

We see vibrational resonance occurring all the time, in the world around us. When a string is plucked on a musical instrument it will cause the strings of that same key, on nearby instruments, to vibrate sympathetically; women who live together, or spend a lot of time together, begin to menstruate at the same time, as their menstrual cycles entrain to one another; you can observe similar speech patterns, facial expressions and mannerisms, in long term friends or couples, which is also a form of entrainment; and, apparently, if there are a number of grandfather clocks in the same room they will gradually begin to synchronise with one another until they all 'tick' & 'tock' at exactly the same time.

Exploration into the way people communicate has revealed that entrainment also plays a crucial role in our ability to understand one another, and a similar situation has been suggested in animals. When someone is speaking to us, and we are 'engaged' with them (listening or paying attention), we allow our systems to resonate with theirs and receive the greatest portion of that communication energetically. This occurs with friends as well as strangers.

We seem to only be able to understand the speaker's meaning ('get the message') if entrainment occurs. If we don't entrain, there is often misunderstanding because we are limited to defining the communication purely intellectually, based on our own mental understanding of the words spoken. There is also a sense of alienation from the speaker – we feel no 'connection'. Entrainment is such an integral part of human communication that if we could not entrain, we literally could not communicate. We could not understand, or be understood by, others.

These examples reflect that rhythm entrainment is an automatic and natural phenomenon in all of existence.

It is an energetic (vibrational) process rather than a physical one. This means that you can entrain just as easily to the energy patterns of non-physical form, such as angels or archetypes, as you can to the energy patterns expressed by physical people and things.

Often, you are not even aware that this process is occurring, such as in the communication example above. You will simply see the final effects of the entrainment process in your physical experience.

The principle of entrainment can be a blessing if you spend lots of time in the company of strong personalities who are full of light and high vibrating energy. Your own vibration will naturally tend to lift through resonating with these enlightened energy patterns, encouraging your own higher growth and expansion. However, if you spend a lot of time with strong personalities who express a lot of negative and unloving patterns and attitudes, it can 'bring you down' or create discordant patterns within your system, by the same principles.

Reflect on your own experience in this context. Think about any time in life when you've been feeling a bit down, and then felt better simply by being in the company of a particular person. Consider, also, those times when your good mood has been brought down by someone else's negative presence.

This resonance usually doesn't occur in equal proportion. In general, unstable or 'weaker' patterns are more inclined to entrain to stable or 'stronger' patterns, rather than the other way around. For example, a person with a strong 'presence' will influence people to his/her way of thinking rather than be swayed by those with a weaker presence. This can be observed clearly in the way that charismatic leaders seem to be able to draw followers to them easily, and convince them of anything. It can also be seen in the way that there is often one person in a group to whom others tend to defer for approval / leadership. We naturally gravitate to the strongest presence.

When you are well-grounded and more present to your life, your energy field is more stable and balanced, your boundaries are clearer, and you are less likely to be swayed by external energy patterns. A tendency to 'take on' the energy, moods, opinions, or headaches of others, or be easily manipulated by others, reflects a relatively ungrounded system with poorly defined boundaries. If this sounds like you, then it would be wise to explore a variety of grounding practices to bring your scattered energies into greater stability and reduce the undesirable effects of this natural inclination to entrain.

Having a system which is stable and well-grounded won't prevent you from resonating with the beautiful, life enhancing energy patterns of a consciousness which is more refined than your own. In fact, it will encourage the potential for 'raising your consciousness' through entrainment with more enlightened and uplifting patterns. At the same time, it reduces the likelihood of being unwittingly influenced by patterns which have no beneficial influence on your growth, and can hold you back, diminish you, or make you sick.

Vibrational medicines, like crystals and flower essences, also work on our systems through the principle of resonance. For example, an older person may be 'stuck in the past', talking about the 'good old days', longing for the way things used to be, and be unable to 'move with the times' or find any joy in the way things are today. These perceptions reflect an unbalanced pattern which prevents that person from fully engaging with their present life.