

## David Little - Isn't Conversation Great

As I was talking to a friend on the phone the other day, we began to converse about some challenges that we recently encountered in our lives. A theme began to emerge.



She was recalling how she had some conflict with her coworkers and a friend who was visiting from out of town. The contrast came from people's idea of how they saw themselves or perceived what others were doing to them. From this perspective everyone they came in contact with was the source of their problems.

My challenges during this period centered on physical or financial contrast that I perceived were affecting my life. They were things like unexpected expenses and mechanical breakdowns of my possessions.

As we continued in our conversation, I listened and received some wisdom in the process. She said that conversation is a way of tuning into our vibration so we can understand where we want to go. I said "Wow! That's amazing; by listening to your contrast I raised my own awareness of mine." What this did was allow me to see my vibration from that period where I was letting this contrast affect me and how I was feeling. I said to her "You are so right, once you become aware of your vibration you can change it to a frequency that your intuitive self knows is right for you."

What happens when you are aware of this is you become connected to "the Source", God, Love, infinite consciousness or whatever *you* choose to call it. What this did for me was reinforce the feeling that there is nothing outside myself that can affect my vibration. You are in charge of you and your vibration. You have the power to change to a higher, connected state at any time. Once you become aware of this and really feel and believe it, you cannot be affected by external events, circumstances or conflict unless *you* choose to create it yourself.

I'm not saying that you're not going to have any low moments because without them there are no highs. I *am* saying that it has been my experience when you have the awareness and the insights to change your vibration, then you have the power to make that positive shift. This means you can live without fear, anxiety, distress, or disease and come from the natural state of Love, Joy and Passion that allows you to thrive everyday of your life. This is something I do all the time and sometimes it takes another person's perspective to point me back in the direction I wanted to go in the first place.

[David Little](#)   [Email David](#)