

A warm, intimate table setting for a holiday dinner. In the foreground, a lit yellow candle sits on a light green plate. To its right is a small, round, mosaic-patterned candle holder with a glowing red flame. Several wine glasses are arranged on the table, some containing a golden liquid. A centerpiece of red poinsettias and greenery is visible in the background. The scene is lit with soft, warm light from the candles, creating a cozy atmosphere.

At This Table

LITERAL

Animals

Manger

Hay

METAPHYSICAL

Base Human

**Sense
Consciousness**

Material World

A warm, intimate table setting for a holiday dinner. In the foreground, two lit yellow candles sit on light green ceramic plates. To the right, a small, round, mosaic-patterned candle holder glows with a red flame. Several wine glasses are arranged on the table, some containing a golden liquid. A centerpiece of red poinsettias and greenery is visible in the background. The overall atmosphere is cozy and celebratory, with soft lighting from the candles and a blurred background of more lights.

At This Table

PHYSICAL

Base Human

**Ego / Sense
Consciousness**

Material World

SPIRITUAL

Awakened (Jesus)

**Love / Christ
Consciousness**

Spiritual Truth

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At This Table

A long wooden dining table is set for a meal. The table is covered with a white tablecloth and has several place settings, each consisting of a white plate, a glass of water, and a folded white napkin. A centerpiece of greenery, including pine branches and small white flowers, runs down the center of the table. Several lit candles in glass holders are placed along the table, creating a warm and inviting atmosphere. The background shows a doorway leading to another room.

creative

fulfilled

clarity

connected

generous

effective

compassionate

guidance

accepting

healthy

understanding

peaceful

goodness

flexible

loving

centered

Raising your vibration comes from opening your heart. When you feel loving, you experience more aliveness, expansion, renewal. Love is flowing with the universe rather than resisting it. Love is a willingness to be vulnerable; it is accepting yourself and others just as you and they are. Unconditional love dissolves all separateness. As you learn to love yourself and others more, you increase your vibration. Your energy takes on the smoother, finer vibrations of the higher dimensions and you become your Higher Self.

Sanaya Roman – *Spiritual Growth*

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