

WAYS TO RAISE YOUR VIBRATION

HELPFUL TIP:

When you are shifting your thoughts/attitude to more positive ones. This doesn't have to be unrealistic or sudden. Being furious won't respond very well to becoming suddenly elated. So maybe you shift to despondent, or sad, or confused...then to neutral then to curious, then to no longer sad, etc.



GET STARTED RIGHT AWAY

When we feel our energy, mood or vibration dropping, for whatever reason, we have it within us to raise it or improve it! The following are some examples of ways to do this. After these suggestions please add to the list with your own, additional ways as you discover them for yourself! Feel free to share these with the group forum if it feels right!

10 Ways:

- ❖ Shift your mind to the positive
- ❖ Laugh
- ❖ Dance
- ❖ Step into nature
- ❖ Breathe
- ❖ Go for a walk
- ❖ Unplug
- ❖ Chat with a friend
- ❖ Observe animals playing
- ❖ Play with a child!
- ❖ Move