

## Introduction

# Living in an Age of Rapid Change

*How do we stay balanced  
in the midst of confusion?*

**I**n today's world, many of us become overwhelmed by the continuous, stressful challenges we face. It appears that humanity has reached a tipping point personally and globally.

Throughout history, people have fought adversity with courage and determination mixed with fear and uncertainty. Indeed, our lives on this beautiful Planet appear to run smoothly for a while, and then suddenly, we find ourselves being tossed and turned by the winds of change.

In this tumultuous world, it is important to understand how beliefs, thoughts, and emotions affect our well-being. The techniques and visualizations in this book are meant to provide methods to recover from

difficult events that create upset, fear, anger, and confusion.

Having been a student of psychology, self-help, religion, spirituality, and philosophy while working in the business world and consulting with individuals about their lives, I became very aware of how we react to events. My continuous quest has been to understand myself and others and how we interact to create our reality.

I believe that *Emotional Healing* begins with self-understanding. It is important for each of us to learn about the real persona who lives inside of us buried under a lifetime of programming. I have found that when we maintain our *emotional balance*, we become aware of the beliefs that may activate fear, which is the basis of all negative emotions. (FEAR = False Evidence Appearing Real) It is fear that sets off the worry, anxiety, and stress that create imbalance in our lives.

It is apparent that our thoughts and feelings influence our reactions and our subconscious beliefs, concepts, and ideas about life influence our perception of reality.

In this book, I present easy-to-use tools to release memories of loss and pain and to help forgive ourselves, others, and past events.

*The Four Cornerstones of Life* provide a balance point to expand your well-being, and the *Ten Steps to Personal Empowerment* begin the journey to recharge your life.

I hope this book will help you live in harmony and peace in the years to come.

With love,

*Verlaine Crawford*

## Chapter 1

# What is Changing on Earth Today?

*The Earth's resonant  
frequency is moving faster*

**F**or countless generations, humanity has absorbed feelings of fear, anger, and revenge, leading to bloody battles and wars. The opposing beliefs behind power versus subjugation, strength versus weakness, good versus evil, forgiveness versus revenge, and Love versus fear are held deep in the minds and memories of humanity.

These beliefs have now crystallized into an armor of emotions, which blocks the vital energy needed for health and well-being.

When statements are made, such as: "I am afraid. I hate that person. My life's a disaster. No one loves me," our vibrational field fills with discord, creating a dense wall of negativity, causing feelings of agitation and alienation. The *mind* becomes *set* on words that create a

belief, a *mindset*, which becomes hardened, resistant, and difficult to change.

## The energy of emotions is moving faster and faster.

It appears that our lives are accelerating at a faster and faster pace and that our emotional wellness is being dramatically affected. There is now evidence of a change in the electromagnetic frequency. In the last three years, scientists have discovered a significant increase in the Earth's electromagnetic resonant frequency.

In 2017, the scientific community was surprised to learn that the Earth's base atmospheric electromagnetic resonant frequency has increased. The standard frequency of the Earth's electromagnetic field is 7.83 Hz, known as the Schumann Resonance.

**In January 2017, the resonant frequency increased from 7.83 Hz to 36 Hz.** An increase of more than 400 percent. In the past, any rise above 15 Hz was considered large. According to some scientists, people may experience more stressed nervous systems than usual due to

these higher resonant frequencies. As our Planet's vibrational field increases, so will the emotional effect on humanity, causing a global rise in anxiety, tension, and passion.

([InterestingEngineering.com/what-is-the-schumann-resonance.com](https://interestingengineering.com/what-is-the-schumann-resonance.com))

## What happens when emotions accelerate?

As fearful events accelerate, the crystallization that once held our emotions in check is breaking up. Often people react more violently. Arguments and hateful words fly in all directions, and the fight or flight response is in full gear.

Part of the emotional outbursts can be blamed on the isolation and devastation caused by the Pandemic. Another reason is that in our digital world, we base our reality on news clips and social media posts that are often false or misleading, making it difficult to know what is true. Instead of researching opposing views, we adamantly protect our egos and declare, "I am not wrong. I am always right."

We hold on at all costs to what we believe, rejecting any conflicting information that disrupts our beliefs about the ramifications of the "news."

We have allowed the information fed to us to become the beliefs that rule us. Those beliefs are the seeds that magnetize matching frequencies of the people, places, and events that come into our lives.

The result is we often use the weapons of negative emotions to fight for our beliefs, whether the concepts and ideas are based in fact or not. Emotions can heal us or wreak havoc with our minds and bodies. We can choose to disrupt the world around us or decide to live in love, joy, and peace.