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The Beach Boys sang it, Tesla and Einstein proved it, yet we view the word 'vibration' with severe suspicion.

"The secrets of the universe could be found in energy, frequency and vibration," said inventor, physicist and futurist Nikola Tesla.

"Everything is vibration," said Albert Einstein. In 1905 he proved that we can break matter down into smaller particles.

You and I each have our own electromagnetic energy that can be measured. Healthy humans vibrate at a frequency of 7.83 hertz.

Yep, your 'vibe' is measurable. So is your food's. In psychotherapist Robyn Openshaw's new book *Vibrational Energy*, she explains how to measure the vibrational energy of food.

She also provides a list of the 200 highest vibration foods and the 45 lowest vibration foods. You may be surprised to see some of the items on the lists.

Would you be startled to know that a hot dog has a vibrational energy of two hertz? I bet you'd be surprised to see that on the low vibration list.

The low vibration list also features pasteurised milk, processed sugars and sweeteners, food dyes and artificial flavours.

When we get to the high vibration list, a glass of fresh-pressed green juice measures a whopping 75 hertz.

With all the bad rap grains have been getting, it is delightful to see whole grains on the good list: brown rice, quinoa, buckwheat, and millet.

Okay, enough already, this is not a nutritional column. Robyn makes it clear that, apart from food, vibrations are everywhere.

As the connection between our physical health and emotions becomes clearer, awareness of the

Eckhart Tolle says that when two ducks get into a fight, it never lasts long – they soon separate and

If you overanalyse, says Madisyn, you're inclined to run into all the patterns and unresolved emotional

We tend to get this backwards. "Actions to be taken and possessions to be exchanged are by-product

What are you giving your attention to? Entertain a wanted or unwanted thought and you'll feel a wave

So, if you find the least little thing that makes your heart sing, then flap your wings and jump in. With