so infectious, I always stop to say hi and laugh with them. It's a raucous, good time for all!

But the thing is, this wonderful gentleman has terminal cancer. A year or so ago, when he started going blind from his cancer treatments, he decided to stop them. He felt dealing with the cancer was better than dealing with the side effects of his treatments. When we periodically ask how he's feeling, the answer consistently always comes back from him and his wife, "We're taking it one day at a time, and we're enjoying today." What an amazing attitude! What a great answer. He still laughs and is such a clear spirit. He's one of those people I hold sacred space for.

This notion of holding sacred space is an interesting one, both for oneself and as a collective spiritual body, I've been thinking about it a lot lately. In my own world, holding sacred space is synonymous with attunement. It's the quiet art of pure presence, even in the midst of chaos. It's not so much about what we're doing, but about simply *being*. We create an invisible sphere of spiritual substance, where anyone can arrive in our midst exactly as they are. Within this space there are no opinions or judgments. When we hold sacred space, we provide steady ground beneath another's unfolding story.

Sacred space is birthed in ongoing love for our Creator. Empathy is offered through fine spiritual substance without trying to reshape another person's journey or get pulled into their story. We silently and vibrationally invite those we connect with and contact in our days to rise up. We respect one another's inner landscape and keep our own clear and uncluttered.

Our role in attunement is to keep the doorway open without expectations. When we hold sacred space, we offer a rare gift: a moment of genuine, loving encompassment where someone can speak their truth, and be heard with wholehearted presence. In that quiet exchange, something profoundly healing often begins to unfold. And in this process, there is unbridled joy, as I mentioned earlier. It bubbles over in delight, no matter the situation. When the heart is free of debris, spirit shines forth in exquisite beauty.

Another example of this on a global scale is Alysia Liu, who skated to Olympic Gold for the sheer joy of loving to skate. Her story captured the world and her performance even more so. Remarkably, she didn't have a goal of trying to win the Olympics. She skated from a place of delight rather than fear or ambition. She talked about having no nerves at all at the Olympics and said she just wanted to share her art, and maybe her heart, too! She simply wanted to skate for the love of it, to dance on the ice to the music and to spin and leap for joy. She let go of all the goal-seeking, the stresses of competition, the fear, and simply danced on the ice and invited the audience into her personal happy place.

We know this feeling of joy in ourselves. This is where we live our lives. I absolutely love sharing this fine spiritual substance of joy, of presence with each of you.

**Lloyd Meeker:** Thank you for the chance to be with you today. I'm going to take a little different tack from Christina's, trusting that you will be able to feel the common vibration that we share.

I'm going to avoid as many assumptions as I can about "we."

To begin, I'd like to start with an image that recurs in my emotional life a lot, which is that my father, before EDL was formed, ended a lot of his mailings, his letters, with "I am your fellow-wayfarer." And it is the essence of the fellow wayfarer that I want to invoke now.

We've each got our stories, for sure. And here we are around this magical campfire of computer screens to share something of our commonality as well as our distinct energetic power. We've all had very different experiences, different discoveries, different blessings and betrayals, different challenges, different kinds of growth. But whatever has happened to us, we've maintained sufficient resonance to some unifying vibration, which has brought us together today.

That is a miracle I want to celebrate, because we're not all supposed to be the same. We're supposed to be complementary within a unifying vibration, and that is the ultimate performing art, as far as I'm concerned. My offer to speak today came from a moment in Sanford Baran's presentation a month or so ago, where he said, "We have work to do." And this is certainly where I stand. I've been calling it "vibrational activism." We can have armchair activism, or we can have all-in activism. But it's vibrational work. And that's what I want to explore a bit today.

I want to tell a little story about our Attunement Summit planning team. People have come onto it and gone off it, and over the five or six years, whatever it's been, it's been a real teaching for me to see how differently each one processes the same vibration. And how utterly essential those differences are. This isn't the work of just one person's experience of a vibration. It is a unifying vibration. It is a unifying vibration, which means that it's drawing together aspects of itself which are not the same. And for me, who was raised on the belief that conformity was agreement, this can be seen as a dangerous thing. Agreement is sharing that unifying vibration, while letting it manifest differently.

Vibrational activism is a way to describe the stewarded, conscious, intentional current of creation known as attunement coming through me and meeting others. And in that, I've got some really good news: the old heaven and the old earth are passing away. Not just the bad stuff, but the stuff I like, too. Even what I understand to be me. It's all passing away.

By agreeing to welcome the new heaven and the new earth, I am also agreeing to be changed. Not just to bring change out in the great beyond, which is how I used to view "the restoration:" it'll be for those people out there. But no; it's to let myself be changed.

In my journey, I found that a lot of what I needed to change was trapped in my belief that I already understood what it was. There was a time after I left Sunrise (and so on, blah, blah, blah) when I rejected most of what I thought of as emissary teaching. And then bit by bit, especially once I got sober, working the steps in AA, I found a place of perspective. When they returned, the teachings came back so differently.

If someone were to come to me today to learn attunement, I would have to say, if you want the comfort of what you already know, don't say yes to this work. This work will change anyone who says yes, it changes our understanding of what we already thought we knew.

To be blunt, this is not a time for complacency, believing that our personal status quo is enough. I know mine isn't. And so I ask daily that I be retuned and retuned. And that has resulted in the demolition, I suppose you could say, of my individual spiritual status quo. Not someone else's. Not "their" or even "our." Just mine.

For me, one of the deadliest beliefs right now is, "We already know these things, don't we?" That's a huge red flag for me. Twenty-year-old me would be horrified at the way I understand the One Law, or the rules of pneumaplastm or half a dozen other precepts that were given to us as training wheels, basically.

The work has been to internalize the precepts, to outgrow the training wheels. And you may be way ahead of me on all of this. I'm certainly not trying to talk down to you. But I'm saying that for me, this has taken a lot of work.

I want to give just one example. I was told over and over back in the day to trust the process. Well, I heard that with a toddler's ears growing up. I had to relearn what that meant in an adult consciousness, not made safe by the security of the teacher-pupil relationship. And to be honest, my obstacle was that I assumed I already understood what trusting the process meant. Then I discovered I don't trust the process; I trust the current that sets the process in motion. My work is to listen to the current, to learn how to steward the process in motion within the range of function that I'm responsible for.

As a result, my experience of attunement has actually changed 180 degrees. My techniques reflect some of that. I began to be aware, when I was letting the current of attunement move through me, that what I was perceiving in another person or a plant was not the primary thing. It was the flow itself—what I came to call the river of attunement.

When I needed training wheels, I was taught, "this is the liver pattern and these are the cervicals" and so on, and that's wonderful. But I've learned to pay more attention first to what the source, the river of attunement, is saying, not what is needed in someone else.

I discovered that that flow contains information directly pertaining to my responsibility to do something with. This may include the person I'm working with, or it may be something else entirely. I'm kind of laying out my heart here. I don't mean to be disrespectful of what we were taught. But for me, what we were taught was not enough. For one thing, I was taught that being a homosexual was a sure sign of spiritual inadequacy. In fact, I found it to be the wellspring of my creativity and my spirituality. And I fought being myself for decades.

We don't all have the same journey. We don't all have the same experience, but we do have the capacity to share a vibration. A sacred vibration initiated by the flow of the river of attunement. And that, to be honest, is all I need. I don't need anything else.

Part of the information that comes in the flow is what I think Ecclesiastes was talking about when he said there was a time for everything. A time for planting and a time for harvest. My favorite is “a time to cast away stones, and a time to gather stones together.” If, in the current of attunement, the cycle is calling for me to gather stones together and I'm busy casting away every stone I can get hold of, I'm not being particularly useful.

I ask myself and anyone who shares attunement to start paying attention more keenly to the information contained in the flow—long before it leaves our fingers, before it leaves our hearts, before it leaves our bodies. What is it saying to us? We need to know what time it is. Is it a time to gather stones together? Or is it a time to cast away stones?

It seems to me like this is a time to gather stones together. Let us be stones cut without hands and then arranged, arranged not in the old way with an organization or an edifice or with a leader or a system of some kind, but only through the discovery of uncompromising relationship based on shared resonance. This vibration, we do know—and to be honest, this vibration has not changed for me since the old days. It has been my one constant. And so now I'm challenged to let it find manifest expression in the way that I'm called to do now.

I think this is really what Jesus was asking when he said to the guy by the pool, “Wilt thou be made whole?” Am I willing to resonate in the vibration of wholeness, no matter how it might disrupt my individual status quo?

The old heaven and the old earth are passing away. And the only reason I'm not insane is because I have some basic awareness of what the new heaven and the new earth feels like in its vibration. If I didn't have that, I would be desolate, looking at the world the way it is, wondering how to fix it, wondering how to bring honor or integrity into systems that are absolutely designed to cultivate greed and cruelty.

The new heaven and the new earth are not threatened by the power, or the seeming power, of the old heaven and the old earth. Because it's not the same playing field. It seems to me that a very large and very old cycle is coming to fruition. One that requires me to be more proactive, vibrationally speaking, to tend and keep the cycles of the garden. And to welcome anyone, anywhere, at any time, who shares that vibration of attunement with me.

I think we exist in different bodies for a very good reason: so there's a breadth of perception and experience and capability. None of us can do it all by ourselves. But I don't think we can get very far if we assume we already know what's what. We've got to let ourselves kind of come apart and trust the vibration, the vibration of attunement, and see where we're led.

You know, there's a lot of gray hair on the screens today. Our time is finite. But here we are, we're still alive. We're still capable of holding a focused consciousness based on all the discipline, all the learning, all the experiences, all the everything that we've had up to now.

So when I hear Sanford say it's time for us to get to work, this is what I mean. Let's accept that we have the tools we need. However, our craft, our skill and understanding in using those tools can be increased by orders of magnitude.

It's very much like playing a musical instrument. You can play scales and you can study and you can learn songs. But when it comes to performance, it's a completely different matter—in our performance in the world. Let's honor the vibration that comes through each of us that resonates to the current of attunement, and see what happens.

I have no idea how we stones should be brought together. I just sense that we should be gathered. Maybe we'll be a spiral or a labyrinth or something else. I'm pretty confident it won't be a church. But whatever it is, if we stay honest to the vibration, whatever it turns out to be, will be, what the new heaven and the new earth wants, what the river of attunement wants. Not what we might think is such a good idea. So thank you for letting me share these thoughts. Blessings to each one of you, and respect.

### **Following Comments...**

**Christina Pivarnik:** We love to gather together. Lloyd said that beautifully. You might think that he and I had different things to say, but we come from the same place. We know that. We love one another. We're all one body.

**Lloyd Meeker:** Thanks, Christina. No, as different as we may have sounded, we do come from the same place. I think in one sentence, my journey has been one from a need for certainty to being joyfully comfortable in uncertainty, in the unknown. Welcoming the unknown. Something wonderful is happening. The old heaven and the old earth are passing away and there is no one who can stop it from passing. The unknown lies ahead of us. Bless you all for being open to it.

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### **Pre-Service Music**

#### *1. Banquete*

Cirque du Soleil

#### *2. The Worlds Meet*

Cirque du Soleil

### **Concluding Music**

#### *Gira con me questa notte*

Performed by Josh Groban