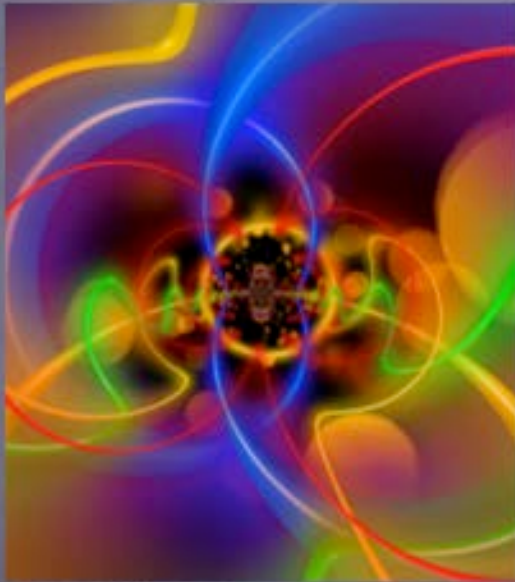


How to Raise Your (& Your Environment's) Vibration to Manifest More!

Slide Deck

Why Is Your Vibration Is Important?



- Everything is energy & vibrating at a certain frequency
- Your vibration sends out a signal to the Universe
- Your vibration is your point of attraction
- You need a higher vibration to connect with angels, guides, etc.

Abraham-Hicks Emotional Guidance Scale

Higher end of the vibrational scale. These emotions usually feel *lighter* and point to truth for you*.

Joy/Knowledge/Empowerment/Freedom/Love/Appreciation
Passion
Enthusiasm/Eagerness/Happiness
Positive Expectation/Belief
Optimism
Hopefulness
Contentment

Lower end of the vibrational scale. These emotions usually feel *heavier* and point to lies for you*.

Boredom
Pessimism
Frustration/Impatience/Irritation
"Overwhelm"
Disappointment
Doubt
Worry
Blame
Discouragement
Anger
Revenge
Hatred/Rage
Jealousy
Insecurity/Guilt/Unworthiness
Fear/Grief/Depression/Despair/Powerlessness

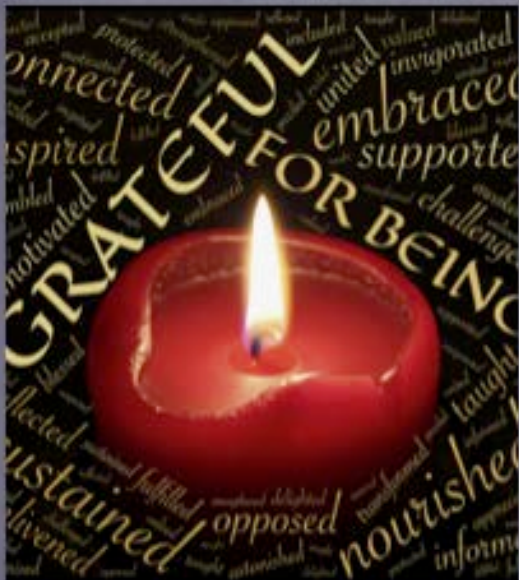
*Others may experience them different than you experience them. What's light for you may be heavy for others, and vice versa. | Original list from Abraham-Hicks.com

Meditation



- Brings you back to neutral so you can make a choice to change your thoughts and emotions
- Does not have to be long periods of time
- At least 3 times a day take a "retreat" break

Gratitude



- The highest on the emotional scale
- Start your day and/or end your day with gratitude
- Use it in the moment
- Set a phone alarm 3 times a day

Connect to Joy



- Take a bath
- Watch one of your favorite TV shows
- Read an uplifting book
- Go to Starbucks and get yourself a latte!
- Create/Craft/Hobby
- Happy memory from your past
- Make a list

What You Listen to Matters



ters

- Podcasts, Audio Books
- Guided Meditations
- Music
 - Music for the Mozart Effect by Don Campbell
 - Grace & Gratitude by Olivia Newton-John
 - [Enya](#)
 - [Deva Premal](#)
 - Binaural Beats

More Quick Tips

- Spending time in nature — grounding yourself into the Earth
- Eating high vibration foods — What food makes you feel bad, exhausted etc.
- Drinking water — [Dr. Masaru Emoto](#)

Giving



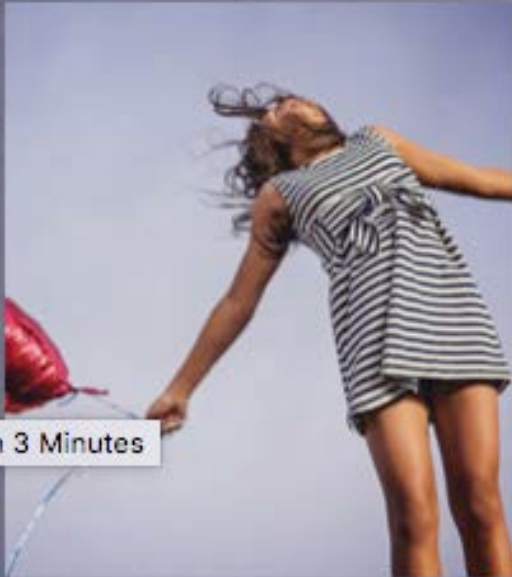
- Acts of Kindness
 - Giving boosts the person you are giving to and YOU
- Holding open a door; donating to charity; volunteering; listening to a friend who is having a hard day

Boost Your Mood & Vibes in 3 Minutes



- **STEP 1:** When you feel worried, stressed, fearful, angry, etc. — take **30 to 60 seconds** and ask:
 - What is going on with me? What am I thinking about right now?

Boost Your Mood & Vibes in 3 Minutes



es in 3 Minutes

- STEP 2: Take a 30 – 60 second Reset break
- Close your eyes. Focus on your breath. Repeat “release” to yourself.

Boost Your Mood & Vibes in 3 Minutes



- STEP 3: Switch to more positive thoughts
- I’m doing this to myself. I can change my thoughts. I know I’m worried about X, but I’ve been worried before and things have worked out. Maybe I can relax.

Boost Your Mood & Vibes in 3 Minutes



- **STEP 4: Go to Gratitude**
 - List at least 3 things (can be about the subject you are worried/angry etc. over OR anything)
 - **BONUS:** Make a list of gratitude to go to in the moment/ accomplishments

Your Environment's Vibration



- Home, Office, Car
- Clear the Clutter!
- Crystals & Gemstones: Geodes and Spheres
- Objects & Colors
- What You Listen to
- Cleansing — Sage & Palo Santo

The 5 Elements



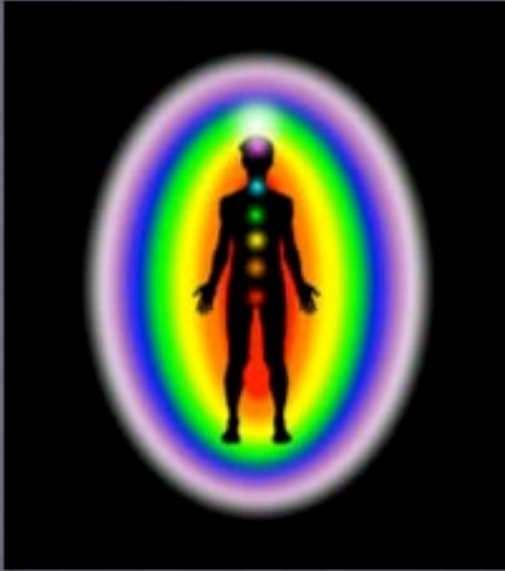
- Water — Wavy lines; black or navy blue; water features
- Wood — Column shape; green or blue; plants, trees or flowers (They don't have to be real!)
- Fire — Triangle shape; red; candles or fireplace (Does not have to be real!)

The 5 Elements



- Earth — Square shape; yellow, tan or brown; sand, ceramic, porcelain, earth
- Metal — Round or arched shape; white or off-white; copper, brass, silver

Protection



- Dr. Judith Orloff
Protection Exercise
- Donna Eden Energy
Medicine Zip Up
Exercise
- Cleanse Your Aura —
Epsom Salt or Dead Sea
Salt Bath

Mantras When You Need a Lift



- Release, Release, Release
- I am connected. I am love.
All is Well. I am safe.
- I am here. I am here now.
- Ho'oponopono - I love
you. I'm sorry. Please
forgive me. Thank you.